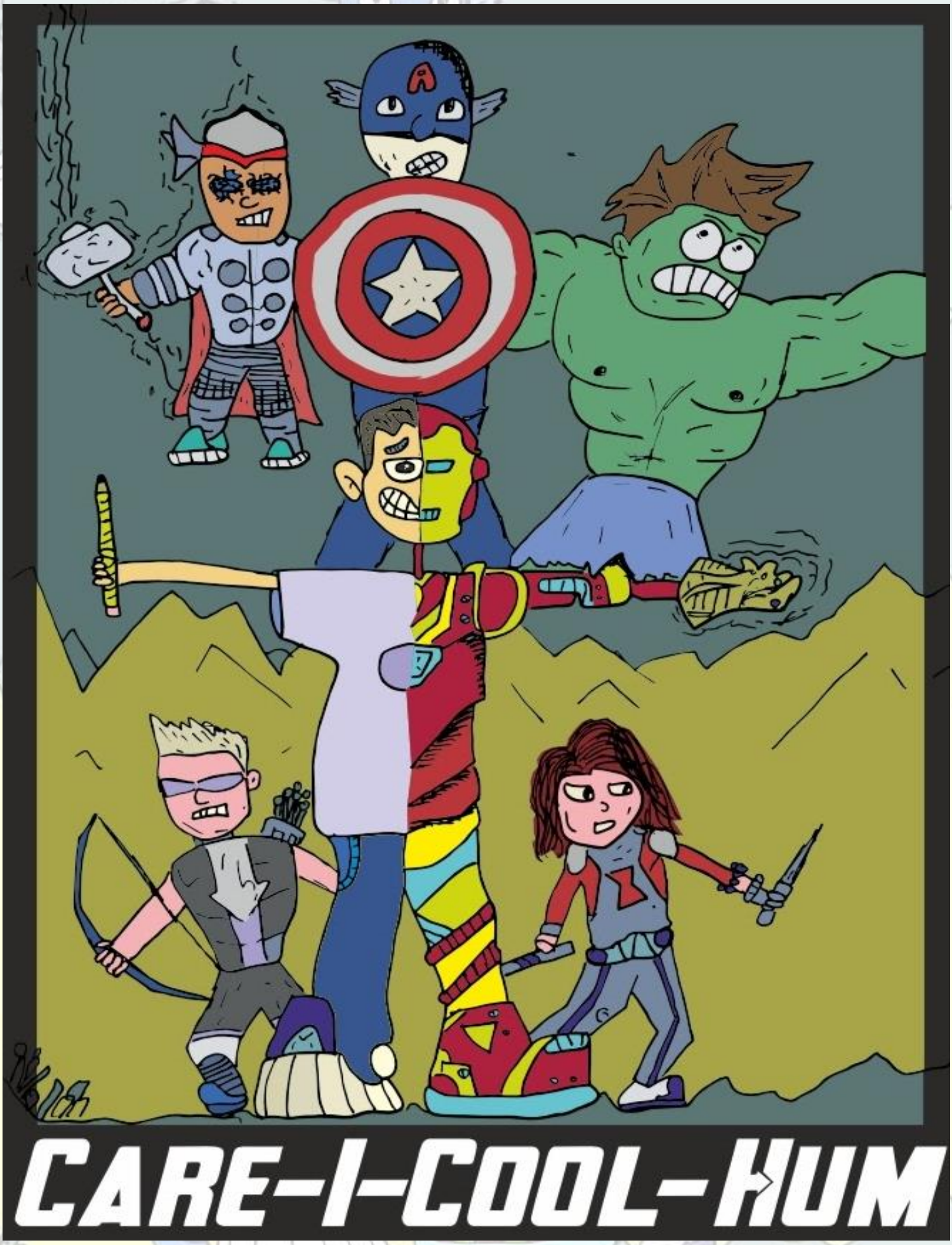
RIVERSIDE



INDEX

Contents 1
Foreword 2
Ego 3
Realization 4
Joy 5
Joy Description 6
Space Stone 7
The Museum of Gloom 8
Power Stone 9
Mixed Bag 10
Minus, Minus Is Plus 11
Safe 12
Safe Description 13
Soul Stone 14
The Avengers Internship 15
Reality Stone 16
Judgements Excluded 17
Value 18
Value Description 19
Time Stone 20
Filling the Bucket 21
Fly to Fly 22
Mind Stone 23
Match It 24
The End 25
Wall of Fame 26-67
Credits 28-29

