

UNITY CHALLENGE

Have you ever met someone new, and just by looking, expected him or her to be athletic, shy, or a math wiz—then found out you were wrong? It's easy to get ideas about people based on their appearance—but it's better to keep an open mind.

Making snap judgments about people you don't know isn't fair. If your judgments are negative, you might have prejudices, and not be aware of them. We can subconsciously pick up

negative ideas and stereotypes about groups from the media or others. But we can overcome them by reaching out to diverse people with friendliness.

With diverse friends, life is more interesting, and we get a wider view of the world. Some studies even find that learning about other cultures can make you more creative. Challenge yourself and your friends to celebrate diversity—you'll build unity and have fun doing it!

CHALLENGERS:

START DATE:

END DATE:

Challenge your friends to see who can do the most activities in two weeks. Add your own, too. Then do it again with new friends you've made!

- Read a book or see a movie about another culture.
- Shop at an ethnic grocery store or market.
- Invite a friend to celebrate a holiday from another culture.
- Talk with your family about how people of diverse backgrounds are shown on TV.
- Visit a new neighbor with your family.



- Attend a worship service with a friend of another faith.
- Create a story, song, poem, or piece of art about diversity, overcoming prejudice, or getting along.



- Play a game from another culture.
- Eat lunch with new kids at school.
- Listen to music from three different countries.
- Read a comic with heroic characters who are female or ethnically diverse.
- Memorize how to say hello in six different languages.
- Learn five cool facts about another country.
- Memorize a prayer or sacred writing about unity.
- Invite someone new to play a game or hang out.

- List 10 stereotypes in the media and share them with your friends.
- Learn a dance from another culture.
- Pick a day to smile and greet 10 new people.
- Visit a museum exhibit about another culture or religion.



- Cook a traditional meal from another country.
- _____
- _____

THE WINNER: