



The 'I Am Human' project is dedicated to our children - our future.

We are the Northampton Inter Faith Forum (NIFF) - Bahá'ís, Buddhists, Christians, Hindus, Jews, Muslims and Sikhs, working together to promote friendship, respect and understanding in the community.

In 2018 we started the 'I Am Human' project. We worked with university media students and primary schools in Northampton, creating a short film, featuring children from the schools, and a banner of their artwork.

We have used these materials across the county, to promote the essential oneness of humankind. We believe we can learn to work together and build friendships, regardless of our background or belief, because at the end of the day - we are all human.

This activity book is our latest offering for you to explore the themes our forum practices, which is to first to respect others, then understand them and then make friendships.

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NIFF would like to know when and where I AM HUMAN is used, and by how many pupils. Comments and suggestions for improvements in a second edition will be appreciated.

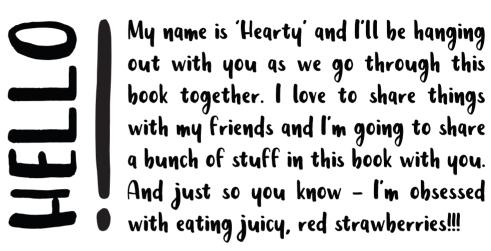
The aims of this publication are to promote understanding, respect and friendship between people of different faiths. It is not to be sold or used commercially in any way; it is for educational use only.

Please also visit our website: www.niff.org.uk

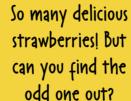
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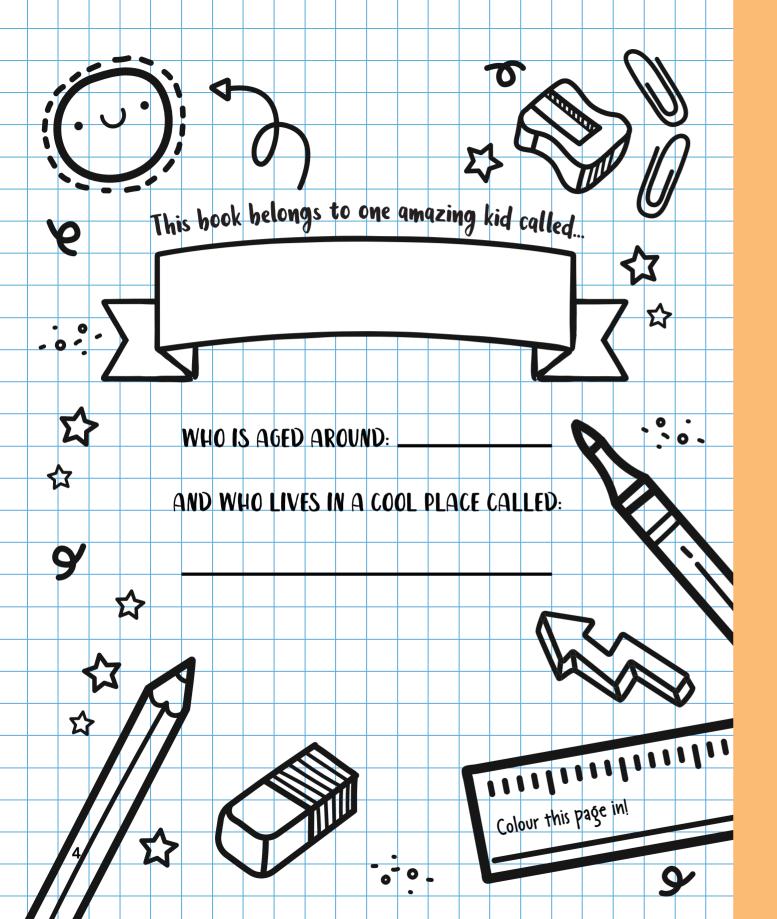












WELCOME FRIEND We are happy you are here!

Sometimes, we hear words and we don't know what they really mean. Sometimes, a teacher or a parent may use a word but it floats over our head. Even when they have used the word a lot!

We have chosen three words that have big meanings and we would like to explore those words with you. These words are



Whoever you are, these are qualities that live in your heart, and they live in the hearts of everyone else too.

This book is a celebration of what we are able to accomplish when we put our differences aside and choose to work and play together in compassionate, sharing and caring ways.



I want to know more about these interesting words!



HUMANS ARE AMAZING

Humans live all over the world. We live in different ways, do different activities, have different beliefs, live in different homes, eat different foods and different things are important to us.

Lots of things are different but lots of things are the same.

Everyone has a body, a brain and a heart. We think and feel. We breathe air and the same sun warms our skin.

We all want to be happy - which is the same, but what makes us happy might be different.

Different and the same...

Think about the people you know in your life. What things are the same and what things are different?

Sometimes differences are interesting, sometimes they feel like barriers to getting to know each other. But if you look at what unites us we can find ways to be friends.



people and add lots of different flowers and plants.





We are like many different flowers in one big garden. If all the flowers were exactly the same the garden would be dull and boring, but with lots of different colours, shapes, styles and scents, the garden becomes interesting, alive and beautiful.