FOREWORD

This book is a curriculum to make sure every child feels safe, joyful and valued. To make this book simpler and more fun, we have connected it to the Avengers. Grade 7 has come up with this compilation of strategies to help overcome your class nemesis. Grade 7's nemesis, ego, is represented by Thanos throughout this book, but for your class what Thanos represents can change. So start the journey of defeating your nemesis.

EGO

The Thanos of our class, Ego, enters the classroom. It has an impactful influence on us and alters our mindsets and thinking. He begins his quest of gathering the six stones by snatching the first one away, the Space Stone namely inclusion. The removal of inclusion led to antagonism between us. Due to the loss of support of our peers, we started taking unethical decisions. We began making judgments about each other and considering the ego as our leader. Therefore the Reality Stone otherwise known as the judgment was taken by ego. Due to the loss of these two stones, the other four: Soul stone or care, Mind stone or respect, Time stone or Acknowledgement automatically fell in ego's hands.

REALIZATION

For several days we continued with our egoistic behaviour. We did not realize how we had changed from the start of the year. A few days later we reflected on ourselves in order to understand why we were faltering in our work. When we did so, we realized that we had transformed a lot, from inclusive and non - judgemental peers to egoistic and arrogant classmates. We learned that if we continued the rest of the year with this attitude it will affect our studies and our relationships. Then, to improve ourselves and become a comprehensive class, we thought of three things, that if everyone feels then the class will be unified once again. The three words we decided were: Joy, Value and Safety. So we put out an action plan to abet our class and other classes, in the future, to get out of such an atrocious situation.

JOY

Joy

Another word that we are including is joy. A process that showcases joy and happiness is the Bhutan Talking Stick. This is like an ordinary talking stick where everyone shares their issues and apologizes for anything they might have done wrong. But here, we share all the ‘aha’ moments and shout- outs to our peers which makes the conversation extremely positive. We have come up with this with surplus in mind. We have named this the Bhutan Talking Stick because Bhutan is one of the countries with the highest Gross Happiness Index. The relevance of this process is that each one who is a part of it feels appreciated and joyful.

Space Stone

The God of Thunder, Thor Odinson, perfectly displays his connection to the space stone. This stone grants the power of traveling through space at will. This is the exact same power that Thor's weapon, Stormbreaker has. Thor is the only avenger from the Big Six that is from outer space. Thor has also been deemed protector of the nine realms by his father, Odin, and the Nine realms make up space itself. He also connects to inclusion because he believed that Asgard is not a place it is a people. He also gave his crown to Valkyrie and made her the Queen of Asgard.

THE MUSEUM OF GLOOM

FEEL-

People feel different and unwanted and doubt themselves when they are excluded.

IMAGINE-

Everyone understands the pain of being excluded and feeling unsafe as well as feeling different from others which now will change into a much safer environment.

DO-

The class will be divided into 2 groups, the first half will experience inclusion, and the other half will experience exclusion in 2 different rooms, at the end they will swap the rooms. The experience of the exclusion will be really harsh. The experience of inclusion will be safe. After the experience of the exclusion, they will write down their negative feelings and throw it in a bin, because of this they will understand how other people feel when they are excluded and after this hopefully they will not exclude anyone.

Experience of Exclusion:

- Getting blamed for the mistake you have not done.
- Made fun of on the basis of the name, personality, skills etc.
- Called names and teased :(Donkey, Stinky)
- Don't get chances.
- Have a unsafe feeling.

