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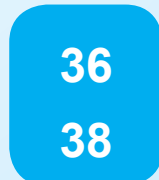
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Unit One

We Are What We Are



A fire burns bright,
It warms the heart.
I've been special,
From the very start.

Unit One

We Are What We Are

Lesson One: Change and Continuity

Big Idea: As we grow up, our bodies change.

All living things around you are **growing up**. As they **grow up** their bodies **change**.



Plants change as they grow.

Unit One

We Are What We Are

Lesson One: Change and Continuity



Animals change as they grow up.

Everyone grows at his or her own rate. No two children at your class are the same. Everyone of them has his or her own size and shape.



Observation Skills:

Look around your class and see how the children have different sizes and shapes.

Unit One

We Are What We Are

Lesson One: Change and Continuity

Citizenship

As we grow up every year, our old **clothes** and **toys** are no longer fit. That is because our bodies are growing.

- What do you do with your **old clothes and toys**, if you have no one in your family that can use them?

Read what Ahmad and Huda do with their old clothes and toys:



"Our parents buy us many toys and clothes every year."



"As we grow up the clothes and the toys are no longer fit. We donate our toys and clothes to charity. We help to care for disabled children."

Unit One

We Are What We Are

Lesson Two: Taking Care of My Body

Health Education

Big Idea: We take care of our bodies.

Taking **care** of your body will help you **grow up** and **stay healthy** and fit. Read how these kids take care of their health.



"We drink water and milk most often. You need to drink 2 cups of milk a day."

"I always use soap and water to keep my body clean."



"I eat a variety of foods, especially fruits and vegetables."

Unit One

We Are What We Are

Lesson Two: Taking Care of My Body

Health Education

"I drink juices made of fresh fruits and very little sugary drinks like sodas."



"I try to spend **no** more than 2 hours a day watching TV or DVDs, playing video games, and using the computer."

"I sleep not less than eight hours a day."



Unit One

We Are What We Are

Lesson Two: Taking Care of My Body

Health Education

You and Your Body

Why do you have to go to bed?

Everyday is a busy day for you. Think of all the activities that you do during the day at your school or home, running around with friends, going to sports practice, doing your homework and other activities that you do with your family. By the end of the day, your body needs a break. All living things need sleep to survive.

Sleep is Important

- 1- Sleep helps your **bones** and **muscles** grow.
- 2- Sleep allows your body to **rest** for the new busy day and to do well at school.
- 3- Sleep promotes good health.

What happens when you do not have enough sleep?

If you do not sleep between eight and ten hours each night, you will feel tired because you have less energy and you may get sick.

Unit One

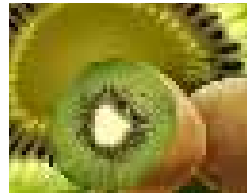
We Are What We Are

Lesson Two: Taking Care of My Body

Health Education

Survey Skills: My Favorite Fresh Fruit

Children like different kinds of fruits .Circle your **favorite** fruit. Find out which fruit is most popular.



Reading Check:

Look at the picture below. Talk with your partner about how the children in each picture are following a healthy tip.



Unit One

We Are What We Are

Lesson Three: We Are Different

Diversity

Big Idea: We Are Different.

Comprehension Skills:

Look at the picture below. How are the children in the picture different?