And one thing is definitely the same...









AM HUMAN Solution that we share

A human being is made up of:

A body which moves around.

2 A brain which does our thinking.

Emotions which tell us how we are feeling.

And connection to our heart qualities.

All humans share this way of being even if we express it in different ways.

Here is a human being. Can you make it look like you?

MY HUMAN GEMS

Your qualities are special to you. Some you pick and some are just naturally inside you. They're like gems inside a treasure chest. The more you polish them, the more they shine. We can use our gems to make the world a better place and every human has them.

Q	AND DEAD	Ò
0	What are your gems? What comes naturally to you and what qualities do you like about yourself? Things like	0
0	confidence, creativity, friendliness, being sporty, being kind, loving animals or games. Write out some of your qualities/gems below.	0
0		0
0		0
0		0
0	Some of my	0
0	gems are that I like maths and art, I'm very	0
0	friendly and love juicy, red strawherries!	
0		9

RESPECT

Respect means to think well of someone's good qualities. And your own. It also means to allow other people their feelings, thoughts and rights. And yours too.

If you respect someone or something, it means you have taken the time to think and care about that person or thing.

It feels good when people respect you because you feel listened to and understood. You feel like they care about you and what you think and feel.

> I choose to treat other people the way I would want them to treat me. I choose to be kind and considerate with their opinions, thoughts and feelings, regardless of how they treat me, because respect builds peace.

> > Respecting others means listening with your heart as well as your head.



WEAR IT WITH RESPECT



Design an awesome t-shirt that tells people why respect is important.

What pictures and words could you use to help people be more respectful? You can make it serious or silly, it's up to you!

9

I'M DIFFERENT AND SO ARE YOU



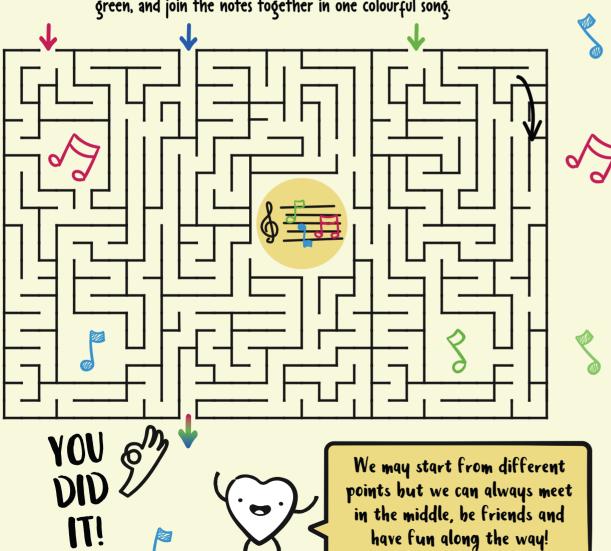
When lots of things are the same but also different we call it 'Diversity'. Humanity is full of diversity! We're like different notes in the same song, we all have something to add and together we make a beautiful melody.



5

12

find three different routes through the maze. Red, blue and green, and join the notes together in one colourful song.



Let's explore what things are the same and what things are different.

Fill in one of the information cards on this page for yourself and then do the same for 2 other people.

Do the results surprise you?



Does it matter if people like different things to you?

What can you learn from people who see the world differently than you? This is a picture of me
I'm called:

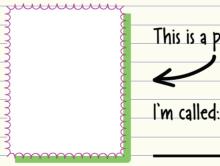
My favourite colour:

My favourite super hero:

How long is my hair:

What emoji would I be:

When I grow up I want to be:



This is a picture of me

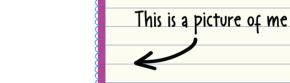
My favourite colour:

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When I grow up I want to be:



I'm called:

My favourite colour:

My favourite super hero:

How long is my hair:

What emoji would I be:

When I grow up I want to be:

13

SHOWING COMPASSION

When someone is compassionate towards you, they care about your feelings and your thoughts. When you are compassionate, you care about the feelings and thoughts of others.

Here are some Use gentle ideas of things you words with a hug to make Be kind them feel better. someone who can do to show to everyone is sad. compassion to others... Being kind when Compassion feels someone makes warm like happy Sharing a mistake. sunshine, breaking Listening to a friend your toys. through the clouds and shining on my face. Smiling at someone to cheer them up. Giving to Can you think of any other examples? Write them in this cloud. 14

WORLD where you can be ANYTHING...



OUR WORLD IS AMAZING

We all live together on one planet. It's a very special place and we share it with a lot of other people, animals, fish, plants and all other living things. We need to respect all life and care for it so our planet stays happy and healthy, now and in the future.



Things we can do to respect our environment

- Plant trees and other plants
- Recycle and reuse
- Eat organic food
- Use your bike/train/bus instead of car
- Don't throw rubbish on the floor
- Plant vegetable gardens
- Put compost in the compost bin
- Turn off lights when we're not using them
- Look after the animals



We use a sharing





heart to share our world with animals.





World-tastic Word Search!

Can you find things that make our world amazing?























