



# All About Us

Resource pack for teachers  
and librarians



**SHAPES**  
for schools



# Introduction

Suitable for 4+

Explore themes of:

Diversity • Families • Feelings • Friends

Subject Checklist:

Literacy • Art, Design & Technology • PSHE • Drama • Citizenship

## Contents

### Introductory Lesson

Objectives: Consider connections between the texts and their themes; design your own paper dolls.

### Lesson One: All About Diversity

Objectives: Understand that all people and places are different; consider what makes you unique and sketch a self-portrait.

### Lesson Two: All About Families

Objectives: Discuss different types of families that exist; draw a picture of your family and create a family tree.

### Lesson Three: All About Feelings

Objectives: Create a 'Feelings Rainbow'; write three short reflections about different feelings you have experienced.

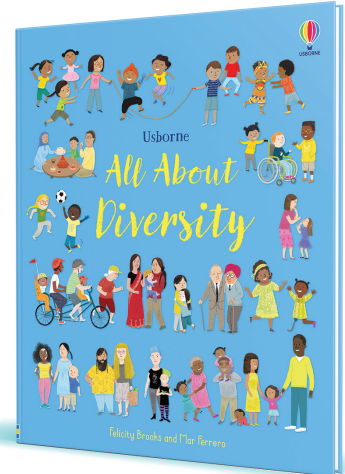
### Lesson Four: All About Friends

Objectives: Identify which qualities make a good friend; design three friendship badges and a 'Thank You' card.

# About the Books

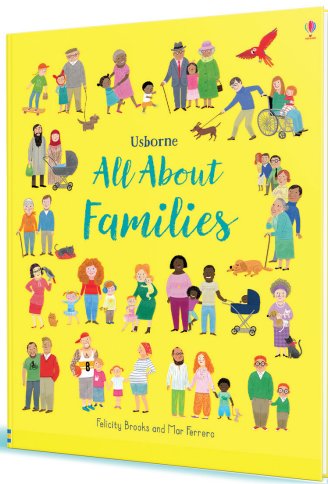
## All About Diversity

How are we all different? And what makes us all the same? Find out in this exciting celebration of diversity of every kind. Help young children learn to respond in a kind and equal way to everyone, regardless of shape, size, age, physical and mental ability, gender, ethnicity, beliefs and culture.



## All About Families

What do families look like? Who's in your family? And how can families change? This glorious celebration of family diversity talks about lone-parent families, adoptive, foster, divorced, remarried, and mixed race families, and lots, lots more, showing little children that families come in all shapes and sizes.



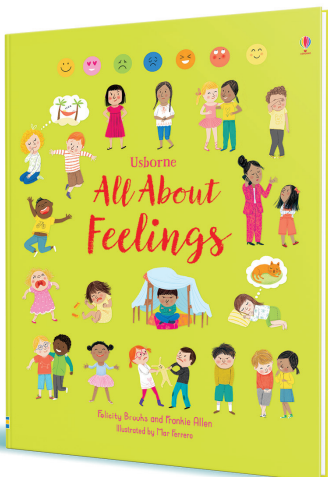
## All About Friends

Why do we need friends? How can we make friends? And what makes a good friend? This charming book explores the benefits of having friends, looking at different types of friendships, and what happens when friends fall out and make up. Includes helpful notes for grown-ups on talking to children about friendships, dealing with conflicts and imaginary friends.



## All About Feelings

How are you feeling today? This fun, friendly and reassuring introduction to feelings is designed to help young children recognise, understand and name how they're feeling and learn to talk about and manage their emotions in helpful ways.





# Introductory Lesson

Objectives: Consider connections between the texts and their themes; design your own paper dolls.

Show the class the book covers on the next page.

## Lead-in Questions:

- What do you like about the colours and illustrations of each book?
- What do you notice about the book titles?
- What do the covers have in common? What makes them different?

## Activity:

In groups, look over the key words below. Have a chat about them and write down what each word means.

