

## **LESSON PLAN : ONE HUMAN RACE**

**OBJECTIVE:** SEE THAT WE ARE ONE HUMAN FAMILY AND TO DISCUSS WAYS TO BE WELCOMING

(The content in this lesson is probably enough for two lessons)

Welcome the class, discuss ground rules: staying 6ft apart, be respectful, don't talk when others are talking, active listening. (2 min)

**GROUND OURSELVES IN LOVE (5-10min):** have everyone introduce themselves. The class starts off with a meditative/spiritual component. This is important as I think the solution to these problems are through love and I want the children to be able to access a deeper spiritual part of themselves. I also want them to understand that spirituality looks different for different people and whatever form it takes is wonderful and special. When we meditate we are getting quiet listening to our hearts and souls. This is so good for our minds to shut down for a few minutes and to open our hearts. I teach this by talking about how we close our eyes, sit still and focus on our breath. This is hard and takes practice and we'll practice together. I usually give the kids a challenge to see if three can do this for 30 seconds and then I move on to another set of three and then we do it as a group.

Unity demonstration:

Have one child try and break one tooth pick. It's very easy. Give them a bundle of toothpicks to break, this is very difficult. When we come together and support one another we are very strong and not easily broken. This is unity!

"So powerful is the light of unity that it can illuminate the whole world" - teach this call and response song. Have the kids make up hand signs for each of the main words in the lesson.

**WE ARE ONE HUMAN FAMILY (Science, 5min):** Next we take a look at our skin color, admire the beauty in the differences and ask how did we all get different skin colors? It's totally o.k. To notice differences in skin color. It's part of what makes all of us so unique and beautiful. What color were the first human beings? We all started out the same color and full of hair! We were basically cavemen! I tell them in brief the story of human migration. The first humans originated in Africa and slowly moved out across the earth. We all came from Africa! We are still learning more about different groups that came together, but for now Scientists agree that Africa was the original homeland to Homo Sapiens. That's why so many call it the motherland. Depending on where these people settled their skin color changed. If they settled closer to the equator they were closer to the sun and needed to keep more of the melanin in their skin to protect their skin from the sun. This resulted in darker skin. If they settled further away from the sun less melanin was produced and therefore resulted in lighter skin. So this idea of race is not really accurate. We are different colors, but we are one human race. etc... Even though we are one human race are we treated the same? Using a globe here would be a great visual resource.

**WELCOME OTHERS (History and Social Justice):** Afterwards we are going to read Her Right Foot which is a story about the Statue of Liberty being an immigrant (she came from France) and she is in an active position to welcome people with *her right foot* being raised a bit. The original concept of the statue of liberty had a torch in one hand and broken chain in the other to symbolize the end of slavery. Laboulaye, the French man who came up with idea for the Statue of Liberty, loved America and loved it even more when we ended slavery. He first intended to create this gift to honor that, but celebrating the end of slavery didn't stick with the popular culture of the time. Now the chains are under her feet and you can't really see them. The idea for the statue kind of mutated into being more about immigrants than slaves. This is interesting and important. Let's discuss. So America is composed of three main groups: Indigenous people, the descendants of slaves and Immigrants. Which group do you fall into? Most everyone in America except for our indigenous brothers and sister and our brothers and sisters who are descendants of slaves are immigrants. *Define immigrant, slave, and indigenous.* The majority of Americans are immigrants, they came from somewhere else! *I'll talk to them specifically about how some people think their color is better than another or one part of their story is better than another person's story, but we know that this isn't true. The most important part here is to understand a bit of history and to also see how the statue is welcoming others. She is not standing still, she is active. How do you make others feel welcome?* (10-15 mins)

**PRACTICE WORKING TOGETHER AND SHARING:** Next we'll do a team building game and then a craft. Each child and parent team will get a square where they will be able to draw or decorate their families immigration story. We'll assemble all of the squares into a quilt. If there is time you may want to have each child present their square to the class. You can punch holes into the corner of each square to join the squares into a quilt. (30 min). We decided to skip this part and do it as a take home project and bring it back to the next class.

**ACTION STEPS:** Learn, talk about what's going on, take action

**HIGHLIGHT A NOTABLE AFRICAN AMERICAN:** Mae Jemison was the first African American female astronaut. Space shuttle endeavor. <https://www.biography.com/astronaut/mae-c-jemison>

I asked everyone to guess how many times she orbited the earth? Correct answer 127. Lots of other amazing facts about her in the wiki link. Avid dancer and scientist, engineer and doctor!

We launched a bottle rocket in her honor and ended class here.

<https://frugalfun4boys.com/epic-bottle-rocket-flew-higher-2-story-house/>

Supplies:

Construction paper, scrap paper, glue stick, scissors, magazine, crayons or markers. If you don't have some of these supplies it isn't a big deal. A piece of paper and some crayons or markers will suffice.

## REFERENCES:

<https://www.washingtonpost.com/history/2019/05/23/statue-liberty-was-created-celebrate-freed-slaves-not-immigrants/>

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<https://kids.britannica.com/kids/article/Human-Migration/353465>

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