Experience of inclusion:

- Will be included in every activity held during the experience.
- Will be respected and appreciated for your skills, personality, and attitudes.
- Have a fair experience: (Get equal chances)
- Have a safe feeling.

Power Stone

The Avenger Grade 7 connected to the Power stone is Hulk. Hulks is all about physical power and raw strength, while his alter ego Bruce Banner, is all about wits and cognitive strength, aligning with the qualities of the power stone. Bruce Banner also aligns with friendship. This was clearly showcased when he struck a friendship with Natasha Romanoff, who became one of the only people who could calm Hulk down and turn him back into Bruce Banner. The Hulk has many fans and he always behaves respectfully to them. He is also very friendly with them.

MIXED BAG

FEEL-

Students in the class don't know each other well and aren't friends.

IMAGINE-

After this activity all students will know more about each other and try to make more friends.

DO-

All students will sit in a circle and the first one will get up and share his hobby. Anyone else who shares the same hobby will yell, "That's me!!" In this manner everyone will get turns to share their hobbies and then they will be categorized in groups accordingly.

Example:-

Art	English	Sports
Ruhaan	Mahir	Chaitanya
Viha	Maahi	Kushal
Vivaan	Shanaya	Rahil
Dhairya D	Sahana	Arth

After this they will be mixed into groups of 3. Like this:

Group 1	Group 2	Group 3	Group 4
Ruhaan	Vivaan	Dhairya D	Viha
Sahana	Shanaya	Mahir	Maahi
Kushal	Arth	Chaitanya	Rahil

In these groups, every week they will be given tasks to do. E.g. make an airplane that will glide the farthest with the resources given. Every month the group members will be shuffled so that everyone interacts with different people.

Minus, Minus is Plus

FEEL-

Students of the class don’t like interacting with specific people.

IMAGINE-

After this activity, the students will understand that everyone has a positive and negative side.

DO-

The class will be divided in two lines. The two lines will be facing each other. The people facing each other in the line will play stone paper scissors and the winner has to share a negative quality about the loser. Likewise, one of the lines keeps moving one step forward and every time the people opposite follow this. Then all the losers form a group and celebrate their negative qualities. After this everyone comes together and accepts the negative quality of one another, so they become each other's friends.

SAFE

SAFE

One of the words we are catering to is Safe. Processes that showcase safety and inclusivity are the Chain Reaction and JAM. These processes are to be done as a class or preferably as a Key Stage. First, one person will pick someone they are not comfortable with or do not often interact with. Then, the person who has been picked will choose someone that he or she does not get along with. This will go on until someone picks the first person, forming a chain. Now, for the rest of the day, everyone will interact with the one person they picked in order to know them well and be more inclusive. At the end of the day, everyone will gather and take part in JAM (Just a Minute) for the person they interacted with. The relevance of this activity is to get to know people better and include them so that everyone feels safe.

SOUL STONE

The Soul Stone is connected to Black Widow and care. The quality that the Soul stone shows is care because to care about something or someone, you need to have a good heart and soul. The Soul stone is connected to Natasha Romanoff because she is the one who keeps the Avengers together and she sacrificed her own life for the lives of millions of people. These instances show how kind and good- hearted one should be.

The Avengers Internship

FEEL-

People do not realize that they are affecting people in a negative manner and hurting them.

IMAGINE-

Everyone will be conscious of what they are saying and start affecting people in a positive manner.

