



**TEXT PLEDGE**  
RISE UP

# ACTIVITY BOOK

**END DISCRIMINATION**  
**GRADES 2 - 4**



**NAME:** \_\_\_\_\_

# ABOUT TEXT PLEDGE

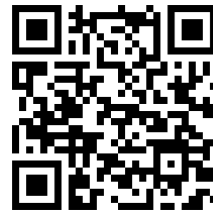


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[WWW.TEXTPLEDGE.US](http://WWW.TEXTPLEDGE.US)





## A Message From Our Founder

*People come with their own shapes, colors, backgrounds and beliefs.*

*Discrimination happens when someone is treated differently because of how they look, how they act, or what they believe. The world is not free from discrimination. Compassion and empathy is lacking in today's world. When something this basic is in short supply, it becomes extremely valuable.*

*In this lesson, we will explore the topic of discrimination and identify behaviors that challenge it.*

***Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)***

*Happy Learning!*



**Ms. Naomi**  
Founder at the TextPledge Project



# WHAT IS DISCRIMINATION?

Discrimination is the **unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, gender or disability.** Every person comes in **different sizes, shapes and colors.** It is important to proactively create environments of mutual respect. Draw a line to connect the descriptions and actions that can help combat discrimination.

## Encourage Participation



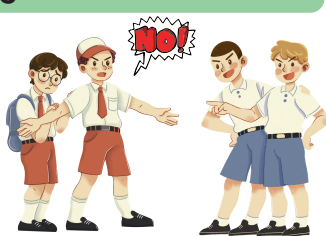
Treat everyone with fairness and respect, regardless of their race, ethnicity, gender, religion, or abilities.

## Celebrate differences!



Learn about different cultures, and backgrounds, and listen to others to understand their perspectives to appreciate and respect diversity.

## Stand Against discrimination



Speak up and intervene if you see someone being treated unfairly because of their differences.

## Respect Differences



Recognize and appreciate the unique qualities that make each person special by celebrating differences.

Learn about different cultures and listen to others.



Include everyone in activities, and conversations regardless of their differences.