DIVERSITY is \_\_\_\_\_

FAMILIES are \_\_\_\_\_

FEELINGS are \_\_\_\_\_

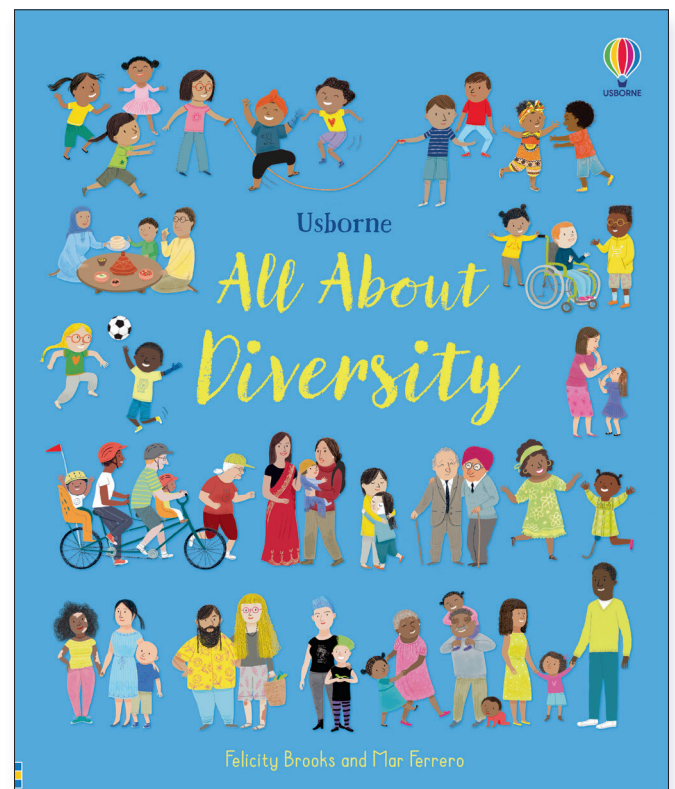
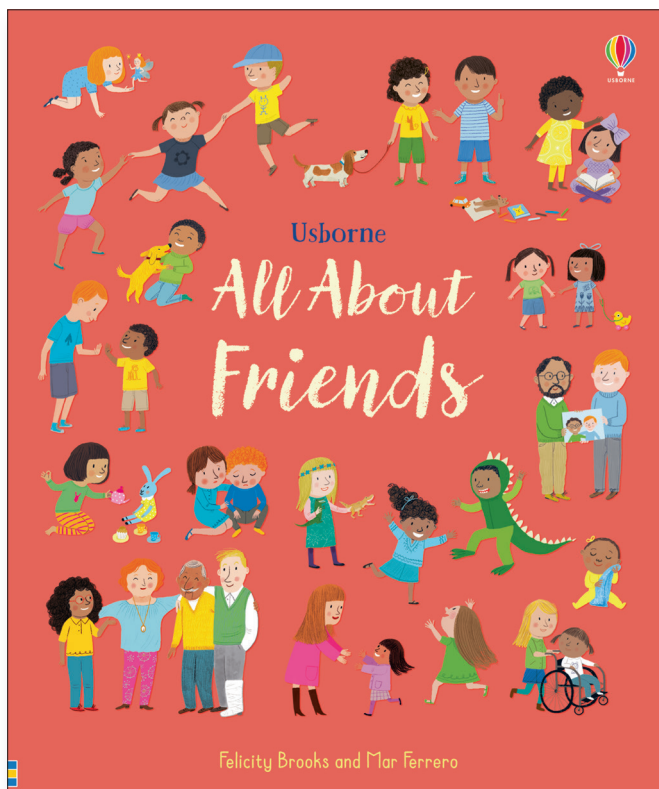
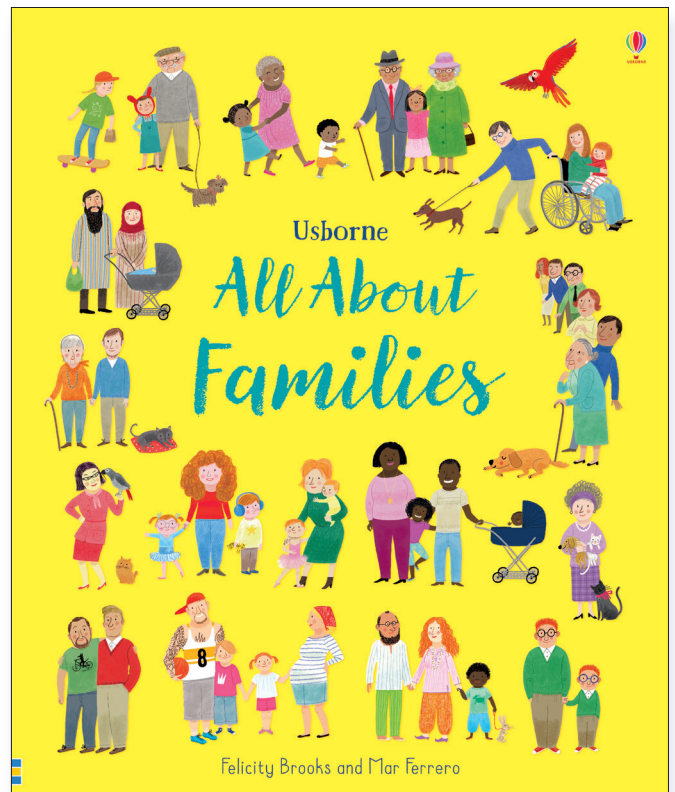
FRIENDS are \_\_\_\_\_