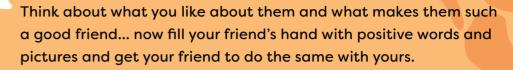


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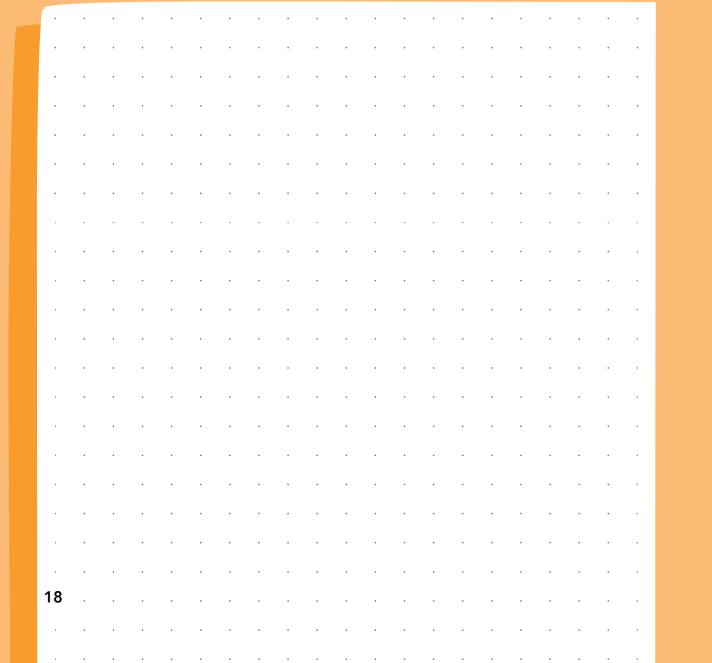




Draw around your hand on the left page and then draw around a friends hand on the opposite page.



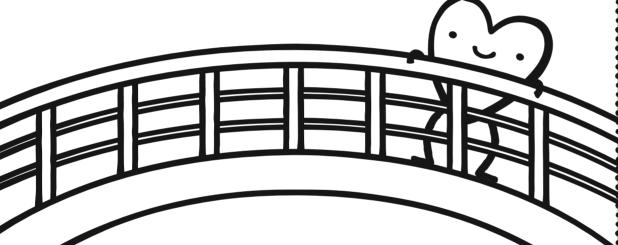




UNDERSTANDING

Each person is precious, special and unique. When we listen deeply to what they are saying and how they are feeling, we get to understand them. Then we know what makes them tick.

Each person is precious, special and unique. The more we understand the more we get to know them.



CC

Understanding builds bridges between our own heart and the hearts of others. It helps us to see what we have in common with others and find ways to get along.

99

WALK IN SOMEONE ELSE'S SHOES

There's an old proverb that says you should: "walk a mile in someone else's shoes". It doesn't mean 'literally' walk about in their flip flops!

The idea is that if you imagine living someone else's life (walk in their shoes) you can understand who they really are.

If you could walk in someone else's shoes who would they be? A friend? A parent? A celebrity? A role model? A super hero?

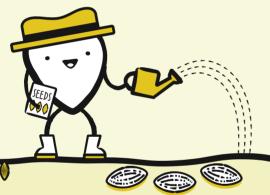
Draw
yourself
walking in
someone
else's shoes



GROW YOUR UNDERSTANDING

Look at the seeds Hearty has planted and draw what they will grow into?

> **SEEDS CARROT**







Here are lots of seeds. They are very small and boring and they don't do very much. If you didn't know what they were, you might ignore them. But if you plant them in some compost, give them sunshine and water them they will grow into something beautiful that can feed a nation.







ANSWERS: CARROT SEEDS (CARROTS), SUNFLOWER SEEDS (SUNFLOWERS), ACORN (OAK TREE).

- LEARN SOMETHING NEW

Did you know that your brain changes when you learn something new? Myelin is the white matter in your brain. The more you learn, the thicker the myelin becomes which helps you learn faster. That means that learning is good for brain health!

> The good news is that there is a whole world of new things out there! You can learn all sorts of new things that can help you to understand other people or why things work the way they do.

TRY SOMETHING NEW TODAY! POP A NEW EXPERIENCE INTO YOUR BRAINILL

Visit Get a friend somewhere to challenge you haven't you to learn been before. something new.

someone else what you have learned.

Teach

SHARE WHAT YOU LEARN WITH YOUR FRIENDS & FAMILY

BOOST YOUR Brain's CAPACITY

Watch a documentary and then write about it.

HERE ARE SOME

ideas for things

YOU GOULD LEARN.

GAN YOU THINK

of any others?

Create a club and ask friends to join.

Start a new

hobby.

Listen to the advice of someone more experienced than you.

