

A Meal of Equity

KINDNESS AT HOME™
EMPOWER • Week 3 • INCLUSIVENESS

Lesson Timeframe

15-20 mins

Materials

- ❑ Plates and pretend food (or other objects)
- ❑ Journals



Empower

Last week we talked about the importance of intentionally including others in our home, even if we don't naturally gravitate towards them. This week we are going to talk about *equity*. Equity is the ability to recognize that sometimes what others need to be successful is different than what we need, and that's okay! How can we practice inclusiveness while still honoring that we are all different? It can be difficult to see others getting "more"—more time, more food, or even more resources. It's important to remember that fair and equal are not the same.

Remember, Inclusiveness is including others, inviting them in, and welcoming them with open arms. This includes times when they may need more than us: more help, more time, more food. Each person's needs are specific to themselves and it isn't fair to compare ourselves. This week, examine situations that you feel are "unfair". Use a lens of equity to determine if everyone is receiving what they need, even if that means something different for each person.

Discussion Starter

Using plates and pretend food (or objects that represent the food), have each person in your home "Serve Up" an equitable meal based on the following scenario:

Imagine an 80-year old grandmother, a 30-year old professional football player, a 12-year old, and a 2-year old are all eating dinner together. They are having hotdogs and each one is hungry. How many hotdogs do you think each one will eat to satisfy their hunger?

Allow each person to share their plates. Then guide a conversation using the following prompts:

Do they all have the same amount? Is it fair if they don't have the same? Is it equitable?

Journal Prompt

It's very important to be aware of what each person needs and how that may look different. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw the scene from the discussion starter, including all of the identified characters around a dinner table with their plates and hotdogs. Visually represent the different amounts they each eat while recognizing that, even if they are eating different amounts, it's fair because it's exactly what each one needs.
- **DO:** Have everyone list out their morning routine. What parts of the routines are the same for everyone? (Include things like brushing teeth, eating breakfast, etc.) What parts of the routines are different and what makes that okay? (Maybe parents/guardians drink coffee but the kids don't because caffeine is okay for adults but not okay for kids; maybe the kids sleep in longer than the parents/guardians because their bodies need more sleep, etc.) Talk about how it's okay to be different so long as everyone is getting what they need.
- **WRITE:** How are fairness and equity different? How are they similar? How do you experience fairness and equity in your family?



Kindness Hack

True inclusiveness requires us to be understanding about equity and the needs of others within our household. If you are ready to go the extra mile, try this:

- This week, replace “that’s not fair” thinking or language with “I-statements” about how you feel regarding the situation that you think might not be fair. Challenge yourself to think about whether something is truly “unfair” or if it just seems that way because you maybe haven’t considered if it’s actually equitable (like the hotdog example).