



I See Everyone as Equal

Me and Myself

My Day

1. Circle how you feel today.



2. Why do you feel this way?

.....

3. What made you happy today?

.....

For the teacher:

Ask the students to say briefly how they feel on this day and why. Ask them to think of something they are glad about, even if they do not feel happy, and note it.



Warm up



Look at these activities. Who do you think will do these activities better? Write N for Naveen and S for Shirley.

activity

wash a pair of socks

mend holes in clothes

dance ballet

learn to fly an aeroplane

become a teacher

Naveen



Shirley



Come back to this exercise after reading the text.



Read and understand

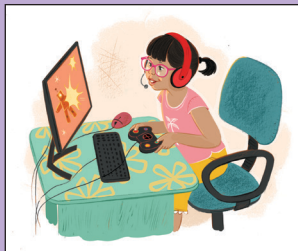
A Look at these pictures and complete the last two sentences.

"Pink is for girls, blue is for boys."



Colours have no gender!
Wear what makes you happy.

"Boys play video games, girls play with dolls."



Everyone can enjoy all of these activities.

"Boys shouldn't cry, girls shouldn't get angry."



Everyone has feelings and it is okay to express them.

"Boys are better leaders than girls."



Leadership is about

1. _____
- and confidence, not
2. _____
- _____.

"Men should be doctors, women should be nurses."



3. _____
- _____
- _____
- _____

B Answer these questions.

1. Why is it important for everyone—boys and girls—to speak up when something bothers them?

2. Here are the final candidates for a student committee meant to help students with any problems they might face at school:
 - a. **Anita** is creative and writes very well. She likes to work alone and does not like to speak in front of a group.
 - b. **Imran** is very organised and helps classmates finish tasks on time. He is still learning how to listen to different opinions calmly.
 - c. **Diya** listens carefully to others and tries to solve problems fairly. She speaks confidently and makes sure everyone feels included.
 - d. **Anmol** is calm and polite and good at solving problems one-on-one and is fair. He finds it hard to take charge in big groups.

Whom will you choose as the president and why?

3. Lokesh and Sneha help their parents at home and play games together. One day, a cousin tells Lokesh, “Helping at home is for girls,” and tells Sneha, “You play like a boy!”

What is right or wrong about these comments?

4. Think about the choices you made in the Warm up.
 - a. What made you decide who would be better at each task?
 - b. Would you choose the same options again?



Do it yourself

Sometimes, job names or everyday words include ‘man’ or ‘lady’— words such as housewife or milkman are used commonly. But people of all genders can do these jobs.



21C Critical Thinking; **IL SEL**—self-awareness, Values—empathy, respect for all people, equality, SDG – Gender Equality

Read this list. Find out terms that can be used in their place.

	old term	inclusive term
1.	policeman	police officer
2.	cleaning lady	
3.	mailman	
4.	sportsmanship	fair play
5.	mankind	
6.	man-made	

Me and My Wellness

We have seen how boys and girls spend their time in different ways. The different activities you do in a day can affect your health and overall well-being.

Complete this table to understand how the activities you do make you feel.

daily activities	time spent	Does this make you feel good?
Playing outdoors		
Spending time with family		
Talking to friends		
Helping at home		
Watching TV or videos on a phone		

Write about other activities that you do in a day. Note what you want to spend more or less time on and why.

Me and My World

In some parts of the world, not all children get the same chances—especially girls. For example, they are not allowed to go to school or play sports.

But there are also people around the world who stand up for equality.

21C Critical Thinking; **1L** SEL—self-awareness, Values—empathy, respect for all people, Wellness, **SDG** – Gender Equality



This is Malala Yousafzai. She speaks up for and works to support the education and rights of women and children. Malala is the youngest person ever to receive the Nobel Peace Prize. She was honoured with this award when she was 17.

There may be women around you who do not have access to education.

Choose someone from your family or your neighbourhood and write a report on their experience. Here are some questions you can ask:

- Did all the girls in their family go to school?
- Was it ever harder for girls to continue studying?
- Why do they think that happened?

You can come up with more questions.



Now I know



Tick (✓) the correct columns.	I understand this.	I need to think about this.
Girls and boys can do the same jobs, play the same games and follow the same dreams.		
I should use words that make everyone feel included.		
I should do activities that make me feel happy, strong and confident.		
Everyone should be respected and treated equally.		