Unit One

We Are What We Are

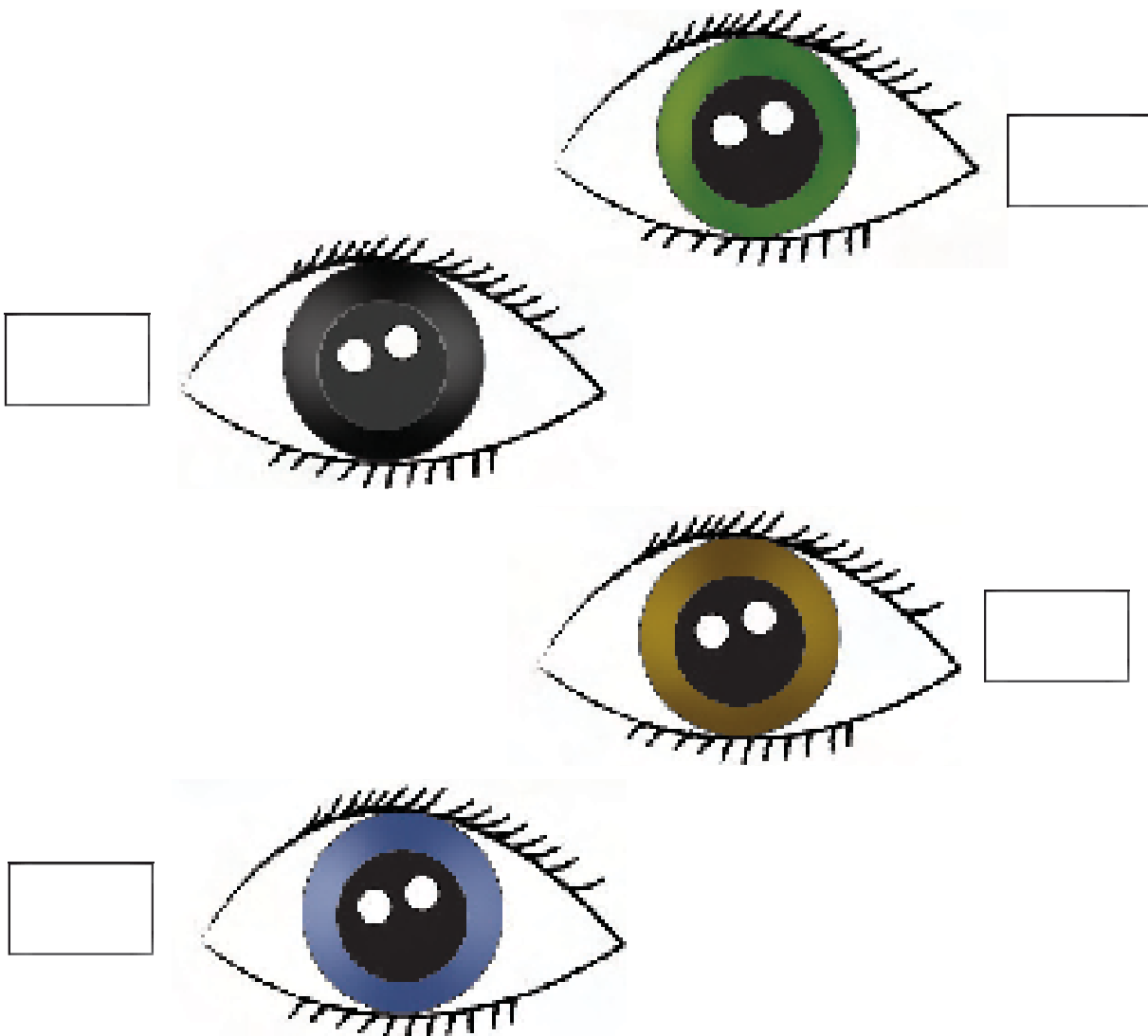
Lesson Three: We Are Different

Diversity

Sorting Skills

Activity One:

Directions: Sort the children in your class by the color of their eyes. Write the number of each eye color there is in the boxes below.



Which eyes color is most popular in your class?

Unit One

We Are What We Are

Lesson Three: We Are Different

Diversity

We have different skin colors.



We have different hair.

Activity Two:

Directions: Look at the picture below. How many different hair colors can you see?



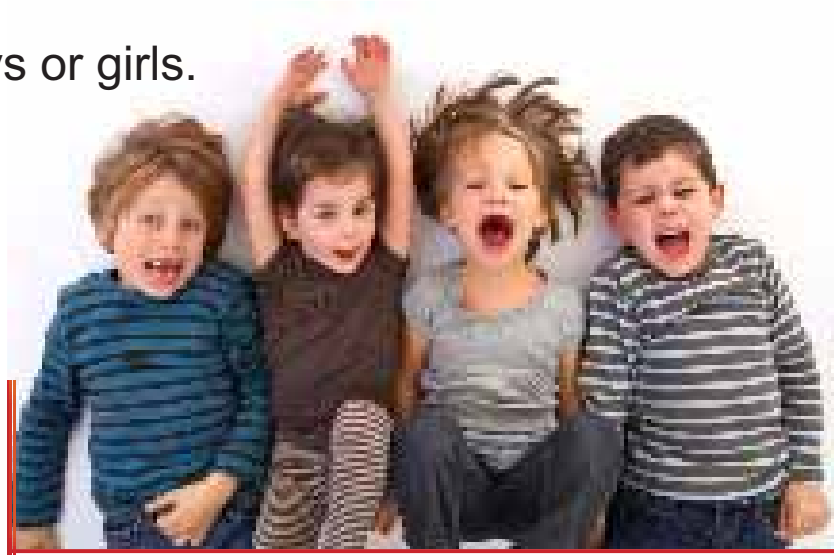
Unit One

We Are What We Are

Lesson Three: We Are Different

Diversity

We are either boys or girls.