> Point of view. trom a new The world pesd and see

Try new food or listen to new music

Stand on your

23

DIFFERENT PERSPECTIVES

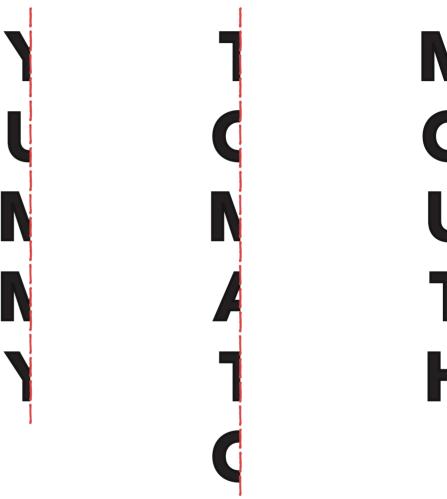
We all like, do and believe different things. If you choose to see things from someone else's perspective you could learn something new and interesting, try something different, or look at the world in a different way.



WHEN WE LOOK AT THINGS DIFFERENTLY, WE DISCOVER SOMETHING NEW!

Below are some mysterious mirror words. To find out what they are, place a small mirror along the red line and read the word in the reflection.

Remove the mirror and try coping the reflection with a pen or pencil.





Why don't you try something new next time you're getting something to eat, choosing some clothes, drawing a picture, playing a game or watching TV.



The benefits of listening, are that you can learn new things, you get new ideas and solutions that you might never have thought of, and the people you listen to feel respected and understood.

I-MINUTE LISTENING CHALLENGE

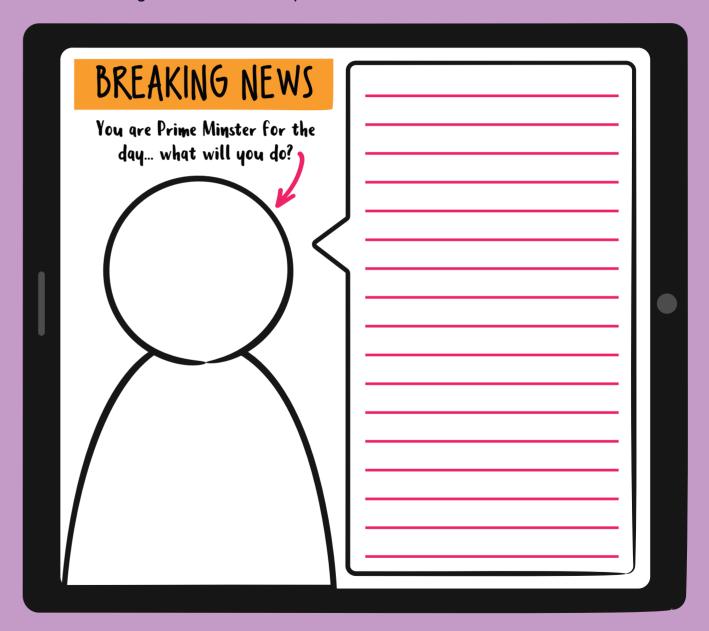
Close your eyes and sit comfortably. Gently breathe in and out 5 times. Focus on the sounds around you for 1-minute. Write what you hear below.

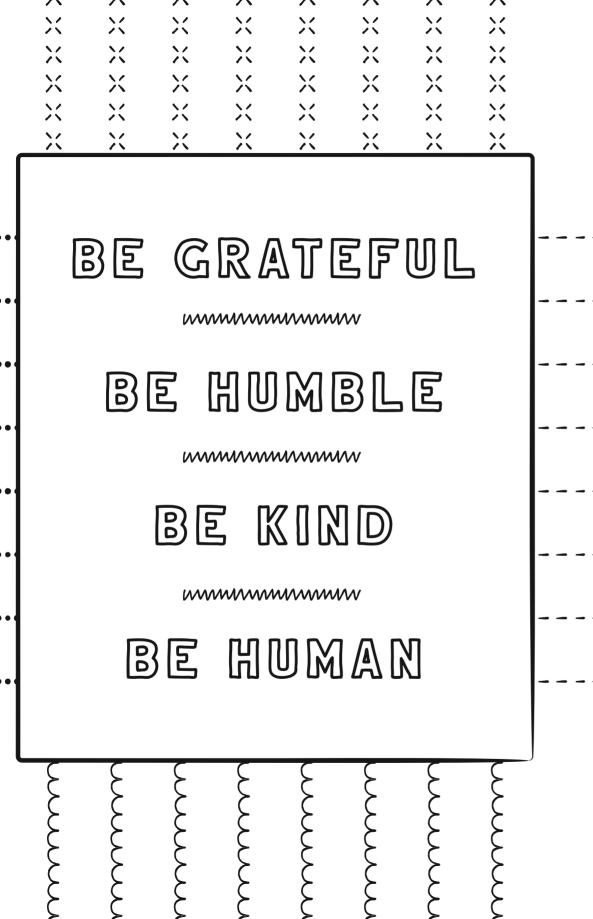
You can practice this every day to help you learn to listen more clearly. You can also listen to your own thoughts and feelings.



PRIME MINSTER FOR THE DAY

We all have ideas about how to make the world work better. If you had a turn at being Prime Minister for the day, what would you change to make our society better?







Being grateful helps you to be a happier person. Focusing on the things that make us happy on a regular basis can help us to understand the things that matter to us and what we appreciate.



with me.