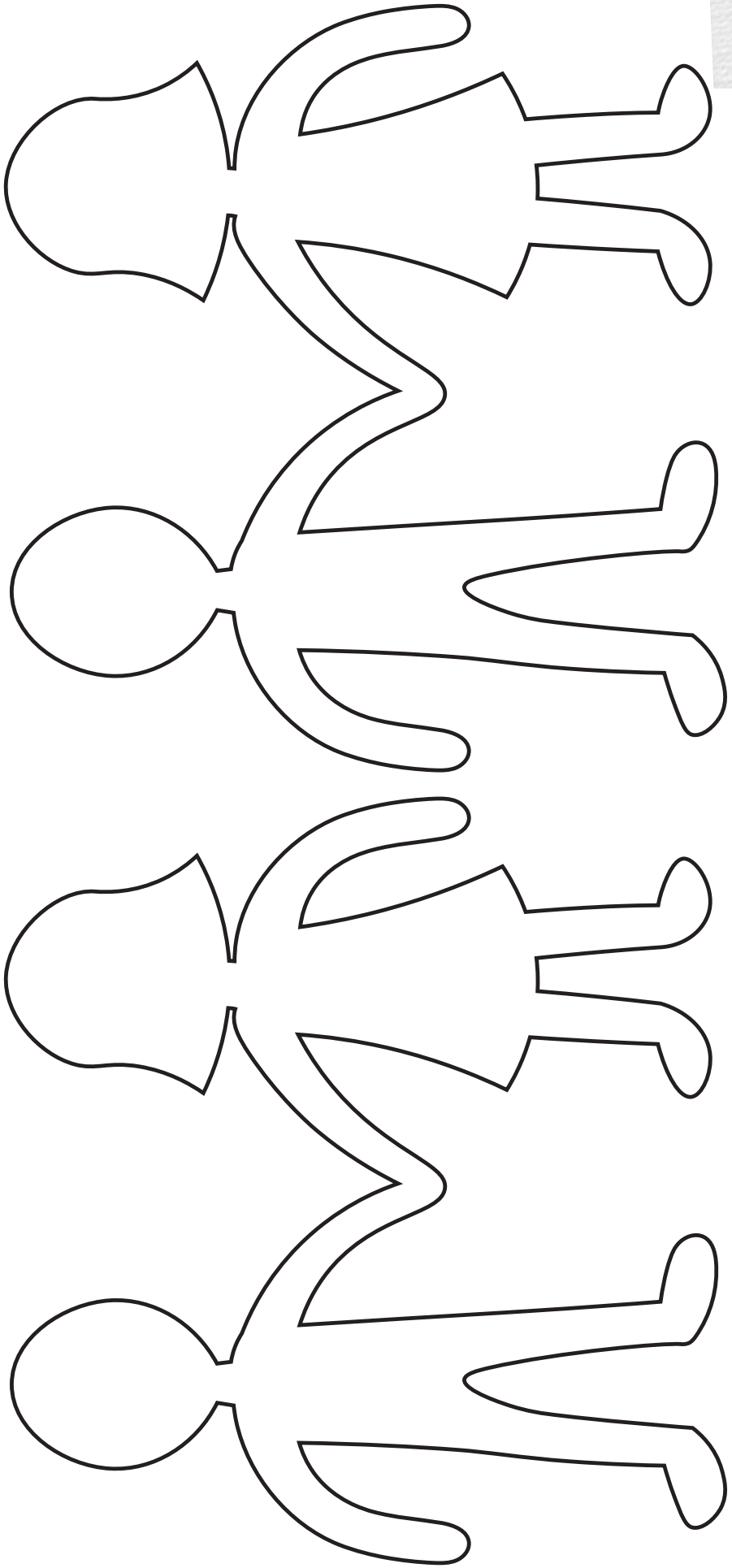
Now, let's think about connections between these key words. On the paper dolls note down words or ideas that diversity, families, feelings, and friends have in common. For example, you could include KINDNESS to get started. It is important to treat everyone with kindness and being kind will make both you and others feel good.

Colour in your dolls and include any illustrations you like to also show how these key words are connected.





