

THE SAME HEART

Everyone needs to feel like they are loved, accepted and that they belong. But we are all different in many ways and sometimes we don't understand or appreciate each other. This can hurt our feelings. Remember, everyone feels just like we do at one time or another. We all want to matter. We are all human.

Learning to appreciate one another makes our lives better. It frees us from being afraid of unfamiliar people and places and promotes peace. As we learn about each others differences, we discover that our hearts are the same.

HERE ARE SOME WAYS TO PRACTICE APPRECIATION:

- Watch movies about other people and places.
- Read about different cultures.
- Ask about things that are different.
- Try foods from other countries.
- Visit an ethnic restaurant.
- Learn to count or say hello in another language.
- Look at countries on a map or globe.
- Attend a cultural festival or celebration.
- Listen to what others think.
- Be kind and respectful to all. Be helpful.
- Love yourself. Give yourself a break!
- Love others. Smile. Invite. Welcome.
- Include everyone. Encourage. Teach. Forgive.
- Open a door. Let others go first. Volunteer.
- Compliment someone. Wink. Share. Be kind.
- Ask your family members who they helped today.
- Talk about who you could help or encourage.
- Treat others the way you want to be treated.

Think of more ways you can show your appreciation—for others and yourself! Find something to appreciate about everyone you meet. As we celebrate our diversity, we create unity!

**Yes, we are different, when all is said and done,
But we are all connected, the SAME HEART make us one!**