- I am grateful for...
- 1. my friends
- 2. football
- 3. strawberries!

WHAT TO DO:

- 1. Find a clean jar or tin with a lid.
- 2. Decorate it with labels or stickers.
- 3. Everyday, take a small piece of paper and write three things you are grateful about.
- 4. Put them in the jar and save up all that gratitude.

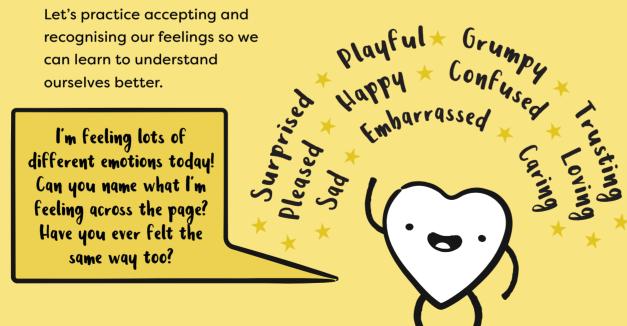
TOP TIP: Some ideas for what you could be grateful for include: warm sunshine, a kind word, time with someone you love, doing well on a test, in fact anything that made you happy.

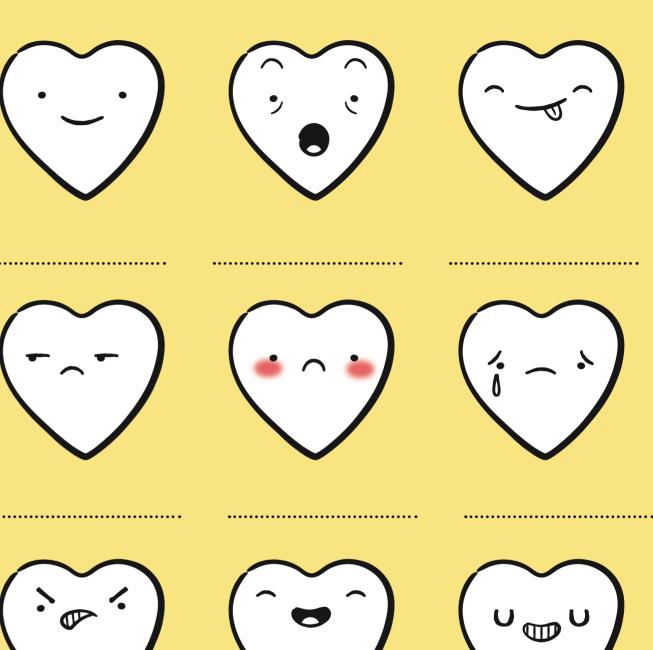
WHAT AM I FEELING?

We all share the same feelings. Some feel good and some feel not so good. But every human being feels their emotions every day and in lots of different ways.

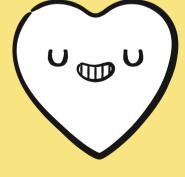
Emotions are a bit like flavours. Sometimes they are sweet like when we feel happy, sometimes they are bitter like when we feel sad and sometimes they are hot and spicy like when we feel angry. We all have feelings and all these feelings belong in the world. But sometimes our emotions can feel big and hard to deal with.

If we can find ways to recognise and understand our feelings, it can make it easier to enjoy the good times and find solutions for the bad times. When we feel happy and compassionate, we feel more accepting and forgiving of ourselves and others. When we feel angry and fearful we can end up being unkind and grumpy with ourselves and others. But it's important that we pay attention to our feelings so we know what's going on inside ourselves.









FRIENDSHIP

Friendships are special relationships that make us feel happy to be in someone else's company.

We can make friends at school. Friends can be family members or we know them because they share our interests or beliefs. They can be very similar to us or very different. Whoever they are, we love our friends and know that they care about us too.

I think 'friend' is a happy word. I have lots of friends who share my interest in helping others, climbing and strawberries!

Friends listen, friends care, they help us when they can. They make the world a brighter place to live in. But even better than having a good friend is being a good friend.

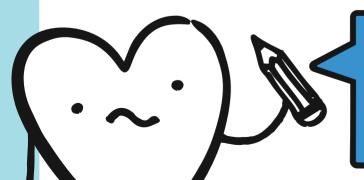
Italian French Hebrew Arabic Dutch Japanese Swahili English Portuguese Polish "HELLO FRIEND!" Across the world, there is a word that we all say when Can you draw some we see each other. That word is 'Hello!'. But we all say nice, curly lines from the greetings in blue it differently. We humans are very clever and have to the languages they created many different ways came from? to greet each other.

MAKING FRIENDS

How do you make a new friend? In this book, we've learned that being respectful and understanding someone, plays a big part in new friendships.