DO-

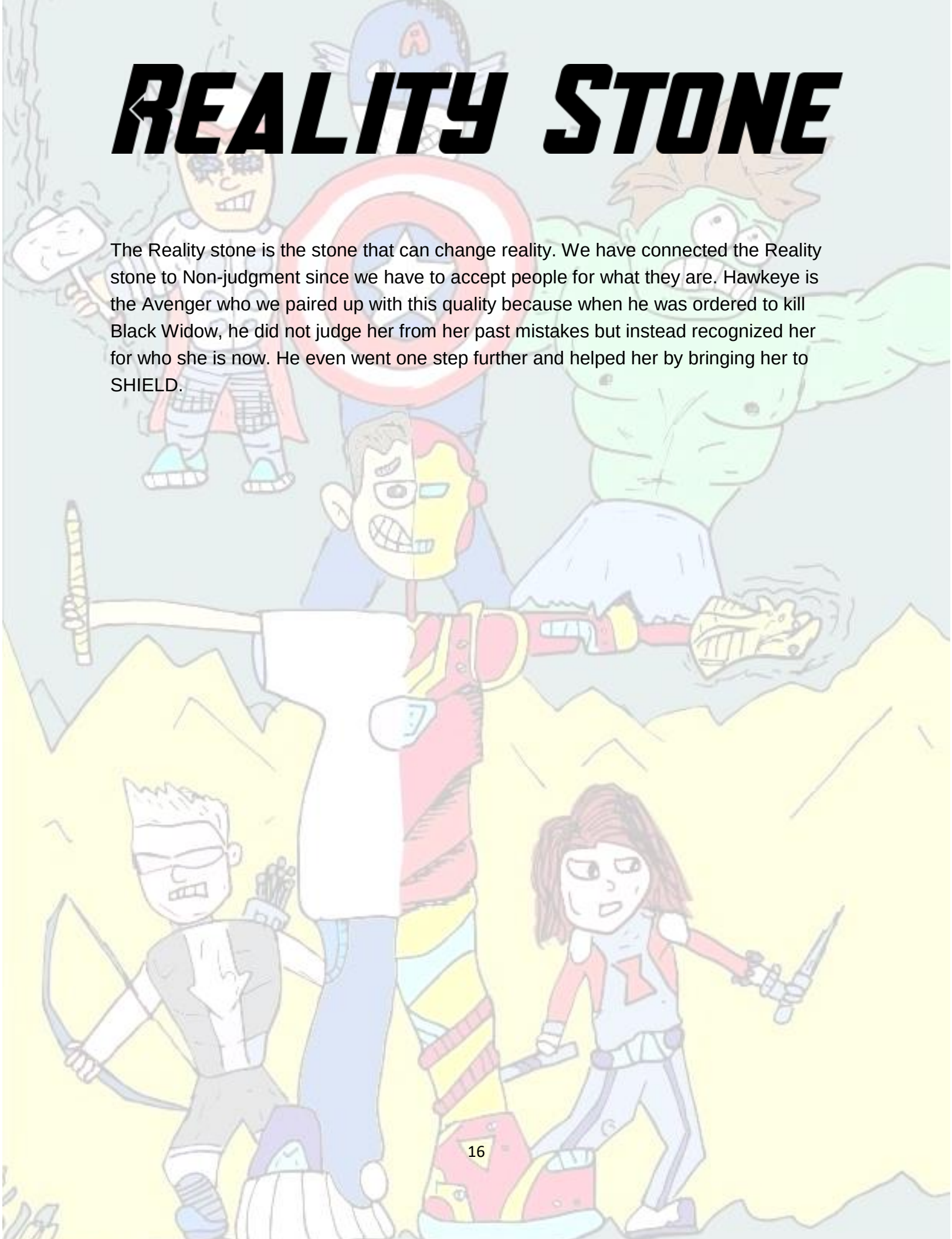
Everyone will have two weeks to observe the entire key stage in their normal surroundings and see which people they think they can help or mentor in any way. Mentoring is not limited to academics it can be any field. This will be spread out over the year. You will have to interact with your buddy's teachers, parents, friends, and peers to find out about their weaknesses and strengths as well as what they enjoy. You need to plan 60 minutes to 90-minute session where they will be learning from you as well as enjoying with you. For example, if my buddy is not good at geometry but loves football then I can have a session showing him that standing at different positions affects your angle, therefore, affects your chances of getting the ball in the goalpost. After every session, you have to ask your buddy to fill the provided feedback form and then you have to submit it to your class's homeroom teacher(s).