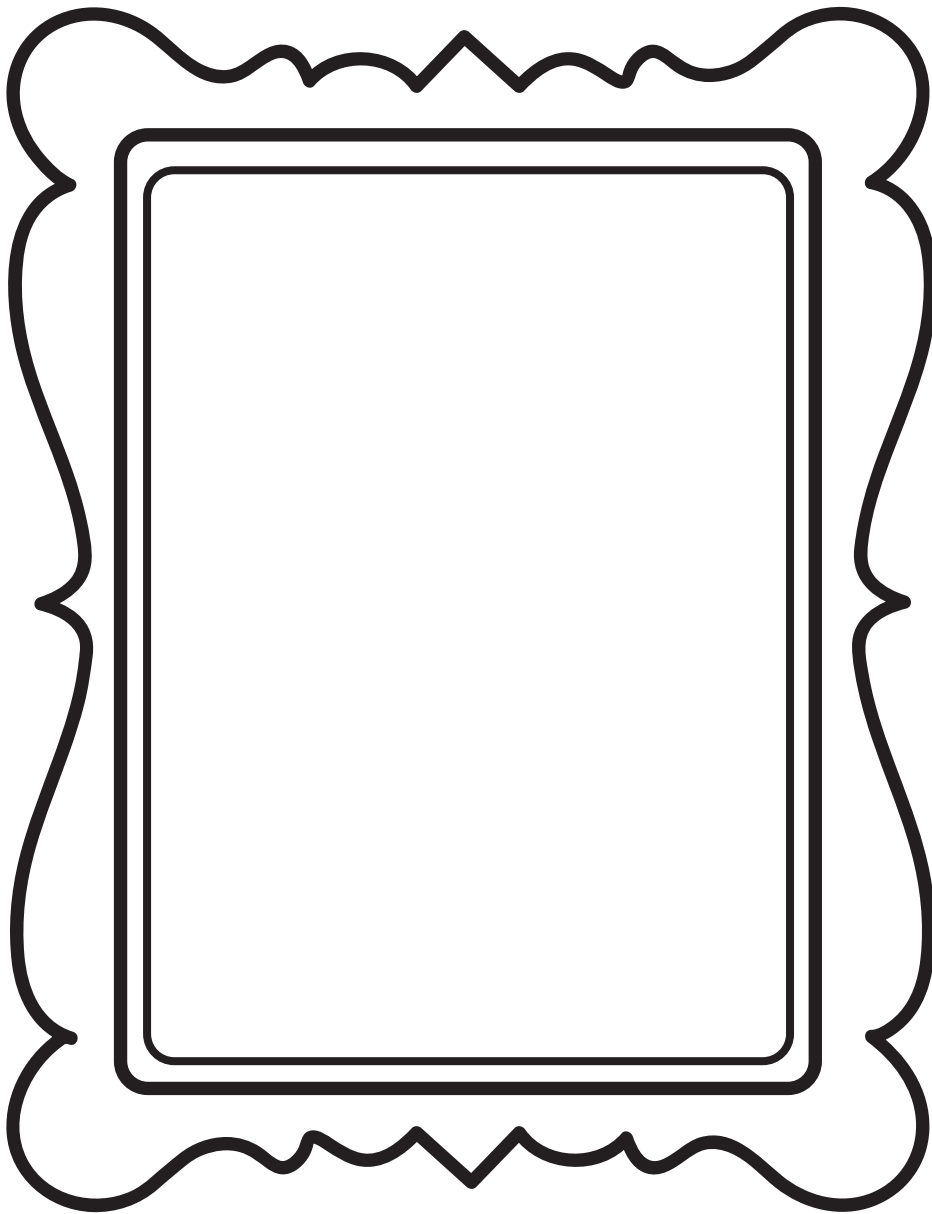




# Lesson One: All About Diversity

Objectives: Understand that all people and places are different; consider what makes you unique and sketch a self-portrait.

## Activity 1:



My name is

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I am \_\_\_\_\_ years old

A fun fact about me is

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Being different from each other is called DIVERSITY and it is an amazing thing! Take a moment to look across your classroom; every single one of you is different in some way. Isn't that brilliant?

Draw a self-portrait of yourself and note down a fun fact about you that makes you different.



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## Activity 2:

Show the class the "Amazing Humans" spread from All About Diversity, shown on the next page.

Look over the colourful map and read about all the different people across the world. Can you point out the country and continent you live in? Have you ever lived in or visited another place? Do any of your family or friends live in another part of the world?



Write a few lines about a place you have never been to before and would like to visit. Think about how this place and the people that live there might be different to home. Here are some ideas to help you:

Culture beliefs language  
clothes music food drink  
homes festivals families

# Amazing humans

Although we're all different, there's one thing that does make us the same. We're all **HUMANS** and all part of the human race. Humans live all over the world, on six **CONTINENTS** and in nearly 200 countries.