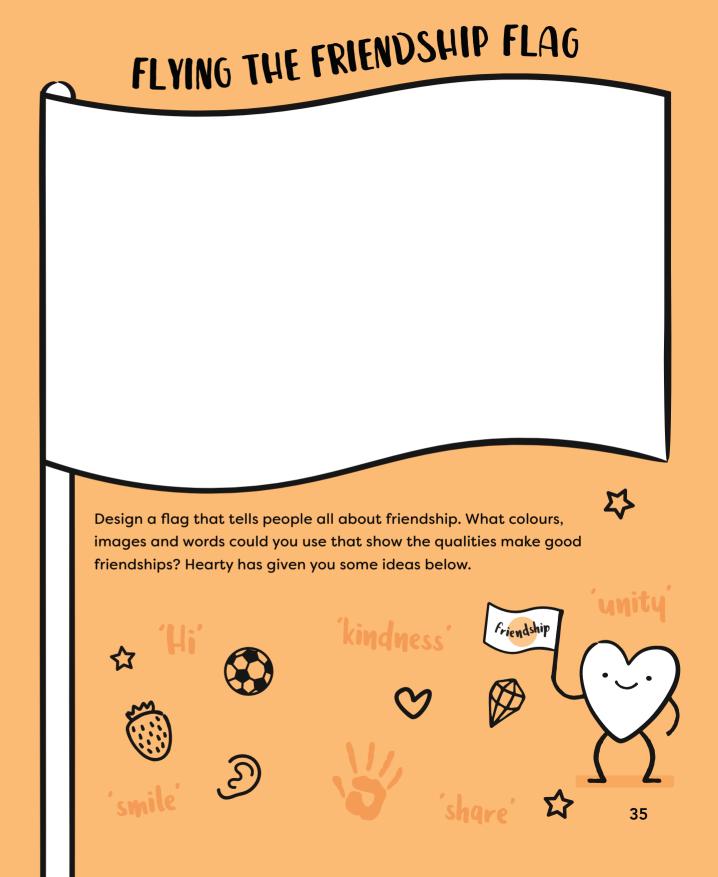
And there are some other qualities we can use to help us connect with others. Think about how you like to be treated. That's a great way for you to know how to treat other people.

LIMES	•••••
racing	•••••••••••••••••••••••••••••••••••••••
SPECTRE	•••••••••••••••••••••••••••••••••••••••
HUG LATER	•••••
LEGS IN TIN	••••••



I found some words, but they're not quite right! Can you rearrange the letters to make another word that's good for making friends?

PASMERS: SPECTRE = RESPECT, LIMES = SMILE, HUG LATER = LAUGHTER,



FRUITY SALAD

Humans are a bit like a fruit salad. There are lots of different shapes, sizes, colours and flavours but put them all together and you can make something really delicious!

Let's make a tasty fruit salad and share it with your friends. Not only will it taste great but fruit is good for you too.

FRUITY SALAD

ı apple

ı banana

1/2 ripe mango

6 strawberries

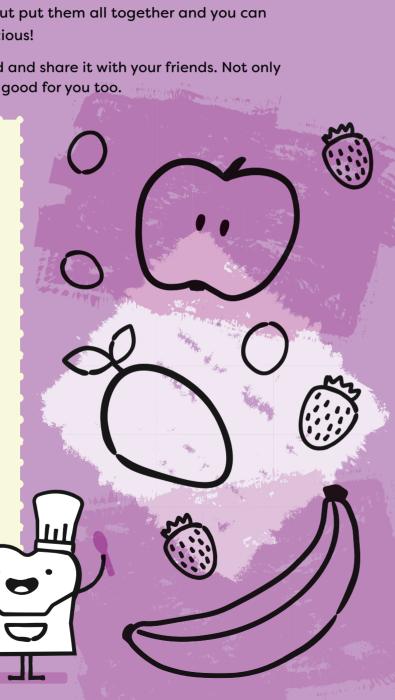
10 seedless grapes 100ml apple or orange juice

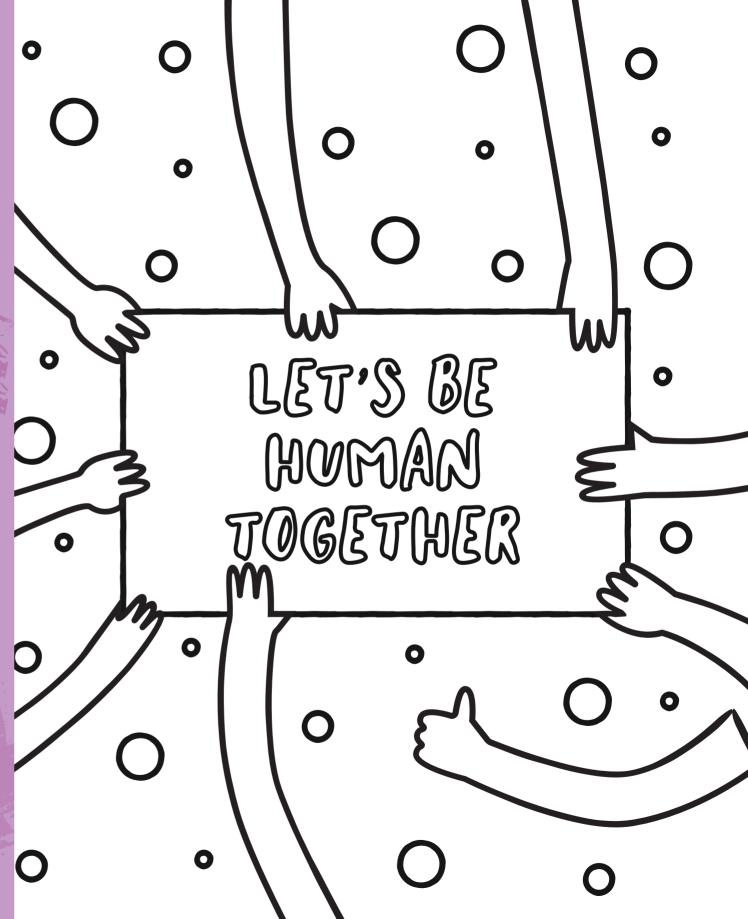
1. Carefully cut the fruit into small, bite-sized pieces.

2. Put it all into a bowl and pour over the fruit juice.

3. Gently mix together with a spoon before serving.

You can use any fruit or fruit juice you like.





SHOW YOU CARE

Everyone is unique and everyone has their own way to show they care. You might love animals and volunteer at an animal shelter. You might love music and write a song from your heart or you might like sports and support a team. If it makes your heart joyful when you do it, then it could be one of the unique ways you can care for the world.

Another way to show you care is by telling someone that you appreciate them and you appreciate what they do for you.

I CARE POSTCARD

Make a postcard and send it to someone to tell them that you care about them. You could use words or draw some pictures.

Being thankful to someone and letting them know helps you and the person you're thanking... that's a double friendship bonus!

Dear Friend,

Thank you for keeping me company and working through this book with me. I love your thoughts and ideas, your creativity and insights... you're the best!

Hearty xxx

AGREE TO DISAGREE

Sometimes you and your friends may not agree and this could cause hurt feelings, an argument or unkind words to be said, especially if we insist that we are right and they are wrong.

But sometimes it may be better to agree to disagree. That means that we understand that what might be right for us, might not be right for someone else.

PROBLEMS

I'm a different religion to you.

It's my turn to pick a game!

I don't like your friends!

You don't like my taste in music.

IDEAS

It's OK to believe in different things, let's focus on things we share.

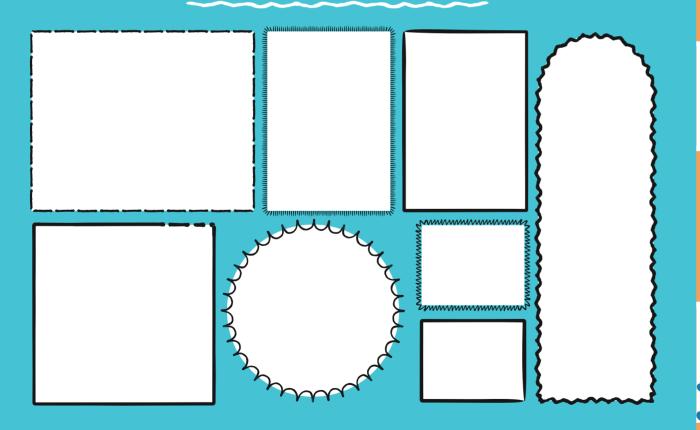
These two friends are arguing. Can you help them by writing ideas that help them to agree to disagree?

FRIENDSHIP ART GALLERY

We can make friends with lots of different people. We have school friends, and sports friends, music friends and neighbourhood friends. We can also have toddler cousins, a grandparent, auntie or uncle and all the in-between friends we meet on holidays for a week, on a school trip for a day, or on a bus for five minutes.

Whoever they are, we can hold their love in our hearts to make them shine a little brighter... and we get to do the same for them!

Make an art gallery of your friends and the things you like doing with them.





Next I learn to UNDERSTAND

Then I make
FRIENDS



Lion was the king of a super jungle, one million miles away. He was rather scary, and he knew it! He loved being the boss. Half the day he hunted, and half the day he snored, flat on his back, asleep. Nobody dared to disturb him in his den. Nobody, that is, until little Mouse arrived.

Was she stupid, or was she brave? Who knows? But one day curiosity got the better of her and she sneaked into the lion's cave. The pitter patter of her tiny feet echoed in the big, dark space. But when she saw the size of Lion's footprints, she shook with fear.

Thump, thump! Oh no! Those were the sounds of Lion's feet!! Lion was coming back for his snooze.

Mouse did what she did best, and hid out of site in the corner. Lion walked into the entrance of the cave and lay down. Soon he was dreaming of gazelle and marshmallows. The sound of his snoring was so loud that Mouse had to cover her ears.

"Phew!" thought Mouse. "Now I can escape." But as she tiptoed out of the cave, her pesky tail, which had a mind of its own, brushed the lion's nose.

Lion awoke with a sneeze, then a thundering roar. Mouse was fixed to the spot, reeling from the pong of the Lion's meaty-breath!

Lion was just about to snap her up in his jaws when he heard a little voice.