Questions: Please write your name and your buddy's name.

1. Who is your buddy? What grade are they in?
2. What did your buddy teach you or help you with?
3. What was your favorite part of the session?
4. What is your feedback for your buddy?
5. Would you want to do this again?
6. Rate the experience from 1-10.

Reality Stone

The Reality stone is the stone that can change reality. We have connected the Reality stone to Non-judgment since we have to accept people for what they are. Hawkeye is the Avenger who we paired up with this quality because when he was ordered to kill Black Widow, he did not judge her from her past mistakes but instead recognized her for who she is now. He even went one step further and helped her by bringing her to SHIELD.



Judgements Excluded

FEEL-

Grades throughout Key Stage judge each other on their negative qualities.

IMAGINE-

Every grade will be united, view each other as equals, and not judge each other on their qualities.

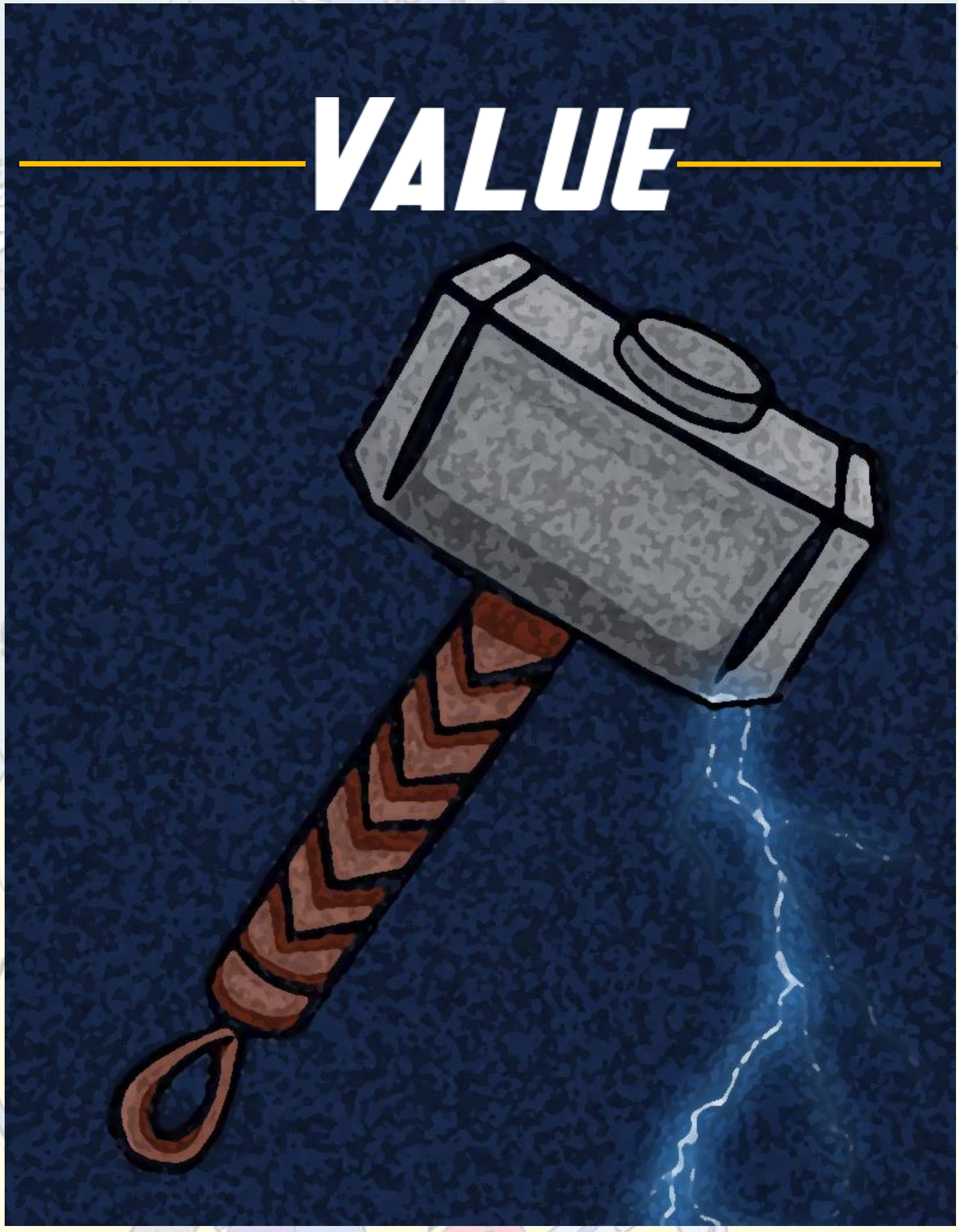
DO-

In order to create a non-judgmental environment, the forming of a habit is absolutely vital. A habit can only be formed using this process if this exercise is repeated for at least a total of 6 times throughout the entirety of the academic year. This process begins with the grade sitting in a circle. Then, each person of the grade will come up and say, both, a positive and a negative quality about themselves. If another person has a similar set of positive or negative qualities, they too will come up and join the person in the center of the circle. This will continue till there are 6 people in the center of the circle, which is where this loop will end and they will become Group 1. Then this whole process will repeat itself with the remaining students till 5 Groups are made. Each group member will now work over the month to create a group-box which will hold shared qualities of the group and themselves. This will make the group know each other and themselves a lot better, in turn reducing the judgments between those particular group members. Along with this, each group also has to take steps to work upon their respective negative qualities and overcome them as a group. At the end of the month, there will be a showdown between the groups on who has the best group-box. At the end of this process, each student of the grade has to write a letter to one person they don't get along with describing that person's change story. This process will be continued throughout the entirety of the academic year, each time swapping groups. In total, this process will be repeated with wholly different group members each time, so as to ensure that there is less judgments within the whole grade and not just between particular groups. Each time this process is done, the groups will be created on different criteria.

