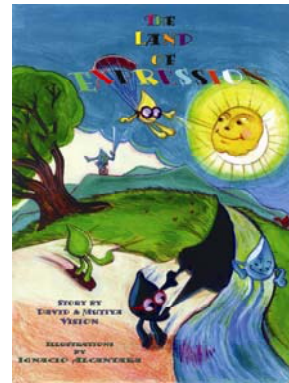


Lesson Plan Developed and Tested by
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**The Land of Expression
Lesson Plan # 3
Having the Courage to Heal a Rift & Make
Amends
Grade 1 and up**



PURPOSE:

To realize that acknowledging the suffering of an individual or group is necessary in order to facilitate the healing of the individual or group.

To try to find apologetic words or gestures that will begin the process of reconciliation.

MATERIALS: *The Land of Expression* by Mutiya and David Vision, Illustrations by Ignacio Alcantara, crayons, index cards, push-pins.

PROCEDURE:

1. After reading *The Land of Expression* revisit the event of Black's return to the Land of Expression after living with Mother-Father Creator. The students may point out that Black was "welcomed with fanfare fit for a King".
2. Explore the gestures each color uses to welcome Black: the laying on of a gentle hand on the back, the arms outstretched in a welcoming gesture, a smile and eye contact, a jog towards him, etc. Chart other ways to make others feel welcome. One way might be to write a note to someone.
3. Think about what type of note would be meaningful. In Black's case, he was rejected because the other colors tried to make him feel like he didn't belong, because his color was different from them. In reality they were all different from one another. They were all unique. Black was also different and unique. The other colors rejected Black out of fear that his color would threaten or weaken theirs, when in reality his color enhanced theirs. They had to learn this the hard way. The note should symbolize in words or images the realization by the other colors that their rejection of Black had caused him deep pain.
4. The students could work with their partners on an apology card that Black would feel was an authentic gesture of reconciliation. It must be authentic for Black to trust again, because Black would not want to experience such deep emotional pain ever again.
5. Here is a fun art activity that celebrates the power of black and welcomes him back as a "distinctive" member of the community that enhances and enriches the lives of the other members.

- Create a “scratch art” piece. A small index card or a piece of cardstock can be used. Fold the index card in half. Design a pattern of your choice on the card.
- Use crayons other than black to color the design. Press hard with the crayons to create a deep, solid paste with the colored wax. After the entire front of the card is covered, go over the entire surface with a black crayon, pressing hard and covering the card in black.
- Now comes the fun part. Take a pushpin or a paper clip point and “scratch” a design or a word into the card. The card might say, “ Welcome Black Back!” or “We missed you Black!” or “We appreciate Black!”
- On the inside of the index card you can continue your thoughts to Black.
- Post your beautiful note-cards that celebrate the power that we all have to enhance each other’s lives.

FOLLOW-UP:

Discussion might focus on the following:

1. How does it feel when someone apologizes to you?
2. How does it feel to apologize?
3. Have you ever felt threatened by someone who was different from you?
4. Do you think they felt threatened by you?
5. Have you ever been rejected by others? If so, why do you think they rejected you?
6. Have you ever rejected someone, or known someone who has rejected someone?
7. Is it possible a parent or a teacher might teach a child to reject others?
8. Is it possible for parents and teachers to teach children how painful and horrible rejection can be?
9. What might be some of the reasons people reject others?
10. What can you do if you are rejected or you see someone else being rejected?
11. Explore the meaning of DISTINCTIVE- the characteristic of one person or thing, and so serving to distinguish it from others. Do you want to be distinctive? Do you like when others are distinctive?

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