"Please, King Lion, Sir, I'm ever so sorry! If you let me go today, I will find some way of thanking you in the future. Perhaps I could help

you when you are in danger?"

Lion laughed. And he laughed some more.

"How is a puny little pipsqueak like you ever going to help someone as awesome as me! Check out my awesome hair!" he said, with a flick of his mane.

He was so amused, however, that he let Mouse go. Mouse ran for her life, and kept on running.

A few days later, Lion was prancing along, thinking about his awesome hair. When suddenly, there was a 'snap', and he found himself caught in a hunter's net. All thoughts of his mane were gone as he roared with panic. The roar was so loud it reached Mouse on the other side of the jungle.

"Ah!" said Mouse. "Now is the time to repay my debt! I must go and save Lion!" She quickly found his superhero cape, and ran to help Lion.

"Never fear, Super Mouse is here!" she cried, over the sound of Lion's sobs. Quick as a flash, she gnawed through the ropes holding Lion. Exhausted, she sat down and spat out a few chunks of rope.

"Sweet, little Mouse, you have proved me wrong. You have saved me! I am very, very grateful!"

And from that day forth they became the best of friends.

Lion learned how to be humble, and Mouse got lots of free

cheese and some expert tips for awesome hair.

SAME PLANET, SAME SEA, SAME SKY



Wherever you live in the world we all look up at the same sky, we all dip our toes in the same sea and we all walk on the same earth of the same planet.



We share the same planet - all together!

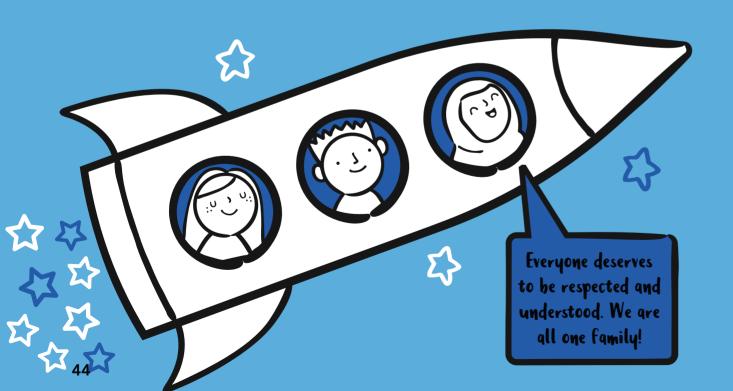
What kind of world would it be if we all hold the qualities of respect, understanding and friendship in our minds and hearts? How would we treat each other, the animals, plants and everything on the planet?



YOU can make a real DIFFERENCE!



Let's all work together to make the world a better place for everyone.



i. Every second, four babies are born... TRUE / FALSE 2. Tomatoes & avocados are actually fruit...

TRUE / FALSE

3. Water covers
50% of the
Earth's surface...
TRUE / FALSE



4. A Dragon's Breath Chilli could kill you... TRUE / FALSE

10. A sea turtle can live for more than 100 years... TRUE / FALSE



5. China has the most earthquakes on the planet...

TRUE / FALSE

9. No two
snowflakes are
the same...
TRUE / FALSE

8. All the ants on Earth weigh less than all humans... TRUE / FALSE 1. 30% of all humans are under 30 years old...
TRUE / FALSE

6. The most popular name is Muhammad...

TRUE / FALSE



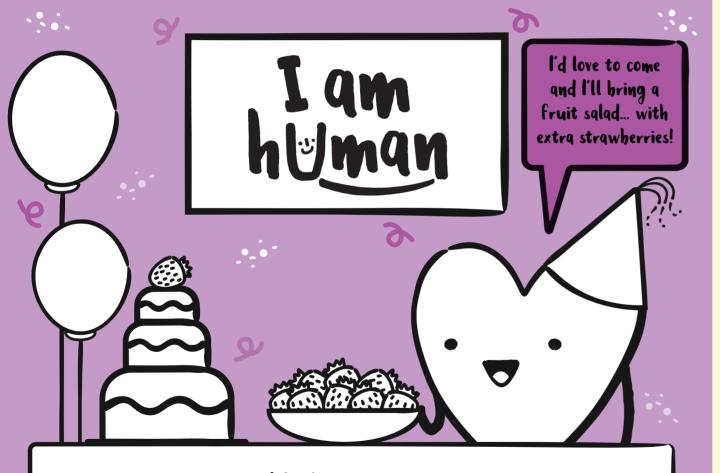
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What an amazing planet we all share!

//A L

CONGRATULATIONS

Many religions and cultures celebrate different events throughout the year. These celebrations are times to be happy, to share good food and good company and to be thankful for what we have. They are special times to honour important people or events. Humans around the world have found many diverse and interesting ways to observe their special occasions.



Why not create your own **I Am Human** celebration day and plan what you would have to eat, what games you would play and who you would invite.

Make it big, fun, inclusive and joyous!

A LETTER TO MY FUTURE SELF

What will the world be like when you are 18 years old? What do you hope you will do, see and achieve by then? Write a letter to your future self and let them know your thoughts and ideas.

To my future self	
	A
	7
	Ĭ
	I
47	