This will be like:

1st Time: Shared Qualities.
2nd to 4th time: Random Groups. (But different members each time)
5th Time: People you still don't get along with.

VALUE



VALUE

One more word we are looking at is Value. A process that showcases the value and being noticed is the Paper on the Back process. This process is made to be done in a large group. First, we attach a paper to everyone's back and give each one a writing tool. The music will start and everybody has to move around the room and write on the paper on someone’s back if you have noticed them doing something good and worth appreciating. Everyone will write a good quality or a skill about that person. The relevance of this activity is to know if people are noticing you and your actions and realizing how much good you are doing which makes you feel valued.

Time Stone

The Time stone is connected to Captain America and acknowledgement. The time stone is connected with acknowledgement because to acknowledge someone, you first need to notice and observe. The Time stone is connected to Captain America because he is one of the oldest out of the Avengers and he understands the value of time and how precious it is as he had been sleeping for 70 years. Captain America is connected to acknowledgement because he always acknowledges the ideas of all the avengers and being a captain, takes in all inputs.

FILLING THE BUCKET

FEEL-

There are people who are doing good work and adding value and yet are not getting appreciated or acknowledged for the efforts they have put in.

IMAGINE-

Everyone not only notices but gets inspired and appreciates others when they see them doing something good or adding surplus.

DO-

This process will be the most effective when it is used at the end of the week as it is enough time for people to notice their peers. To start with the process everyone has to sit in a circle. In the middle of the circle there are bundles of paper notes with different amounts. Next a minute is given to everyone to think of a person who they have seen adding value at any point through the week. Then according to the level of the person's good deed that person picks a suitable value (note). After which the person has to write a small appreciation note behind the paper money and give it to the respective person. (This is like filling someone's imaginary bucket.) Similarly each person has to go and fill one of their peer's buckets and this will ensure that the good work that was done has been noticed and acknowledged. Also do keep in mind that whenever you are appreciating someone, do not restrain yourself from doing so.