Activity: Look at the picture below. Count the boys and write the number in the box. Count the girls and write the number in the box.



Boys

Girls

Unit One

We Are What We Are

Lesson Three: We Are Different

Global Citizens Street

I Am Special



It doesn't matter if I am big or small,
It doesn't matter if I am short or tall,
Because I have something to say,
I am unique in my own special way.

Everyone is beautiful,
All kids are wonderful,
All kids short or tall,
Allah Almighty made them all.



I can draw beautiful things,
I can fly without wings,
I can draw a red rose,
I am better than anyone knows.



Unit One

We Are What We Are

Lesson Four: We Are Alike

Wants and Needs

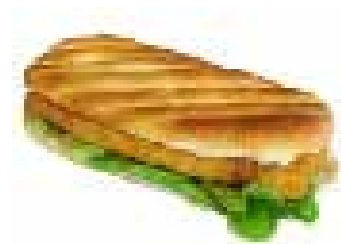
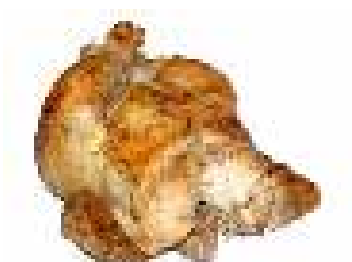
Big Idea: We all have the same **needs** but different **wants**.

We all need food to live. No one of us can live without food.



Survey Skills: My Favorite Food.

Directions: Circle the food that you like most. Compare your choice with your partner's.



Unit One

We Are What We Are

Lesson Four: We Are Alike

Wants and Needs

We all need water to live.



Circle each picture that shows what we need water for.



Unit One

We Are What We Are

Lesson Four: We Are Alike

Wants and Needs _____

We all need clothes to keep us warm and to protect our bodies from different weathers.



Survey Skills : My Favorite T-shirt.

Directions : Look at the pictures below. Circle your favorite T-shirt. Compare your choice with your partner's.



Unit One

We Are What We Are

Lesson Four: We Are Alike

Wants and Needs



Class Discussion:

Instructions: Look at the picture below. Then answer the following questions.



1-How are the children in the picture different?

2-How are the children in the picture alike?

Unit One

We Are What We Are

Lesson Four: We Are Alike

Global Citizens Street

Kids are the Same



We are girls, we are boys,
We wish to have games and toys.

Big, small, short or tall,
We all play with one ball.



We all have the same sky,
With different dreams that reach high.



A big smile we can show,
With little bodies that grow.



Unit One

We Are What We Are

Lesson Four: We Are Alike

Tote Fruity Day



Suggested Activities

- 1- Draw your favorite fruit and color it.
- 2- Decorate your class with fruit pictures.
- 3- Draw pictures of your national fruits (Fruits that grow in your country).
- 4- Bring fruits from your house and make fruit salad and enjoy eating it.
- 5- Sing this song with your classmates:

Do you eat your fruits? (Sung to the tune of "Muffin Man")

Oh do you eat your fruits, fruits , fruits?

Oh, do you eat your fruits

Each and every day?

Oh, yes we eat our fruits, fruits, fruits,

Oh yes we eat our fruits

Each and every day!

Unit Two

We Are a Family



Unit Two

We Are a Family

Lesson One: People and Culture

Big Idea: There are different families all over the world.

A family is a group of people who live **together**. We all **need** a family to keep us **safe** and **happy**. We all **love** our families.

- Read what children from different cultures say about their families:

"My name is Abi. I live with my parents and my brothers and sisters. I love my family."



"My name is Asa. I live with my mother and my sister. I love my family."



"My name is Zainab. I live with my mother. I love my mother."

