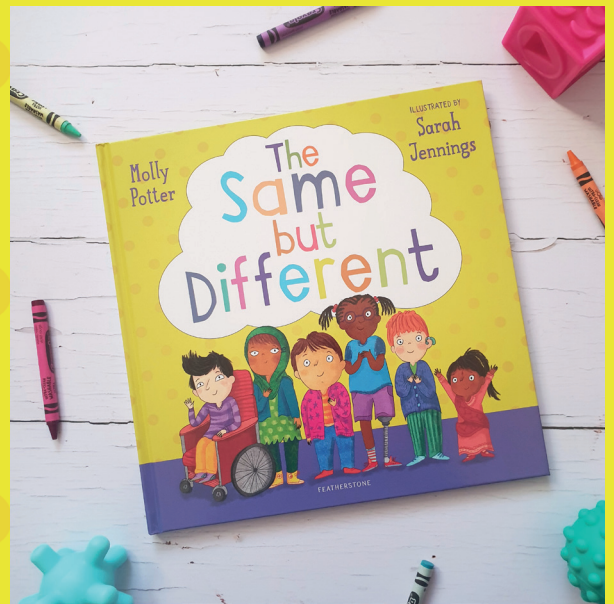# The Same but Different

No two people on our planet are exactly the same – isn't that amazing? From what we look like, to how we live and the languages we speak, we are all different. Diversity makes the world a really exciting place to be!

The Same but Different will help children explore all the wonderful things that make us unique as well as the similarities we share. This picture book explores diversity using everyday examples and colourful illustrations, covering race, disability, gender and more. With helpful notes for adults, it is perfect for sharing with young children and starting conversations about inclusion.

Molly Potter has spent many years teaching in mainstream schools, a pupil referral unit for children with emotional and behavioural difficulties and has been a county advisor for all things PSHE (personal, social, health and economic) with a special focus on RSE (relationships and sex education). She currently delivers training to a variety of organisations alongside giving one-to-one support to children, focused on developing emotional literacy. Molly is the author of the best-selling picture book *How Are You Feeling Today?* as well as a whole range of fantastic books for supporting PSHE.

The activities in this pack are best used alongside *The Same but Different.* Some activities are suitable for individual children, some for pairs of children and some for a whole class.

I am unique

Make this page all about you by adding details about yourself.

Unique means you are unlike anyone else.

First name:
Middle name:
(if you have one)

Something I love doing:

Favourite animal:
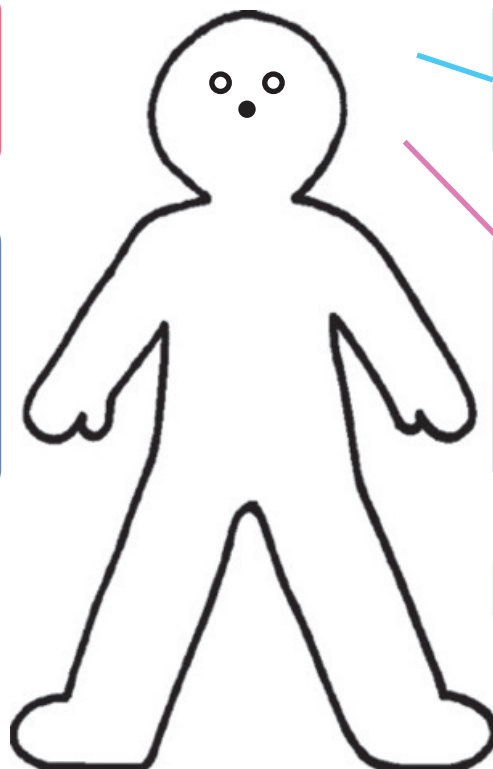
Use colour to add your hair onto this picture

If I could eat anything right now, I would choose:

