

"I" IDENTITY
單一身分

1



2

3



同理心



EMPATHY

4

5



我們一起
唱歌吧！
LET'S SING
TOGETHER!



6

「謝謝你，不用了。」
"I'M GOOD. THANK YOU!"



Class 1: Cultural Diversity

Embrace cultural diversity

In this class, we have learnt:

1. Our skin color depends on how much sunlight we are exposed to. The less sunlight we are exposed to, the lighter our skin; the more sunlight we are exposed to; the darker our skin.
2. We may look different, but we are more similar than we are different. For example, all of us enjoy a game of hopscotch.
3. Most of the time, “strange” practices from across the world are adaptive to the environment. For example, people living in hot weather like spicy food because chili and spices cause our bodies to sweat and expel heat.

These are the things we can do:

1. Don't laugh at things that are new or “strange”. Try to find out more – you may learn something interesting and new!
2. It is okay to refuse politely if you are not comfortable in trying out new practices or new food.

Class 2: Empathy

Change your perspective and understand more

In this class, we have learnt:

1. Empathy is putting yourself in other's shoes and seeing things from their perspective.
2. Interpersonal conflicts will be less likely to occur if we are able to see things from other's perspectives and understand their needs.
3. Empathy bridges people of different colors to come together.

These are the things we can do:

1. Be patient and listen to someone who is upset – and try to understand their feelings.
2. Don't be so quick to judge when someone upsets you – try to understand the problem from their perspective.
3. When you come into conflict with the others, pause and try to understand their thoughts.