A Let's Talk Book





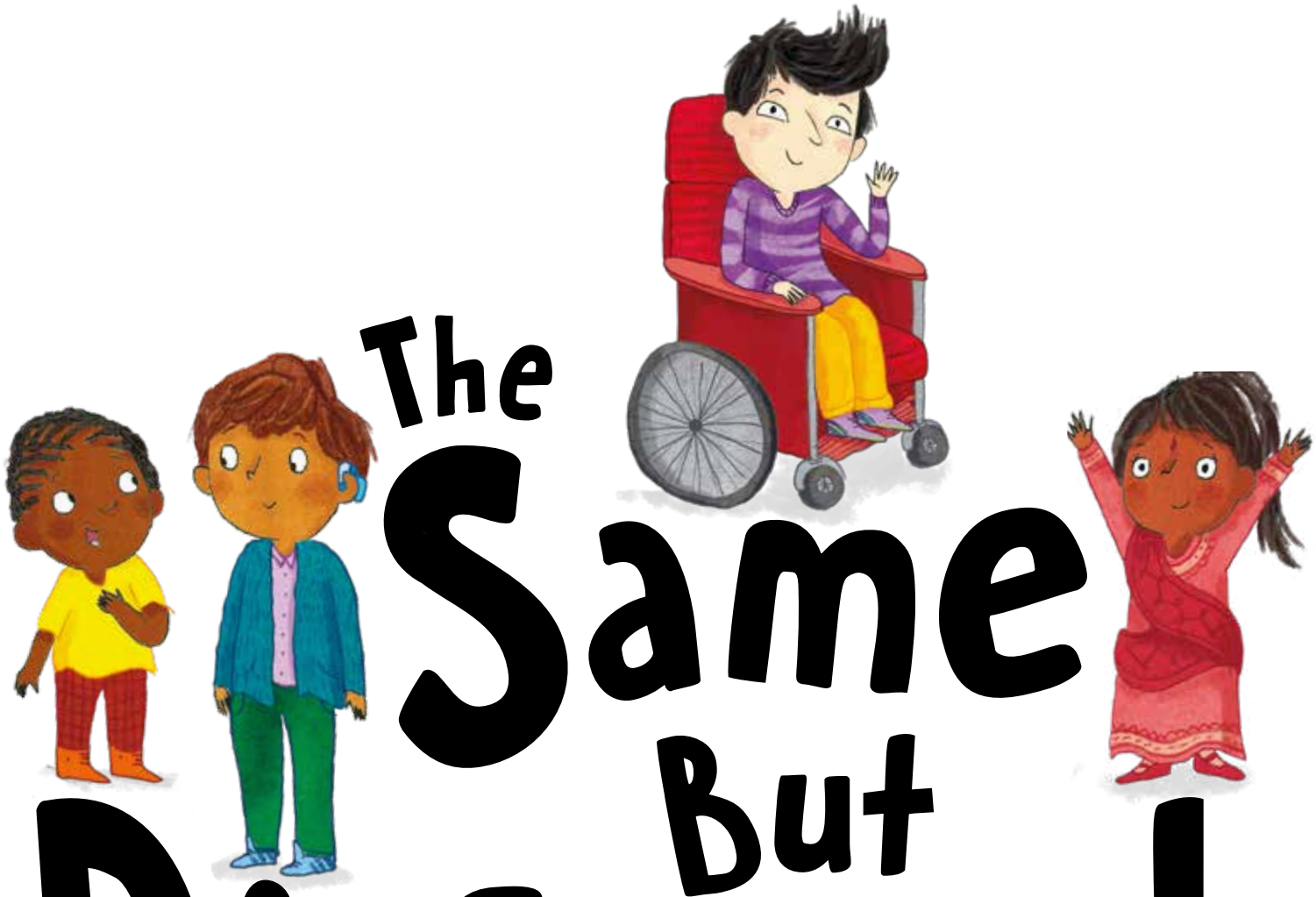


The Same But Different

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BLOOMSBURY EDUCATION
LONDON OXFORD NEW YORK NEW DELHI SYDNEY

This book is dedicated to Sue Garratt, my wonderfully astute friend who tells it like it is - with humour to boot!



