## **Burnaby Children's Charter Resources and Book List**



### The right to feel safe and the right to kindness, love, and to be included

#### Book List:

I Said No! by Zack King

Maybe He Just Likes You by Barbara Dee

Count Me In by Varsha Bajaj (ages 10 to 12)

The Boy at the Back of the Class by Onjali Q. Rauf

**The Only Road** by Alexandra Diaz

The Case of the Missing Auntie (ages 9-12)

**The Day We Begin** by Jacqueline Woodson

**You Hold Me Up** by Monique Gray Smith (recommended for ages 3-7)

A is for Activist by Innosanto Nagara

Follow Your Dreams, Little One by Vashti Harrison

**Amina's Voice** by Hena Khan

#### Video Stories:

Video - Be Kind by Pat Zietlow Miller and Jen Hill

<u>Video - I Am Human by Susan Verde</u>

# 13 Squirrels in the trees

Right to safety (CRC articles 19, 32-38) and responsibility to ensure the safety of others

Age	8+
Time	20 minutes
Materials	None
Values	Cooperation, respect
Life skills	Empathy, active participation

## **About this activity**

Group members avoid being tagged and try to protect others from being tagged. Then, in the group discussion, they think about safety and identify ways of helping each other stay safe.

## Instructions

- 1. Explain that this activity is a bit like "Tag." Divide the group into teams of 3. The group members who are not in a team of 3 will be the foxes to start. If the total number in the group is a multiple of 3, select 1 team (3 people) to be the foxes.
- 2. In each of the teams, designate 1 squirrel and 2 trees.
- 3. Ask the trees to stand face to face, holding hands. Ask the squirrels to stand in between the 2 trees. Explain to the group that when the squirrels are in between the trees, they are safe from the foxes, but when they leave their hiding places to run into the forest, the foxes can tag them.
- 4. Explain to the trees that their role is to protect the squirrels, and therefore they can move around and work with the squirrels to protect them from the foxes.
- 5. When you give the signal, the squirrels must move from one tree to another. Say, "The squirrels are going for a walk!" This will be your signal to let everyone know that they have to switch trees.
- 6. Explain to the foxes that they have to try to tag the squirrels as they move from one tree to another. If a fox succeeds in tagging a squirrel, the fox becomes a squirrel, and the tagged squirrel becomes a fox.
- 7. When the squirrels have moved from one tree to another several times, switch the group members' roles and begin again.
- 8. Move to the group discussion.



## **Group discussion**



#### **FEEL**

- Did you like being a tree and protecting the squirrels?
- How did you feel when you were a squirrel?





#### **THINK**

- Can you name some places where you feel safe?
- Do you like it when others help you or take care of you? Can you give an example of a situation where someone took care of you or helped you?
- Can you give an example of a situation where you helped someone else?



#### **ACT**

- What can we do when we think a member of our group is not feeling safe?
- What can we do to promote safety in our group?



## Challenge

Look at a map of the community with the group and have the group members identify places they can go where they feel safe.



# 19

## **Exclusion by numbers**

Right to be treated fairly (CRC article 2, 30) and responsibility to be inclusive of others

Age	6+
Time	20 minutes
Materials	None
Values	Respect for diversity, acceptance, inclusion, respect, responsibility
Life skills	Empathy, self-awareness

## **About this activity**

Group members form small groups with different numbers. Then, in the group discussion, they think about the importance of inclusion and identify ways to make sure no one in the group feels excluded.

## **Instructions**

- 1. Ask everyone to move around in the play area.
- 2. Explain that different people may be left out at times during this activity in order to explore different feelings.
- 3. Instruct the group on how to walk: like an elephant, like frogs, on tippy toes, taking giant steps, etc.
- 4. After a certain length of time, shout out a number that is smaller than the number of players. Everyone must then quickly form groups containing that number of people. Anyone who does not succeed in becoming part of a group at this point is eliminated for the next step (step 5).
- 5. Now, ask the members of each group to form a huddle and to find something they all have in common. For example: a sport that they all play, an activity that they all do, a food that no one likes, a colour that all the members of the group are wearing

Note: It is okay if some of the group members who were eliminated are sad or unhappy; this is an important part of the activity. Talk about their feelings together during the group discussion.

- 6. Invite everyone who was eliminated to rejoin the group
- 7. Continue the activity, starting from step 1, using a different number for forming groups for 10-15 minutes.
- 8. Move to the group discussion.



#### **Variations**

**Music:** Use music to create atmosphere during the activity. You may also want to stop and start the music throughout the activity. For example, stop the music to let the group members know when it is time to form groups.

**Something fun:** While the group members are in their small groups (step 5), give them something fun to do together. For example:

- · Sit in a circle with all of their toes touching
- Sit in a row and pretend to be a train
- · Make up a cheer
- · Share some favourite dance moves

## **Group discussion**



#### **FEEL**

- How did you feel when you found a group that you could join?
- How did you feel when a group rejected you?



#### **THINK**

- Have you ever been excluded at school, at camp, or by your friends? Why?
- Have you ever excluded friends by telling them they could not play with you? Why? How do you think it felt for them to be excluded?
- Why is it important to include everyone in our group?



#### ACT

- What can we do to make sure that people who feel excluded are comfortable talking about their feelings?
- What can we do in our group to make sure no one is excluded?



## Challenge

Invite the group to write kind notes or draw nice pictures and give them to each other.

