



# A Note To Teachers

As educators in diverse communities, we all know that transitions are hard on children. Many of us can relate to the day-to-day struggles of our immigrant and refugee students, who not only leave their homes, but also leave behind the families and friends they love when they move to another country. This story is a heartfelt connection to an immigrant student and his challenges navigating through his school with a language barrier.

## **Connections to Classroom teaching:**

### *Long travel from one country to another*

- Use this in class to talk about countries and how far people must sometimes travel to get to their destination
- Often, the farther we travel, the more we find challenges of a new language, new clothing, new culture and so on

### *The common fears of a new place/environment*

- Allow students to make connections to how they feel on the first day of school and why. This can help them appreciate how some people feel when they are in a new country, where even the language is new
- Discuss how Omar's classmates offered to help and ask students to reflect on ways they can show support and offer help for new students

### *Mindfulness and standing up for the right cause*

- Discuss how Brian noticed something when no one else did. Why is it important to be mindful? Did Brian do the right thing? Was it an easy thing to do?
- Discuss the concepts of Empathy and Compassion and how we can all become better at expressing them
- Encourage students to talk about 'standing up for themselves and others'. How it takes courage to stand up against someone who may be stronger or older than you

### *"I felt like I finally had a voice."*

- Discuss what it means to have a voice. Have you ever felt like Omar? When and where? What did you do to solve the problem?