



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**END DISCRIMINATION**  
Kindergarten & First Grade



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



**TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 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, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.**



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



## **A Message From Our Founder**

*People come with their own sizes, 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 are lacking in today's world. Injustices this basic are becoming more in short supply. It's extremely valuable for us to do our best to help create change and you can too.*

*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://textpledge.us)  
Or On The Text Pledge App***

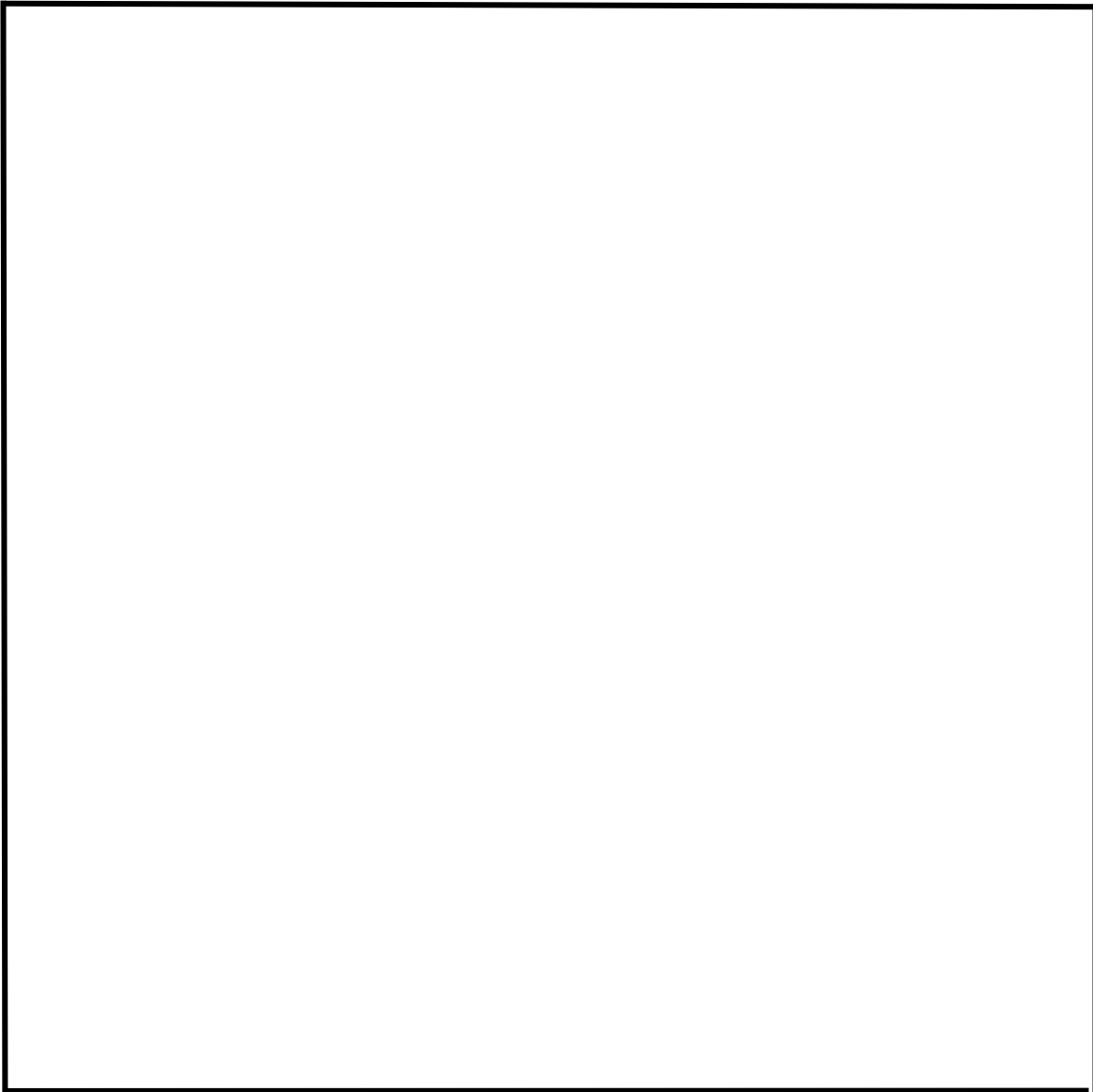
*Happy Learning!*



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



# SHAPE OF YOU



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

## **Instructions**

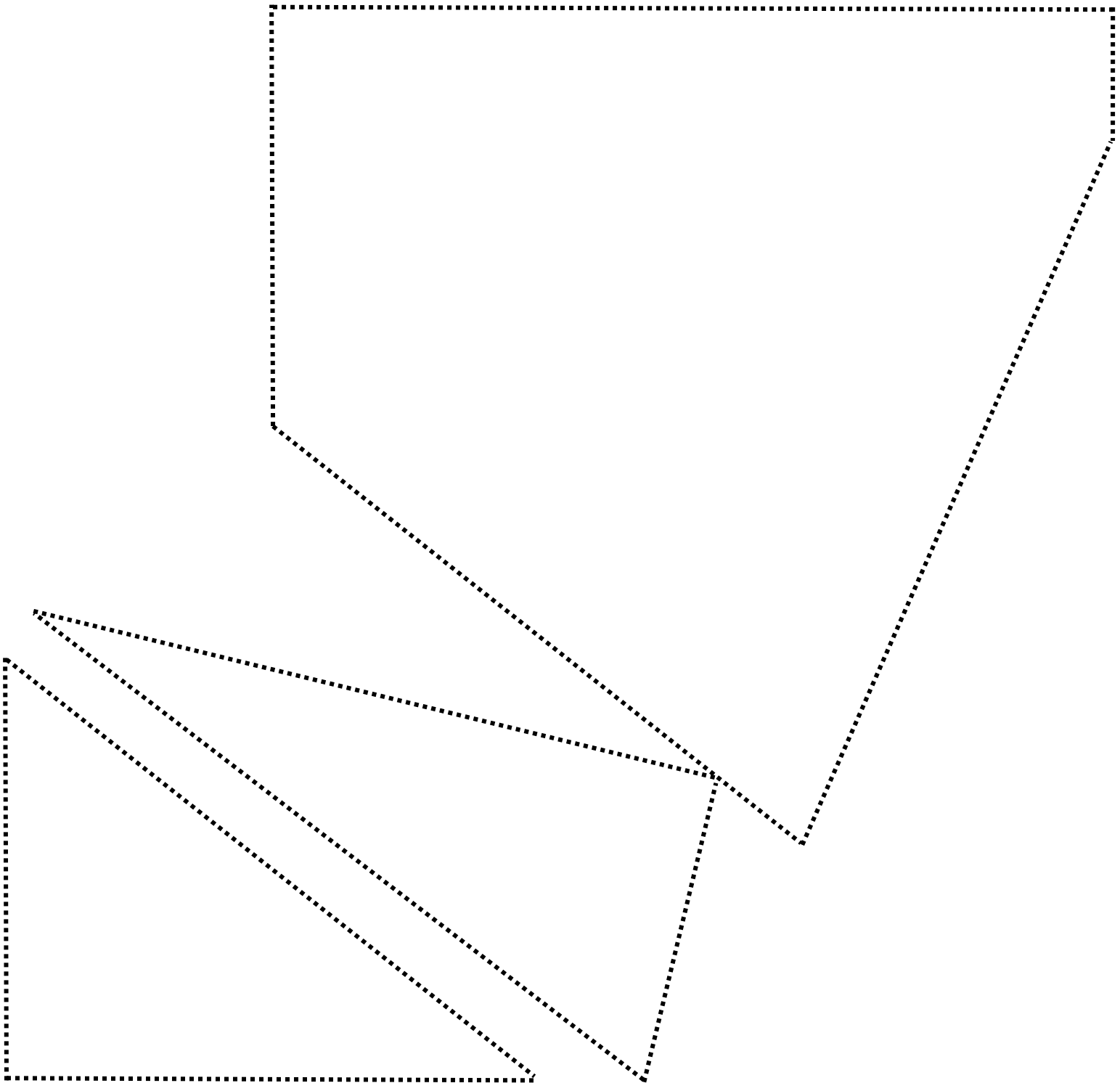
Arrange all the cut-out shapes so that they fit into the square.

# SHAPE OF YOU

Every person comes in different sizes, shapes and colors.

## Instructions

Color and cut out each shape.





