

Question guide: I Belong!

FOR ELEMENTARY STUDENTS



This question guide is for teachers engaging in the *I Belong!* project. You may choose to explore some or all of the questions below with your students. You are also welcome to come up with some of your own.

BELONGING

Belonging is a sense of fitting in or feeling like you are an important member of a group or place.

What does it mean to 'belong'?

- To be accepted, wanted, needed, seen, to fit in, to feel connected to a place or group of people
- The desire to belong is normal
- A sense of belonging can help people to feel safe and confident about who they are

What do people say or do to help you feel like you belong (at home, at school or in your neighbourhood)?

- Say hi and bye to me
- Ask me how I'm doing
- Offer to help me or ask me to help them
- Hug me or give me high-fives

I feel like I "belong" when:

- People know my name
- I can speak to an adult or friend about a problem
- I feel safe or valued

How does the language(s) I speak help me to belong (or not):

- At home?
- At school?
- In my neighbourhood?

COMMUNITY

A community is a group of people living in a particular area or who share common interests. A community can be made up of a large or small group of people. The land area of a community can be large or small. Communities can also be formed online.

A community is:

- People who care about each other
- People who share interests
- People who live in the same area

What are some of the groups or communities I am a part of in Quebec?

- My family
- My friends
- My neighbourhood
- My school
- My city or town
- My sports team(s)
- My faith-based community (e.g., Christian, Muslim, Sikh, Jewish etc.)

SUGGESTED TIMING

DIGITAL STORYTELLING & PUPPET THEATRE

> Prior to students' first session with the artist.

TAKE ACTION (CSL)

> Prior to Step 1 (Inventory & Investigation)

Where do I feel a strong sense of belonging (most of the time)? Why?

- At home?
 - In my class?
 - On the playground?
 - During sports activities?
- At school?
- In my neighbourhood?
- In my community?

Where do I (sometimes) feel as though I don't fit in/belong? Why?

- At home?
 - In my class?
 - In the playground?
 - During sports activities?
- At school?
- In my neighbourhood?
- In my community?

What communities do I want to belong to?

- How do I get there?
 - What might I say or do to grow my sense of belonging to a group or place?
 - What might others say or do to help me feel like I belong?

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I want people in my community to show they care about me by...

- Knowing my name
- Including me in games
- Asking for my opinion
- Helping me when I feel stuck

How can I help others to feel like they belong?

- What are some of the ways I might show people that they belong?
 - What can I say or do?

IDENTITY & BELONGING

Your personal identity is a mixture of all your personality traits, beliefs, values, physical attributes, abilities, aspirations, and other identifiers that make you who you are.

Draw a picture of yourself or create a 'coat of arms' and describe all of your unique characteristics (e.g. ethnicity, gender, personal interests and beliefs, physical characteristics etc).

Who am I?

- What parts of my identity are visible to others? E.g., my skin colour
- What parts are invisible? E.g., my values
- What characteristics have I chosen? E.g., becoming a vegetarian
- What characteristics have I inherited? E.g. eye shape, freckles, hair
- What are some of my defining characteristics (i.e., features, qualities, traits)?
- What makes something a 'defining' characteristic? E.g., my smile

How do I describe my identity?

- How do others describe me?
- How does that make me feel?

How has my family life influenced who I am?

What are some of the lessons I've learned from my family?

- Values
- Faith/beliefs
- Languages spoken
- How to greet people
- How to be a good friend
- How to help people

What is the relationship between symbols and identity (e.g., flags)?

- What symbols, if any, have a special meaning to me? Why?
- How might symbols help people to belong to a community?

Draw a flag that represents you and your family.

- What do the symbols on your flag represent?
- Why are these symbols important to you?

How does my identity (my gender, faith, race, the languages I speak, abilities, values etc.) influence my sense of belonging:

- At home?
- Within my larger family?
- At school?
- In the community where I live?



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FOR SECONDARY STUDENTS

This question guide is for teachers engaging in the *I Belong!* project. You may choose to explore some or all of the questions below with your students. You are also welcome to come up with some of your own.

BELONGING

Belonging is a sense of fitting in or feeling like you are a valued member of a group.

What does it mean to 'belong'?

- To be accepted, wanted, needed, seen, to fit in, to experience a sense of connection to a place or group of people
- The desire to belong is normal
- Belonging offers people a sense of safety and security, wellbeing and identity

How do others help me to feel like I belong?

- By greeting me, playing or working with me, helping me or asking me for help, accepting me for who I am etc.
- How do I know that I belong?
 - To a group of people?
 - To a place?

What are some of the communities that I belong to in Quebec?

- What are some of the benefits of belonging to multiple communities/groups?
- What are some of the challenges?

How does the language(s) I speak influence my sense of belonging in Quebec society?

- At home?
- At school?
- At work?
- In my community?
- In my province?

Where do I feel a strong sense of belonging? Why?

- At home?
- At school?
- At work?
- In my neighbourhood?
- In my community
- In my province?

Where do I feel as though I don't fit in/belong? Why?

- At home?
- At school?
- At work?
- In my neighbourhood?
- In my community
- In my province?

Where do I want to belong?

- How do I get there?

How can others help me to feel like I belong in Quebec society?

SUGGESTED TIMING

DIGITAL STORYTELLING & PUPPET THEATRE

> Prior to students' first session with the artist.

TAKE ACTION (CSL)

> Prior to Step 1 (Inventory & Investigation)



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COMMUNITY, SERVICE & BELONGING

A community is a large or small group of people living in a particular area. The land area of a community can also be large or small. Community can also mean a group of people with common interests that may or may not be physically close to each other.

- A community is a group of people that....
- I feel like I belong to a community when...
- When people experience a strong sense of belonging to their community, it's because they share (e.g., values, ideas, interests, geography)...
- I show the people in my community that I care about them by...
- I feel cared for by the members of my community when...
- I would like to serve my community by....
- I can help members of my community to feel like they belong by...

IDENTITY & BELONGING

Your personal identity is a composite of all your personality traits, beliefs, values, physical attributes, abilities, aspirations, and other identifiers that make you who you are.

What is 'identity'?

- "Characteristics or identifiers that make us unique or known, or that we are grouped by. These could include race, ethnicity, gender, disability, or sexual orientation." Edutopia

Who am I?

- What are some of my defining characteristics or identifiers?
- What makes something a 'defining' characteristic (e.g., eyes, hair, nose, smile)?
- What characteristics are visible? Which ones are invisible (e.g., sexual orientation, values)?
- What identifiers have I chosen (e.g., clothing that lets people know I am a hockey fan)?
- What identifiers have I inherited (e.g., eye shape, freckles, hair)?

How has my family life and experiences influenced my sense of self?

- Family values
- Religion
- Languages spoken
- Societal influences & constructs
 - Cultural norms
 - Views on gender/sex, race, ethnicity

What is the relationship between symbols and identity (e.g., flags)?

- What symbols, if any, have a special meaning to me?
- Why?

Which parts of my identity, if any, are often misunderstood in Quebec society?

- What are some of the stereotypes I encounter?
- What could people do to better understand this part of my identity?

What parts of my identity, if any, are challenging to hold at the same time in Quebec society (e.g., identifying as both gay and Catholic, or both English and French, or as Muslim in a post 9/11 world)?

- How do I manage this?

How does my identity (languages spoken/ gender/sexuality/race/ethnicity/class/religion/ abilities or disabilities) influence my sense of belonging:

- At home?
- Within my larger family?
- At school?
- At work?
- In my community?
- In my province?

How do I (or can I) help others to feel seen or accepted in Quebec society?

How can others help me to feel seen or accepted in Quebec society?