Unit Two

We Are a Family

Lesson One: People and Culture

I Love MY Family

Different Types of Families

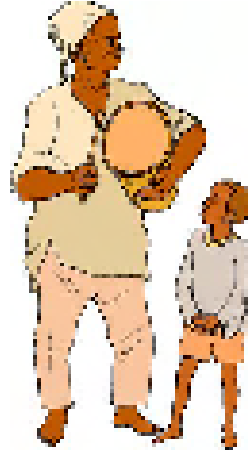
There are different types of families all over the world. Look at the pictures below. Then answer the following questions.



1



2



3



4

1- Which pictures show a child lives with a single parent?

2- Which pictures shows a family with one child?

3- Which picture shows a family with many children?

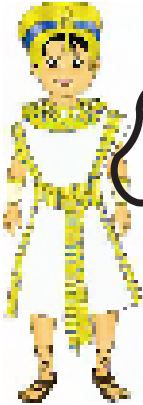
Unit Two

We Are a Family

Lesson One: People and Culture

Global Citizens Street

My Family



My family are people who love me,
With them I am safe as can be.

The sun is shining clear and bright,
I live with my family day and night.



I hear the rain, I hear the storm,
But with my family I stay warm.



We are big, we are small,
In a happy home we live all.



Unit Two

We Are a Family

Lesson Two: We Have Responsibilities

Big Idea: Members of a family work, play, and learn together.



You have your family and you will always have it. It is your family that gives you love, care and help. Family relationship is something special. You should always appreciate all the things that your family members do to make you feel comfortable and loved.

- Read what children say about how their family members help each other:



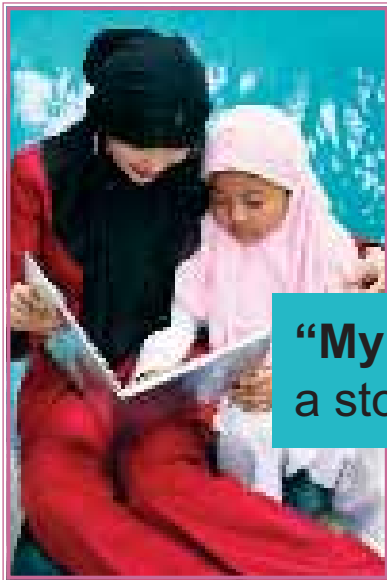
"My name is Sara. I love my mother, I help her at home to make her happy. In my family everyone should give a hand."

Unit Two

We Are a Family

Lesson Two: We Have Responsibilities

"My name is Amal.
I keep my room tidy."



"My name is Aisha. My mother reads me
a story every Friday."



"My name is Hani. My big brother helps me
with my homework."

Unit Two

We Are a Family

Lesson Two: We Have Responsibilities

Class Discussion:

1- Tell your classmates about how each member of your family members gives a hand.

2- Look at the pictures below. Then talk with your partner about each picture.

1



2



3



4



Unit Two

We Are a Family

Lesson Three: Building Good Characters

Big Idea: Members of a family should treat each other fairly.

Members of a family should treat each other fairly. Each one should respect and love every member of his family. If you say or do something wrong to any of your family members you should apologize and show more love and respect.

Bilal is in first grade. He lives with his parents and his older sister.

Read Bilal's story:



"Hello! My name is Bilal. I am six years old. I live with my father, my mother and my sister."



"Last week my sister treated me badly. She shouted at me. What she did to me was unfair."

Unit Two

We Are a Family

Lesson Three: Building Good Characters



"She did not play with me. She did not talk to me. What she was doing was unfair."



"My sister felt sorry about what she did. She brought me a present and told me that she was sorry."

Unit Two

We Are a Family

Lesson Three: Building Good Characters

Life Skills: Solving Resolutions

Brothers and sisters should treat each other fairly and respectfully.

Directions: Write the word **No** in the box under each picture that shows a wrong behavior. Write the word **Yes** in the box under each picture that shows a correct behavior.



Unit Two

We Are a Family

Building Good Characters

Global Citizens Street

I am Responsible

Doing things to the best of my ability,
That is all about responsibility.



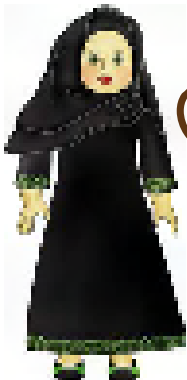
I clean my room and pick up toys,
Then it is time to play with the boys.



When I do my work in school,
I have time to play so cool.



Taking care of my little brother,
This is what I promise my mother.



Lesson Three: We Have Responsibilities