# SHAPE OF YOU

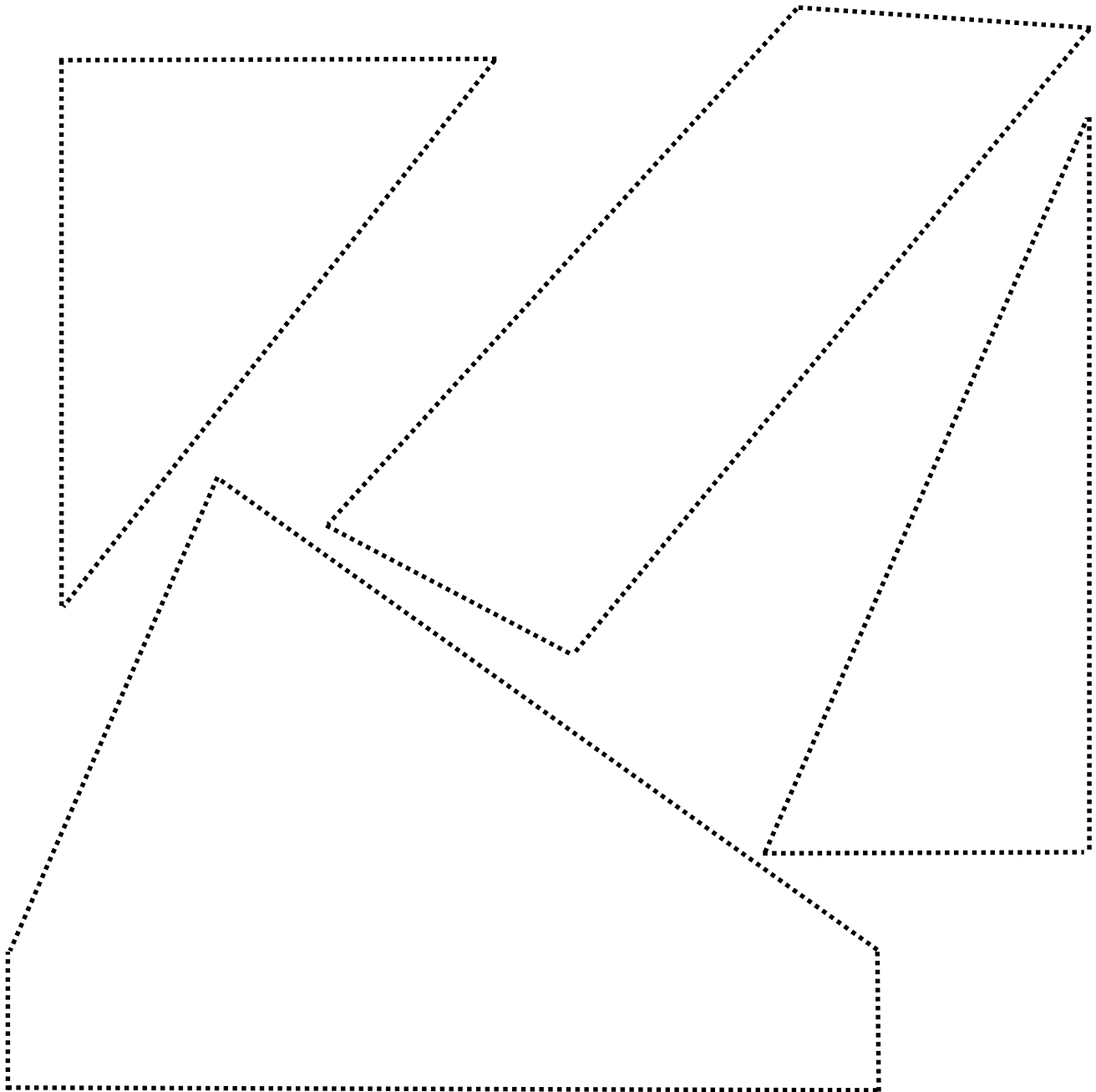
Level 1

Discrimination is the unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability.

Every person comes in different sizes, shapes and colors.

## **Instructions**

Color and cut out each shape. See the next page for further instructions.

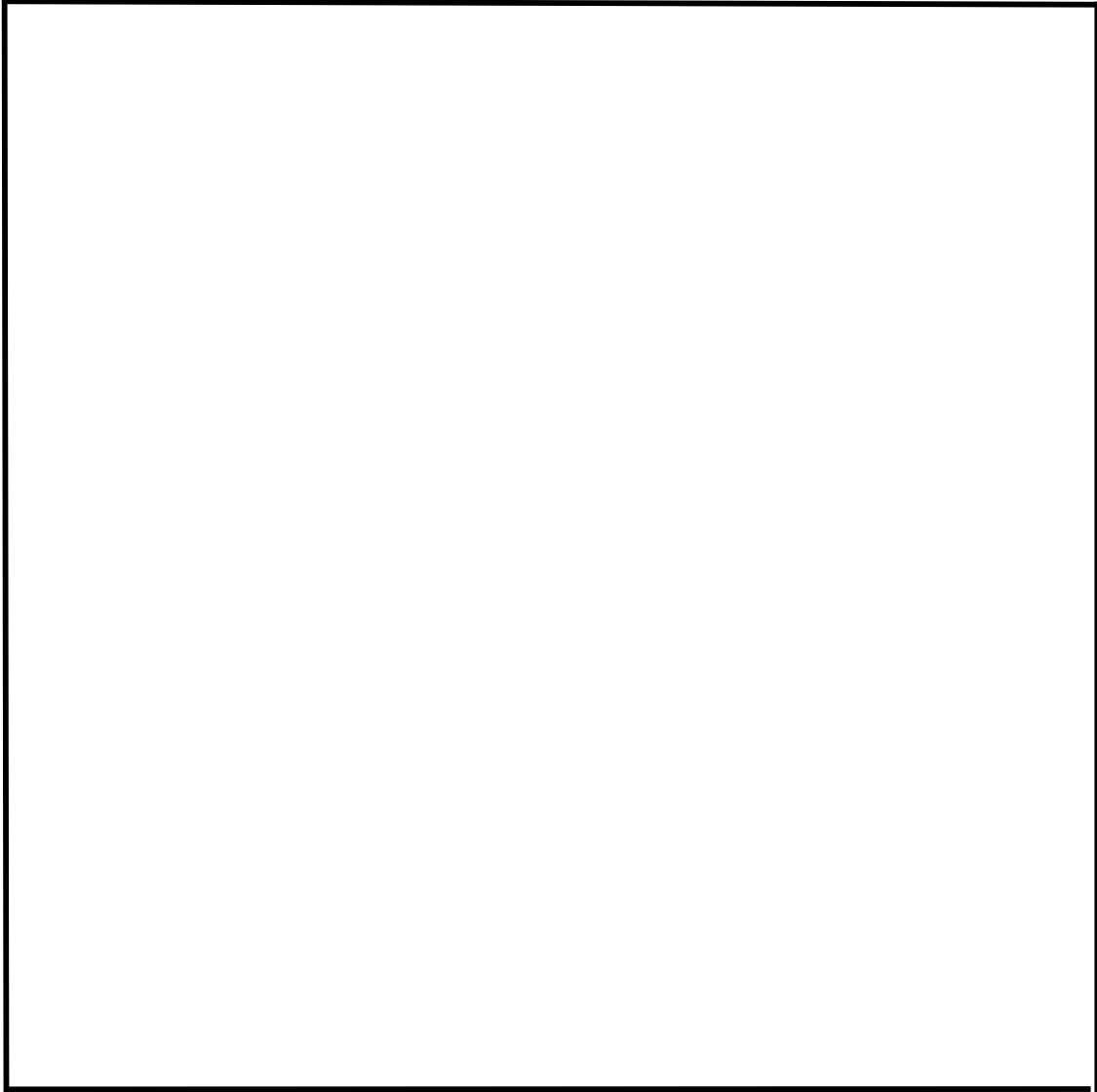




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# SHAPE OF YOU



The perfect fit can be found when we are thoughtful about how and where we use our shapes.

## **Instructions**

Arrange all the cut-out shapes so that they fit into the square.