Around the world we ...



make over 200 types of bread,



play 1500 kinds of instruments,



wear over 170 types of hats,

dance over 1000 sorts of dances.

## NORTH AMERICA

Hi! I'm Sophia in Canada. My family came here from Italy.

Hi! I'm Heisha and I'm British. My grandparents came here from Jamaica.

Hi! I'm Hassan in Spain. My family came from Syria when I was a baby.

I'm Moussa in Senegal in the continent of Africa.

Hello! I'm Nadia and I'm Native American.

Hello! I'm Jayden in the USA. I'm North American.

There are almost 8 BILLION humans in the world and over 2 BILLION of us are children. People are always moving or having to move around the world. (Some animals do this too.)

I'm Oslan. My family's from Wales but we live in Peru.

I've swum around the whole world!

## SOUTH AMERICA

Brrrrrrrr

**ANTARCTICA** is far too cold for humans to live here all the time, but there are lots of penguins.

I'm Afonso. I live in Brazil and we speak Portuguese.

## EUROPE

**ASIA** is the biggest continent with more than 40 countries.

No wonder our world is such an interesting place!

Hello! I am Anastasia. I'm in Russia.

Hello! I'm Wang Yong in China.

Hi! I'm Ji-woo. My family's from Korea but we live in Thailand.

Hi! I'm Farida. I'm in India.

I'm Gorata. I'm from Botswana in Africa but now I live in Australia.

**AUSTRALIA** is the smallest continent.

I'm Maia and I'm one of the Maori people who were the first in New Zealand.

**AFRICA** is where ALL humans first came from a very long time ago.

Hello! I'm Angel. I live in Kenya.

Do you know the name of the country you live in? Which continent is it in?

I would like to visit \_\_\_\_\_ because

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One of the things that might be different about this place is

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Another thing that might be different about this place is

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It's exciting to visit different places because

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# Lesson Two: All About Families

Objectives: Discuss different types of families that exist; draw a picture of your family and create a family tree.

## Activity 1:

In the previous lesson, we learned about diversity. Discuss together:

- How does diversity connect to the theme of families?
- How many different types of family can you think of?
- What makes your family diverse?
- How can families change over time?

Then, sketch a picture of your family. Remember, families come in all different shapes and sizes and this is something we should celebrate!

## Activity 2:

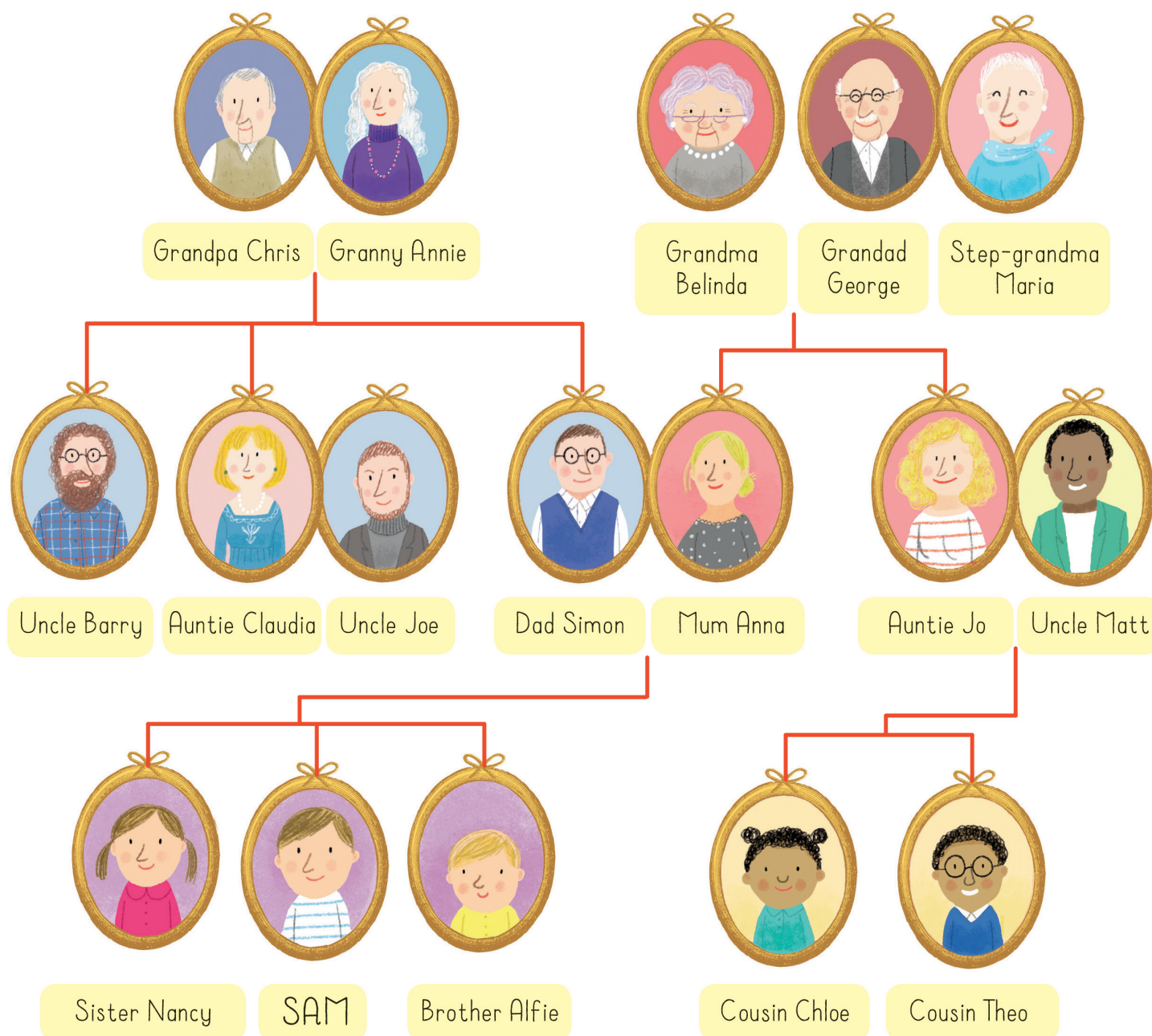
Take a look over Sam's family tree on the next page. Then, create a family tree labelling each person and showing how everyone is connected.

