

Gizelle Andrade - Lesson Plans:

### Lesson Plan: Understanding Uniqueness & Inclusion

**Book:** *Why is Nita Upside Down?* by Roxana Bouwer, Sarah Bouwer & Emma Hearne

**Grade Level:** 1st – 3rd Grade

**Lesson Duration:** 45 – 60 minutes

**Themes:** Self-Acceptance, Uniqueness, Inclusion, Friendship

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#### Lesson Objectives

By the end of the lesson, students will:

- ✓ Understand the importance of self-acceptance and celebrating differences.
  - ✓ Identify ways to embrace their own uniqueness and that of others.
  - ✓ Engage in creative activities to reinforce the message of the book.
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#### Lesson Breakdown

##### 1. Warm-Up Activity: "What's Special About Me?" (10 mins)

- Ask students:
    - "Have you ever felt different from others?"
    - "Do you sometimes feel like you don't fit in?"
  - Write **"What makes you special?"** on the board.
  - Have students turn to a partner and share one unique thing about themselves.
  - Explain: *"Today, we'll read a story about Nita, a girl who feels different but learns something important about being unique!"*
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##### 2. Read-Aloud & Discussion (15–20 mins)

Read the book aloud with expressive storytelling.

- Pause at key moments to ask guiding questions:
    - Pg. 1-4: *Why do you think Nita feels upside down?*
    - Pg. 5-8: *What does Navi do to help Nita?*
    - Pg. 9-12: *How do the different children in the story show that being different is okay?*
    - End of the story: *How does Nita feel in the end? What changed?*
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##### 3. Group Discussion & Reflection (10 mins)

- Ask students:
    1. *What did Nita learn about being different?*
    2. *Do you see differences in your friends? How do we celebrate them?*
    3. *Why is it important to accept ourselves and others?*
  - Write responses on a **"We Are All Unique!"** chart.
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##### 4. Creative Activity: "Upside-Down Me!" Art Project (15 mins)



**Activity:**

- Give students a blank sheet of paper and ask them to draw themselves upside down like Nita.
  - Inside their drawing, they should write 3 things that make them unique.
  - **Optional:** Display their drawings on a classroom bulletin board titled "*Our Unique Superpowers!*"
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### 5. Closing Reflection (5 mins)

- **Go around the circle:**
    - Each student shares *one* thing they love about themselves.
  - Remind them: "*Like Nita, we all have things that make us different, and that's what makes us special!*"
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### Book Discussion Prompts



Use these prompts for deeper conversations:

1. If you met Nita, what would you tell her to make her feel better?
  2. What does the story teach us about friendship?
  3. Why do you think Navi wanted to help Nita?
  4. What would happen if everyone looked and acted the same?
  5. What are some ways we can make others feel included?
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### Did you know?

Many famous individuals including British Prime Minister Winston Churchill, scientist Isaac Newton, writer Lewis Carroll, Pakistani rapper Adil Omar, singer Elvis Presley and many others stammered?

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Here's some general comments/feedback:

- "I liked how Nita learned to accept herself because sometimes I also feel different, but now I see that being unique is special."
- "The story made me realize that everyone has their own way of being special, and we - "I used to think being different was a bad thing, but now I understand it makes us interesting."
- "This book reminded me that we should always include others, even if they seem different from us."
- "I learned that making someone feel welcome can be as simple as being kind and talking to them."
- "I learned that even famous people had things that made them different, and that didn't stop them from being great!"
- "This lesson taught me that instead of trying to fit in, we should be proud of who we are."

**In my opinion, I think every child will respond from their lens of lived experiences and for us to best capture that, we would benefit from leaving the questions open-ended. Nonetheless, well-planned questions allow for discussion and sharing.**