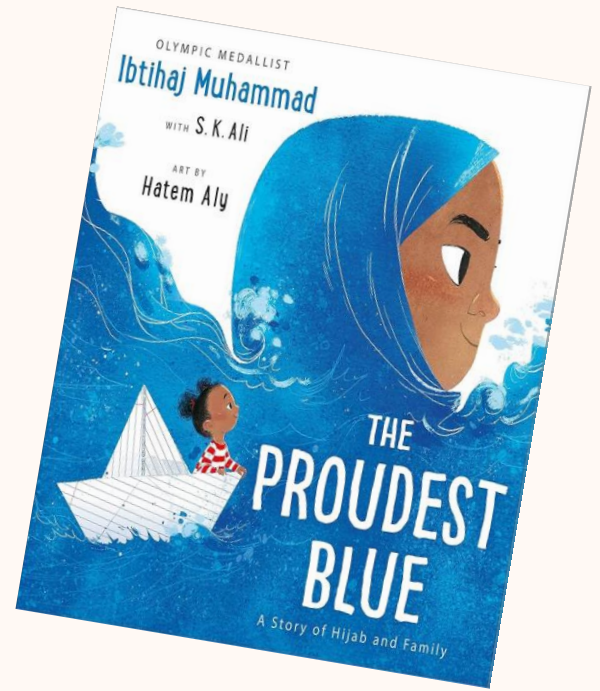


The Proudest Blue

Written by Ibtihaj Muhammad and S. K. Ali
Illustrated by Hatem Aly

This true story helps inspire children to be proud of their cultural heritage and to discuss the impact of bullying.



5 Objectives

This unit covers the following 5 objectives:

Lesson 1:

I can tell you about my cultural heritage.

Lesson 2:

I can tell you about ways my family and friends support me

Lesson 3:

I can tell you how I show respect to people who have different beliefs to me.

Lesson 4:

I can tell you about some of the different types of bullying (including online bullying) and I can tell you some strategies to resist this and to get help.

Lesson 5:

I can tell you about the impact of bullying on mental wellbeing.

Lesson 6:

Reflection and Evaluation.

Tags:

Hijab, Religion, Cultural Heritage, Bullying, Teasing

Sensitive Content in This Story

This story focuses on Muslim sisters overcoming bigotry due to the older sister wearing her hijab at school for the first time. The book doesn't shy away from some of the hurtful words that can be used by other children to describe a hijab such as 'tablecloth'. Any reader who has ever been teased or bullied, will connect to these sisters' experiences. Additionally, this book focus on the impacts of bullying on others in addition to the individual being bullied.

Wellbeing skill links

Through the following 5 lesson plans children will explore the following RSHE statutory (s) and PSHE non- statutory (n) wellbeing objectives.

Respectful Relationships:	Families and People Who Care for Me:
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. (Lesson 4, 5)	That stable, caring relationships, which may be of different types are at the heart of happy families and are important for children's security as they grow up. (Lesson 1, 2, 3)
The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. (Lesson 1, 3)	Mental Wellbeing
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. (Lesson 4, 5)
Further Skill Coverage: All Settle activities cover: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. All Training activities cover: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	

Literacy Links

Through the following 5 lesson plans children will explore the following literacy objectives.

Vocabulary:	Retrieval:	Inference:
Check the meaning of words using teacher prepared definitions or dictionaries. Write own definitions for words. Explain the meaning of words and know how to use them in the correct context. Discuss how words and phrases have been used to build a picture for the reader.	Answer basic retrieval questions using evidence in the text to discuss understanding Know and discuss setting, character and event changes Identify how text structure/presentation contributes to meaning and understanding Discuss how narrative content is related and contributes to meaning as a whole	Draw inferences such as inferring character's feelings, thoughts and motives from their actions and justifying inferences with evidence from the text Identify main ideas from more than one paragraph and summarise Predict what might happen from details stated

SMSC and British Values

Through this unit, children will explore themes within the following Social, Moral, Spiritual and Cultural and British Values areas:



Lesson Content

All five of the lesson plans related to this book follow our STORY structure



S

Settle: Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing.



T

Training: Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling.



O

Objective: Introduce a wellbeing objective for children to focus on when they are listening to the story



R

Read: Read the story and discuss the following guided reading questions as a class.



Y

You: To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

Some other stories we would recommend that are related to this story are:

Amma's Sari written by Sandhya Parappukkaran
Illustrated by Michelle Pereira

Leila in Saffron written by Rukhsanna Guidroz
Illustrated by Dinara Mirtalipova

Our Diversity Makes Us Stronger written by Elizabeth Cole
Illustrated by Julia Kamenshikova



This guide for parents could be helpful if you have any children in your class who need more support with diversity and cultural heritage:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/we-are-different-we-are-the-same-teaching-young-children-about-diversity>

<https://londongoverness.com/teaching-diversity-to-kids-fostering-acceptance-and-respect/>

<https://kidshealth.org/en/parents/self-esteem.html#:~:text=Boost%20your%20child%27s%20self%2Desteem,valued%20and%20important%20they%20are.>