Write a line describing each person on the family tree or including a piece of interesting information about them. This might be about where they live, their interests, or any ideas from your 'diversity' lesson. Share your family trees together.



# A family tree

A good way to show how the people in a family fit together is to draw a family tree. Here's one for a boy named Sam.



Can you draw a family tree?

# My Family



# A Family Tree

# Lesson Three: All About Feelings

Objectives: Create a 'Feelings Rainbow'; write three short reflections about different feelings you have experienced.



## Activity 1:

We can express how we feel in different ways. Start off by thinking about how you are feeling today. Can you use words to give your feeling a name? What about as an action or sound? How about a colour?

On each colour of the rainbow, write down at least one feeling you associate with it. For some colours, you might have more than one feeling!

Discuss your 'Feelings Rainbows' together and any patterns in the colours you have chosen. Think about which colours were the trickiest and why?





## Activity 2:

Use the activity provided on the next page.

In pairs, discuss which children you would match with each feeling. Try to explain why you have chosen each one.

Then, choose three of these feelings and write a sentence or two about a time you felt each of them. It might be that some of your ideas link to the themes of families or diversity from previous lessons.



FEELING 1 =

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FEELING 2 =

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FEELING 3 =

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Older children are also very good at showing feelings and may learn to tell how other people are feeling by looking at their faces.



How do you think these children are feeling? Can you match the words and faces?

angry

excited

nervous

calm

happy

sad

proud

grumpy

worried

Can you think of a time when you felt any of these feelings?

# Lesson Four: All About Friends

Objectives: Identify which qualities make a good friend; design three friendship badges and a 'Thank You' card.

## Activity 1:

Read over the "What makes good friends?" pages and have a chat with a partner about the following questions:

- Why is friendship important?
- Who is your closest friend?
- What feelings do you have when you're with this friend?
- What makes your friend unique?

On each of the three friendship badges on the next page, note down one nice thing about your friend and why this is an important quality to have.

Think about which qualities your friend might note down for you and why.

## Activity 2:

It's time to design your own 'Thank You' card to give to your good friend.

