

## Five Ways I Can Help

*An activity of "Get used to people's different appearances"*

The four cutouts below are from the article "Get used to people's different appearances". First, **read** the article thoughtfully. You will find it on page 19 of *What's Up* February 2019, or online at <http://more.whatsup.sg/>. There are also a couple of posters of it at your school. As you can see, artist Linda Yew shows a gang of kittens being mean to these four animals.

**Imagine** what each animal feels in this situation. Then, **give voice** to the four animals by speaking on their behalf — complete the speech bubbles.

I feel ...

I feel ...

I feel ...

I feel ...

Human beings face similar situations, too. You may know someone who is being teased or even bullied just because of the way that person looks. When that happens, we can help the victims. We can also prevent racial discrimination wherever we are. The *What's Up* article suggests five steps that you can take. In the table below, **jot down** how you will **apply** these in your life. If you need more space, use the other side of this worksheet. Share your responses with a friend.

	What I can do	How I will apply this in my life
1	Have diverse friends.	
2	Rephrase your questions about looking good.	
3	Do not judge by physical appearances.	
4	Ban racial discrimination amongst your friends.	
5	Celebrate the diversity of how humans look.	