**TEXT PLEDGE**

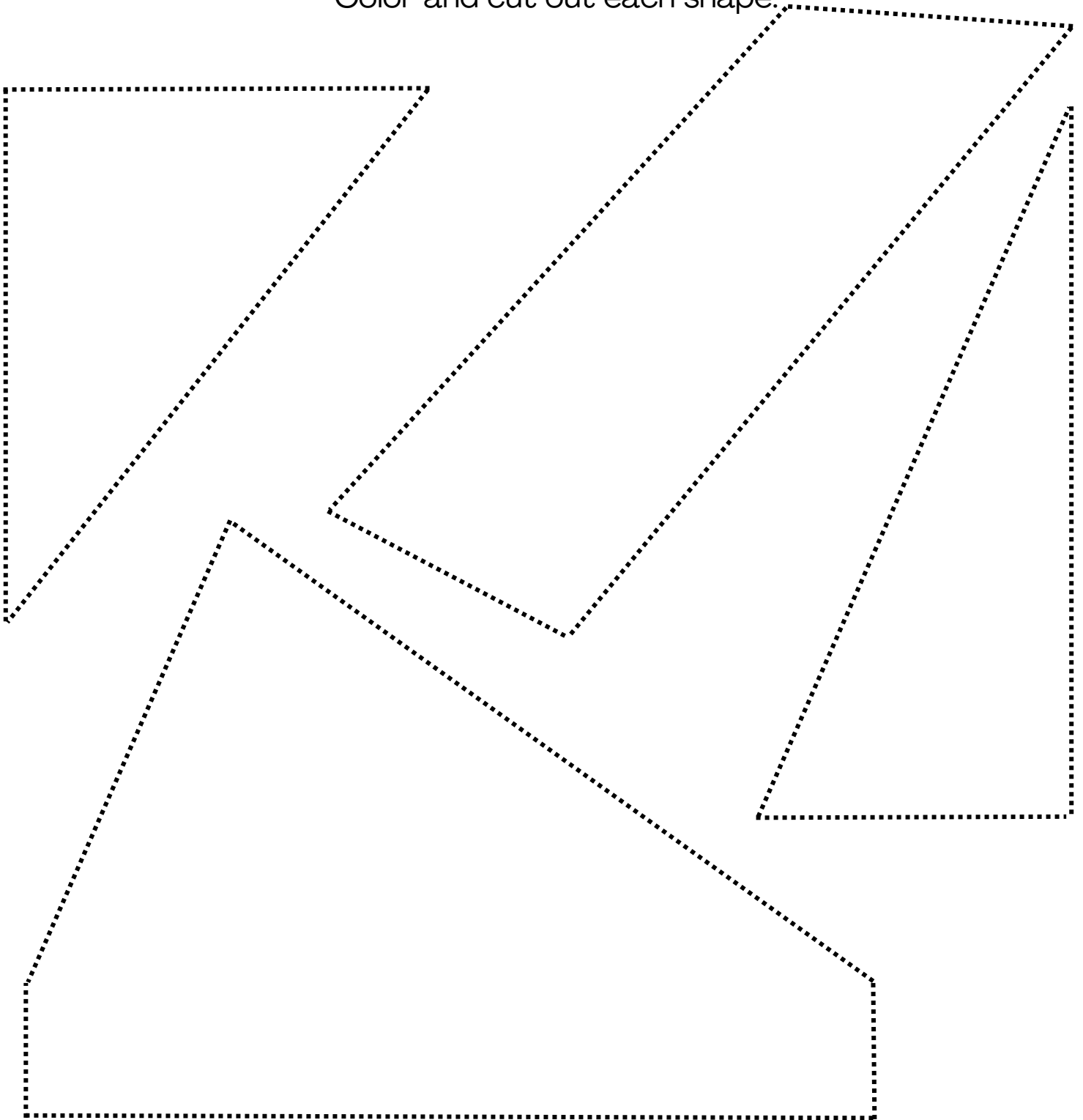
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# SHAPE OF YOU

Every person comes in different sizes, shapes and colors.

## Instructions

Color and cut out each shape.





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# ALL ABOUT US

Discrimination can occur without intention. It is important to proactively create environments of mutual respect.

Trace the words and read the definition

Diversity

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.

Inclusion

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.

Equality

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

Equity

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.



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

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