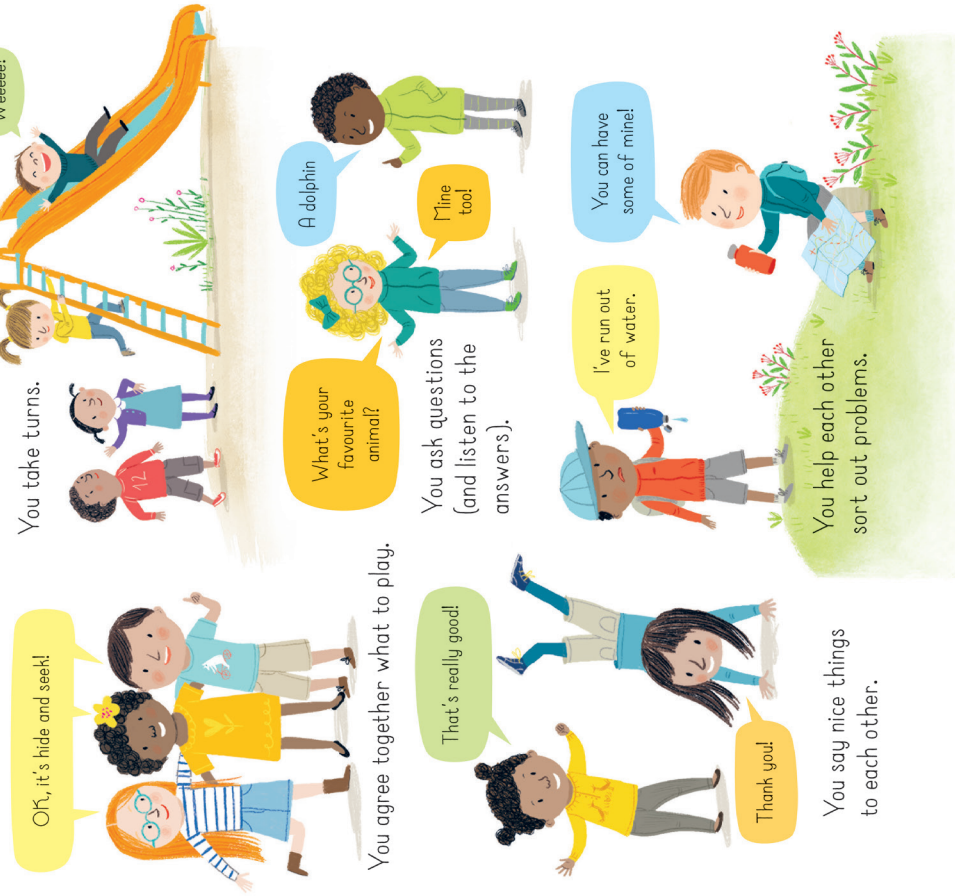
Some ideas of things to include on your card are:

- Why you are grateful to have them as a friend and great qualities they have
- Good feelings that you have when you are together
- Sketches of things you enjoy doing or sharing

Put your card in the post or give it to your friend the next time you see them; this will give them a really good feeling!