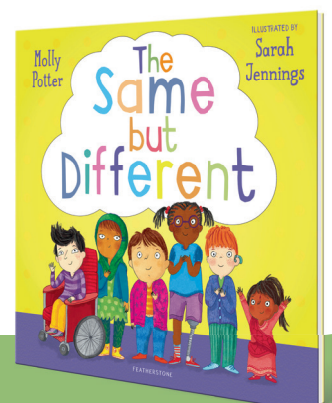Draw your mouth to show how you feel now

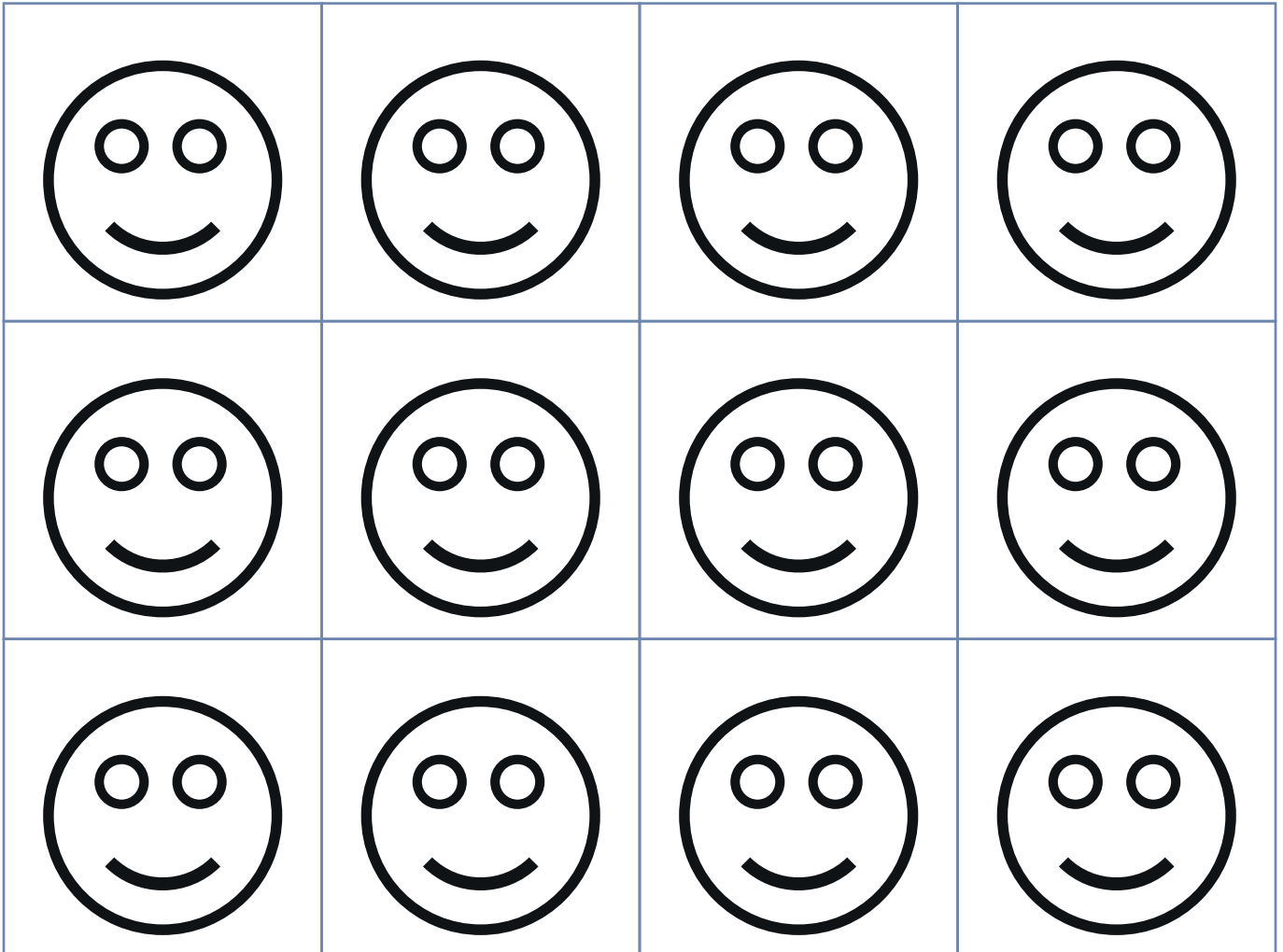Least favourite insect:

Shoe size:

Now share your page with other people and see what they have done.

- What is the same?
- What is different?
- Has anyone filled in their page exactly the same as you?

