Tolerance, Acceptance, and Resilience

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Tolerance

- Webster definition: 1: capacity to endure pain or hardship
  2a: sympathy or indulgence for beliefs or practices differing from or conflicting with one's own
  2b: the act of allowing something

Tolerance means...
appreciating and respecting differences in people.
Bullying

- Perceived Difference
- Ethnic or Racial
- Ability
- Socioeconomic
- LGBTQ
- Religious
- Political
- Regional
Elementary

- [http://www.tolerance.org/](http://www.tolerance.org/)
Activity/Lesson

- Apple to Apple
- Wrinkled Heart
- Clothing Based Bias
  - Teaching Tolerance
- Pass the Face
- Teamwork Activities
- Empathy Lessons
Bibliotherapy

-Children’s Books That Tackle Race and Ethnicity
  -The New York Times
  -Make Kids Feel Welcome: Welcoming Week
  -Firstbook Marketplace
-Books That Promote Tolerance and Diversity
  -Common Sense Media
-Books for Kids: Promoting Resilience
  -Reaching In...Reaching Out
-Books That Teach Empathy
  -Common Sense Media
-30 Books About Being Different and Being Yourself
  -No Time for Flashcards
Mix it up Day

- [http://www.tolerance.org/mix-it-up/what-is-mix](http://www.tolerance.org/mix-it-up/what-is-mix)
- Why can’t I sit next to my friends?
- Here are some ways you can respond:
  - That’s exactly why we’re doing it. So you can get to know someone you otherwise might have never talked to.
  - It may feel uncomfortable to break out of your normal social circle, but once you do it, you’ll meet people you never have to feel uncomfortable around in the future.
Teaching Tolerance
Secondary Level Activities/Reading

– http://www.tolerance.org/supplement/preparing-teach-new-jim-crow

Music with social message

- MTV VMA 2011-2014 Social Message Winners
- Kodaline, All I Want (Part 1)
- Pick 5 values that are most important to you
- Influence your behaviors and actions
- Write one per piece of paper
Resilience
Remember you are good enough
Everyone is different
Stop comparing yourself
Individuality rocks
Learn something new daily
Involve yourself in what you love doing
Enjoy things that make you happy
Not everyone can be 1st, 2nd, or 3rd
Care about yourself and others
Expect that some days won’t be great
– Attend workshops & festivals, take risks
– Podcasts, TED talks, Documentaries, Movies
  – 13th, Audrie & Daisy, Matt Shepard is a Friend of Mine
  – Valentine Road, The Loving Story, How to Dance in Ohio
  – Color of Fear, The Little Rock Nine, Including Samuel, Educating Peter
  – Selma, Color Purple, Long Walk Home
– Examining Whiteness
  – Examining privilege, history, racism, identity, guilt, positive identity
– Read books
  – Black Like Me by John Howard Griffin
  – White Like Me by Tim Wise
  – The Immortal Life of Henrietta Lacks by Loretta Skoots
  – Underground Railroad by Colson Whitehead
  – Truevine by Beth Macy
  – I Know Why the Caged Bird Sings by Maya Angelou
  – Cane River by Lalita Tademy
  – I’m Down by Mishna Wolff
Judy Hops’s Speech
Try Everything

Last Tip
References

- http://www.tolerance.org/
- https://www.commonsensemedia.org/lists/books-that-teach-empathy?j=3447975&e=leighanne.long@gmail.com&l=26783_HTML&u=52307043&mid=7000332&jb=0&utm_source=091616+Default&utm_medium=email&utm_campaign=weekly
- https://www.commonsensemedia.org/lists/books-that-promote-tolerance-and-diversity?j=3110386&e=leighanne.long@gmail.com&l=26783_HTML&u=46612705&mid=7000332&jb=0&utm_source=061716+Default&utm_medium=email&utm_campaign=weekly