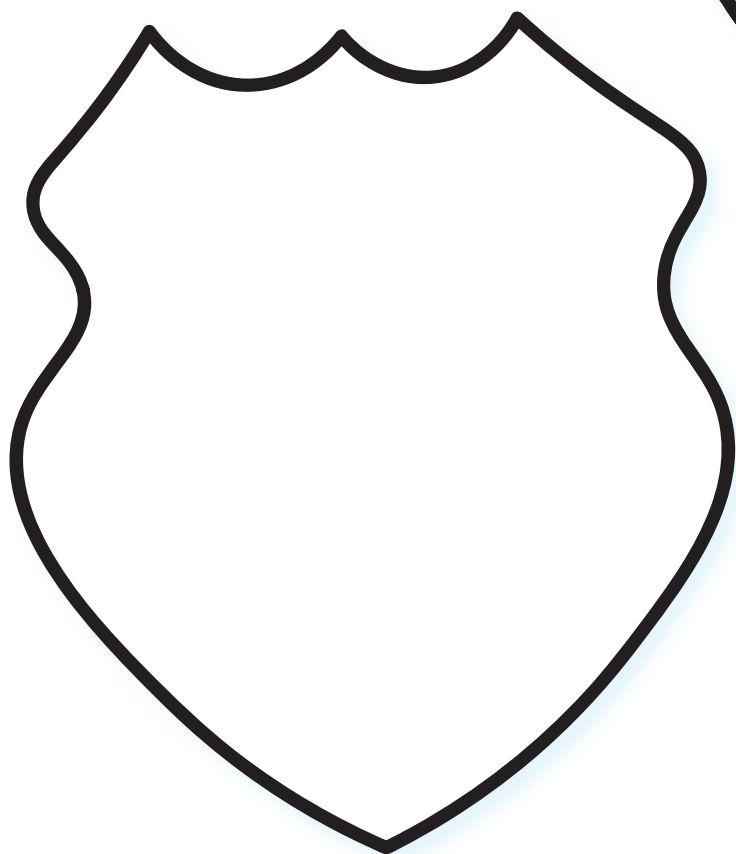
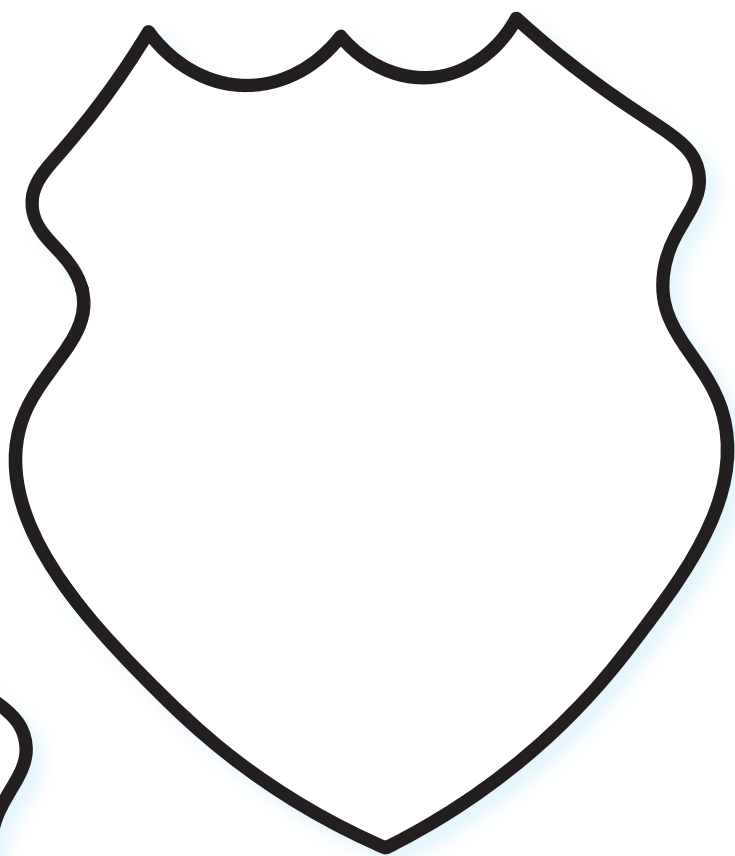
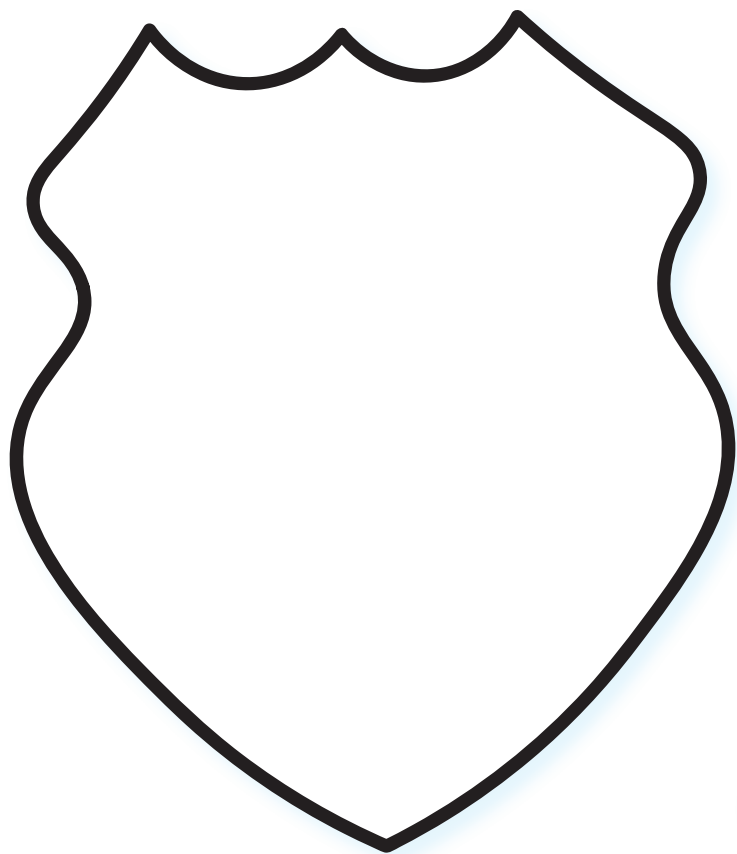
# What makes good friends?

There is no such thing as a perfect friend, but you can be good friends if you do these things most of the time.



What do you think makes a good friend? If you have a friend, can you think of three nice things about him or her?





Thank  
you!

## Take a moment to reflect...

What have you learned over these lessons?

What was your favourite activity and why?

How are you feeling after all your hard work?

How can you be a good friend and family member in the future?

## Usborne Quicklinks

At Usborne Quicklinks you'll find links to websites with videos, quizzes, games and activities, all carefully chosen to support the information in these books.

Visit [Usborne.com/Quicklinks](https://www.usborne.com/Quicklinks) and search for "All About" to watch Sesame Street characters talk about their skin colour, play a guessing game about feelings, listen to friendship songs and lots more.

