



Just Like Me

Talk about how easily we can feel different from others, and how focusing on difference can lead us to be unkind. This is especially true when someone is disrespectful, or holds a much different opinion than we do. Explain that if we focus on a kind state of mind, then we can prioritize connections, rather than differences. The following prompts will help students see their connections:

1. Ask students to stand in 2 lines facing one another.
2. The leader reads the following statements while students face one another:
 - This person has a body and a mind, just like me.
 - This person has feelings, emotions, and thoughts, just like me.
 - This person has experienced physical and emotional pain and suffering, just like me.
3. As a class, come up with several more “just like me” statements.
4. Encourage students to think of one positive wish for their partners.
5. Lead students in saying, “Because this person is a fellow human being, just like me.”
6. Have one line shift places so that everyone has a new partner.
7. Repeat the exercise for as long as it resonates with students.