The Same but Different

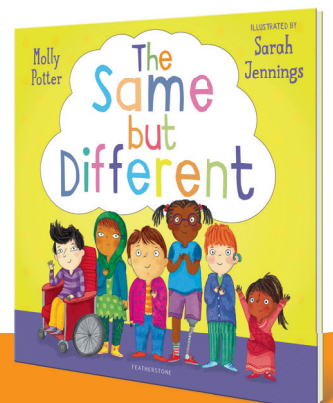Molly Potter

ILLUSTRATED BY Sarah Jennings

We all look different

Make all of these people different by giving them different
hair colours and styles, eye colours and skin colours.

It's great that we all look different.
The world would be *so* boring if we all looked the same!

We all have different personalities

Personality is a word used to describe how a person tends to think, feel and behave. Circle the words you think could describe you:

Noisy

Good at sharing

Friendly

Fun

Helpful

Unusual

Enthusiastic

Good at giving compliments

Careful

Messy

Quiet
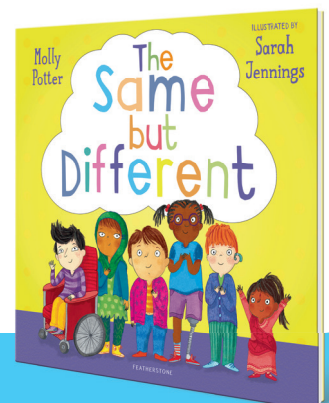
Funny

Calm

Polite

Tidy

Honest

Confident

Good at remembering

Full of ideas

It's highly unlikely that anyone would circle all these words especially as some are opposites. Our different personalities make the world a really interesting place.

Ask three friends which positive word they think best describes your personality and write them down below.

Name of friend	Word they used to describe my personality

The longest list

Work with a partner on this activity. List as many things that you can find that are the same about you and your partner and then list as many differences as you can find.

Here is an example:

Same: We both have brown eyes

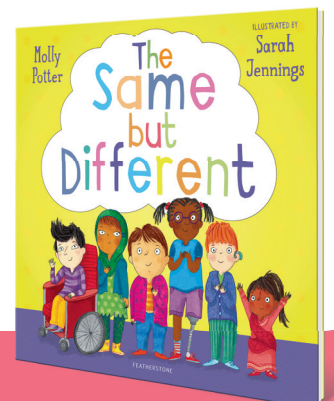Different: One of us likes ice cream and the other doesn't

Things that are the same	Things that are different

Are your answers the same or different?

Start by answering all of these questions without anyone seeing your answers. Ask a partner to do the same. See if you can guess their answer for each question and see if they can guess yours.

How many answers were the same? How many were different?

	Yes	No
1. Are you scared of spiders?		
2. Did you make your bed this morning?		
3. Do you like tomatoes?		
4. Do you like maths more than art?		
5. Have you eaten an apple today?		
6. Do you believe in ghosts?		
7. Is your bedroom messy?		
8. Do you like snow?		
9. Do you have a pet dog?		
10. Do you prefer peas to carrots?		

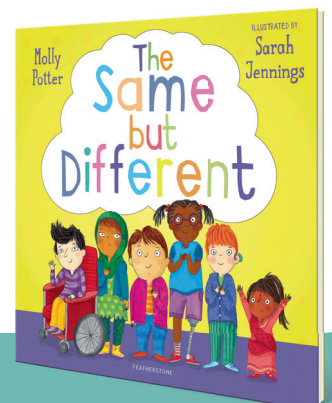*Isn't it great that we are all different!*

We all like different things

For each pair, circle which you prefer. If what you prefer changes over time, say which you would prefer right now!

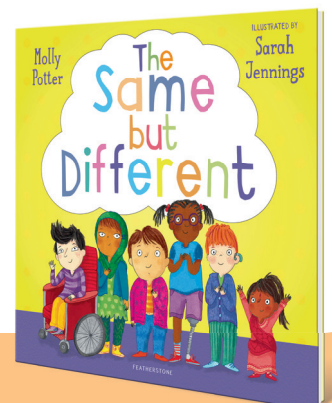| Do you prefer…. |
| --- |
| Warm, sunny days   OR   Snowy days |
| Listening   OR   Talking |
| Writing a story   OR   Doing maths |
| Apples   OR   Bananas |
| Tidying up   OR   Making a mess |
| Catching   OR   Throwing |
| Drinking water   OR   Drinking milk |
| Reading   OR   Being read to |
| Telling people what to do   OR   Doing what someone is telling you to do |
| Climbing a tree   OR   Painting a picture |
| Feeling Excited   OR   Feeling calm |
| Going To Bed At Night   OR   Getting up in the morning |
| Chips   OR   Crisps |

Now get to know someone better by finding out what they preferred.