BLOOMSBURY EDUCATION
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50 Bedford Square, London, WC1B 3DP, UK
29 Earlsfort Terrace, Dublin 2, Ireland
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A catalogue record for this book is available from the British Library

ISBN: HB: 978-1-4729-7802-8; PB: 978-1-80199-230-5; ePDF: 978-1-4729-7798-4; ePub: 978-1-4729-7799-1

2 4 6 8 10 9 7 5 3 1 (hardback)
2 4 6 8 10 9 7 5 3 1 (paperback)

Printed and bound in China by Leo Paper Products, Heshan, Guangdong

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Paper | Supporting responsible forestry
FSC® C020056

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The Same But Different

We are all **different** from each other, but there are also lots of things about us that are the **same**. It feels good to have things in common with other people, but it's also really exciting to be different.

Differences should be respected, celebrated and enjoyed. Difference makes the world a fun, exciting and interesting place. It really would be very boring if everyone was the same!





It's good to know...

We all deserve to be treated fairly. Sometimes people are unkind to those who are different from them. Anyone who does this needs to learn a better way to behave towards others.

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We're all different

There are over seven billion people on Earth. Yet, even if you searched the world from end to end, you would never find two people exactly the same. Seven billion is a number far too big to imagine. It's easier to think about it this way: every minute about 250 babies are born. That is four babies born every second! And every single one of them is unique.

Word box

Unique: Being unlike anything or anyone else

One billion: 1,000,000,000



There's nobody exactly like you

There is not one single person on this planet who is exactly the same as you. It's also extremely unlikely that any two people would give identical answers to these questions. Try it on your friends and family and see!



Why not turn the page and explore this book to discover all the wonderful things that make us different.

We look different

You just need to look at another person to see all the ways in which you are different. This definitely makes the world a more interesting place. Imagine how confusing it would be if everyone looked exactly the same!

People can look different from each other because they…

Have different face shapes.



Have different skin colours.



Are different heights.



Have different eye colours.



Have different hair colours.



Have different hairstyles.



Wear different clothes.



Wear glasses (or not).



It's good to know…

Even identical twins that choose to dress the same can usually tell you about something that makes them look slightly different.

We can be good at different things

Nobody can be brilliant at everything. Sometimes we are naturally talented at something and find it easy to do, and other times we have to work hard at something to be good at it.

People can be good at different things, and this makes life interesting. For example, people can be good at...

Science.



Painting.



Giving compliments.



Making things.



It's good to know...

Trying hard to get good at something we find difficult takes loads of practice and a lot of bravery. Try to encourage your friends when they are finding something difficult – especially if it's something you find easy.

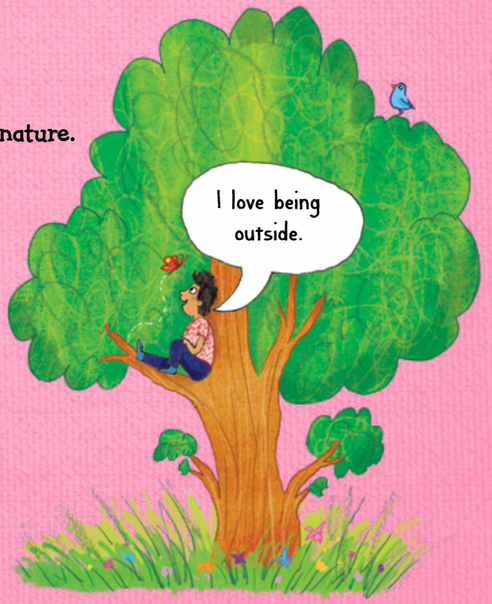
Playing music.



Being polite.



Exploring nature.



Running really fast.



We like different things

We all like different things. Sometimes our friends really don't like something we love and sometimes they love something we hate. This is absolutely fine.

Here are some things people like and dislike. How do you feel about the following things?

Tomatoes.



Snow.



Getting up early.



Cooking.



We have different personalities

Personality is a word that describes how a person tends to think, feel and behave. We each have a unique personality. Your personality can be different from others in lots of ways but here are some examples. People can…

Be noisy or quiet.



Be messy or tidy.



Be funny or serious.



Prefer to have one or two good friends or have lots of different friends.



It's good to know…

Because everyone has different personalities, we appreciate or enjoy different things about our friends. You might like to be comforted when you are upset by one friend but enjoy how another friend makes you laugh.