

Being Human Sometimes You're A Caterpillar

LEARNING OUTCOMES



Self-awareness
Relationship skills

MATERIALS NEEDED



Laptop
Projector (optional)

TIME IT TAKES



15 minutes

1. What?

A video highlighting the value of individuality and fostering an appreciation of diversity.

2. Why?

People experience the world in different ways, viewing each situation from their own unique vantage points. Gaining exposure to those who are different widens our worldview and enables us to empathize with those around us.

3. How?

- + Dim the lights and ask the participant(s) to take five mindful breaths.
- + Play the video using the link provided.

[Play Video ▶](#)

- + Once the video has concluded, engage the participant(s) in a discussion using the suggested conversation starters as a jumping off point.

4. Conversation Starters

- + How did the fence impact the relationship between the snail and the caterpillar?
- + Share a story of a time you faced a similar challenge.

5. Dive Deeper

- + Name a privilege you have in your life that you might take for granted?
- + What is a struggle you face that others might find surprising?

Did You Know?

In order to reach a place of equality, we must first recognize and acknowledge our differences.