The Same but Different
Molly Potter
ILLUSTRATED BY Sarah Jennings

Which of these are true about everyone?

Decide whether each statement is true or false and circle your answer:

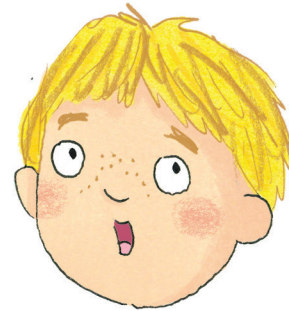|	
Everyone needs to drink. True or false	Everyone has blue eyes. True or false
Everyone prefers to be treated kindly. True or false	Everyone needs to sleep. True or false
Everyone prefers swimming in the sea to swimming in a swimming pool. True or false	Everyone feels emotions. True or false
Everyone uses their brains to make decisions. True or false	Everyone in the world celebrates Christmas. True or false
Everyone starts life as a baby. True or false	Everyone in the world speaks English. True or false

Different opinions

Opinions are what we think or believe about something. People can have different opinions because opinions are not facts.

Which of these opinions do you agree with?

I think learning to write is the most important thing we learn at school.

I think it is important that your friends are never unkind.

I think summer is the best season.
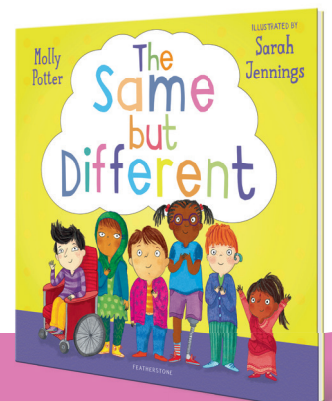
I think cats make the best pets.

I think adults are more serious than children.

I think being rich makes people happy.

It's completely OK to have different opinions to people you know. It can be fun to talk about why you think different things.

ILLUSTRATED BY Sarah Jennings

Molly Potter

The Same but Different
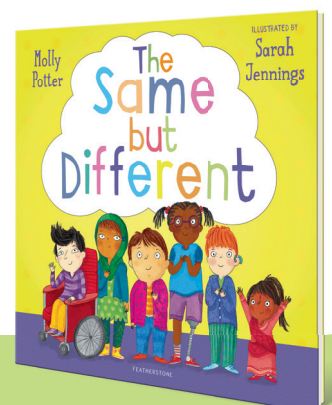
Which question has the most answers?

This is an activity for a group of children. As a group you are going to firstly try to predict, and then secondly explore, which one of the following questions gets the most different answers.

Instructions:
1. Read all the questions below.
2. Ask everyone to tick the question they think will get the most different answers.
3. Ask everyone to answer the questions by writing their answers next to each question, one at a time.
4. Go back over each question and write a list of all the different answers people gave (so that counts as one answer).
5. Count up the different answers for each question and find out which question had the most different answers.
6. See who guessed the right question!

Questions:

1. Are you left or right-handed?

2. What is your favourite colour?

3. What colour are your eyes?

4. What month is your birthday?

5. How many pets do you have at home? (List them all)

6. What did you have for breakfast?

7. What three things make you really happy?

Why do we prefer...?

We all prefer the things in the second column to the first column.
Underneath each word, write an emotion that someone would feel
if they experienced each of these. Use the emotions at the bottom of the
page to help you.

We all prefer these...	Compared with these..
Kindness	Unkindness
Smiles	Scowls
Being helped	Being ignored
Compliments	Insults
Feeling like we belong	Feeling like an outsider
Being included	Not being asked to join in

Here are some words to help you:

sad   angry   happy   scared   calm   irritated   rejected   connected

nervous   unsettled   jealous   safe   content   respected   valued

The Same but Different
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