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# SHAPE OF YOU

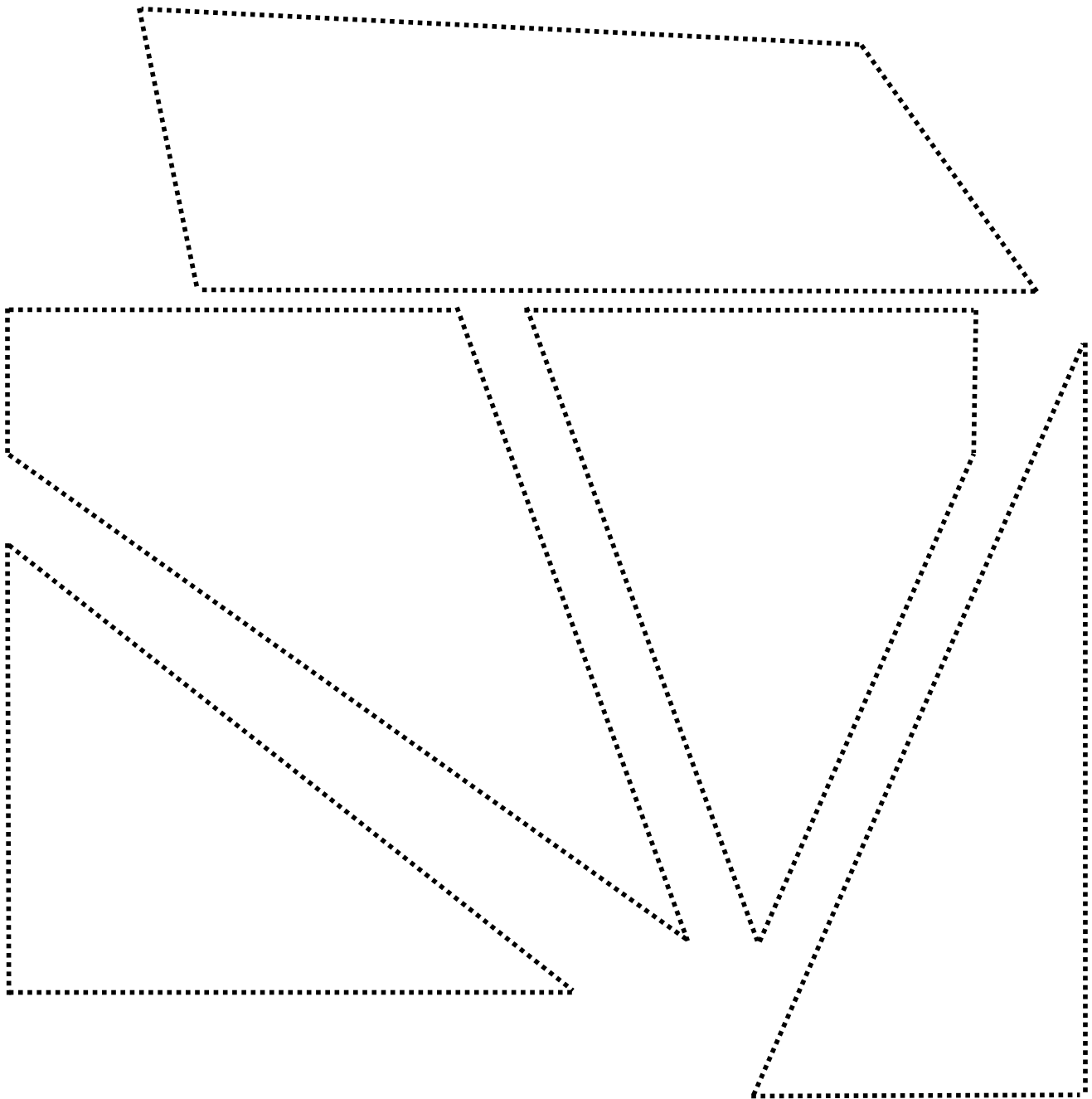
Level 2

Discrimination is the unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability.

Every person comes in different sizes, shapes and colors.

## **Instructions**

Color and cut out each shape. Can you fit them into the space provided on the previous page?



# ALL ABOUT US

Discrimination can occur without intention. It is important to proactively create environments of mutual respect. Draw a line to match each definition with the correct terminology.

Diversity

Ensuring that everyone has the resources and support they need to succeed, even if it means providing different resources or opportunities based on individual needs.

Inclusion

the practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations, etc.

Equality

the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who have physical or intellectual disabilities and members of other minority groups.

Equity

Treating everyone the same way and giving everyone the same resources or opportunities, regardless of their differences.



# ALL ABOUT US (cont.)

Discrimination can occur without intention. It is important to proactively create environments of mutual respect. Draw a line to match each definition with the correct terminology.

**Antisemitism**

Unfair treatment of a person or group based on their beliefs or background.

**Prejudice**

Negative beliefs or attitudes held about an entire group of people.

**Discrimination**

Intolerance or dislike of Jewish people, often leading to discrimination.

**Stereotype**

A fixed, oversimplified idea about a particular group of people.



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**A SMART PLEDGE PROGRAM  
DESIGNED WITH STUDENTS IN  
MIND**

**[www.textpledge.us](http://www.textpledge.us)**

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