In case any person feels that they haven't see anyone add value but if they themselves have been a deficit , they have to dip from their own bucket and add to someone else's bucket.(Add to the person to whom he/she has been a deficit to.)

FLY TO FLY

FEEL-

There are people who are adding value and yet are not getting appreciated for the efforts they have put in.

IMAGINE-

Everyone not only notices but gets inspired and appreciates others.

DO-

This process will be the most effective when it is done at the end of the week. First each person needs to have a coloured paper and a pen. Next everyone is given about 2 minutes to think of a person who they have seen adding value. Once they have thought of the person they start by writing their own name and the note to the person being appreciated. Make sure that you write the name of the person you are appreciating too. Next everyone folds their papers into a plane. Then everyone throws their planes in the air together at the count of three. Once this is done each one has to pick up a random plane lying beside them. Whose ever name is on the plane go up to him/her, start a conversation. Keep in mind that you ask the following questions.

- Why did you decide to do this good deed?
- How did you feel after doing the good deed?
- What benefit did you get out of doing this deed?

Repeat the same exercise with two more people. Once you finish having the conversation for the third time go and give the person their plane. Similarly each one has to give the planes to the respective people and this will make sure that the good work that was done has been noticed and acknowledged.

Mind Stone

Mind Stone is the stone that can control the mind and we have connected this stone with respect because giving respect is a choice you can make and the decisions we make are controlled with our mind. Iron Man connects to respect because he respects his resources and teammates. He is very clearly connected with the Mind stone because he is the smartest of all the Avengers and is the go-to person for all the Avengers regarding anything intellectual, as proven in Avengers: Endgame, where he created a quantum realm time GPS on Captain America's request, which was something nobody else could do.

MATCH IT

FEEL-

Everyone is not respected and does not get included because of their differences, which creates a negative environment in the class.

IMAGINE-

At the end of this activity, everyone will feel respect and accepted as the way they are.

DO-

There will be a bowl of chits in the class with everyone`s name written on it. One by one people will come and pick a chit and will be assigned to the person they got. Then at the back of the chit they will write the similarities between them and the person. Each pair will have to do an activity together such as- Making a short movie, Student Led Conglom, Project, or a workshop {Cross Class} to showcase their common skill. That way friendship will form between both of them and thus, they will respect each other.

Each chit will look like this-

{X}

Peer's Name {X}	My Name {Y}
Cheerful	Cheerful
Interactive	Interactive
Sensitive	Sensitive

{X} is all of the things above which make her a great friend who is very understanding and respectful.

THE END.

Wall of Fame

VIHA PATEL

SAHANA PATEL

KUSHAL KHETAN

RUHAAN TAYYIBJI

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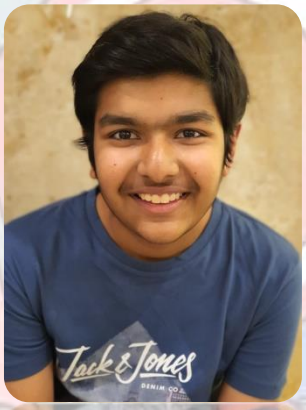

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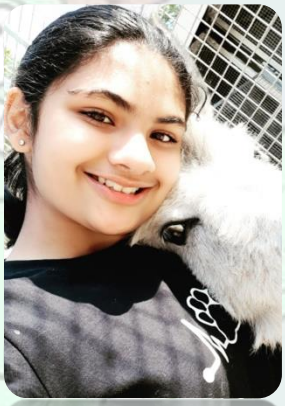

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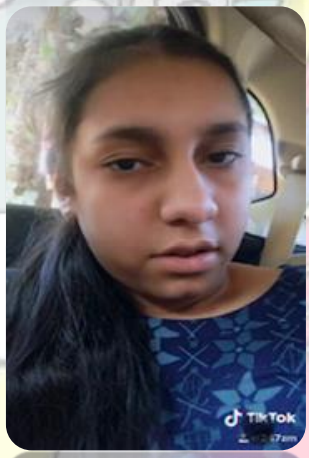

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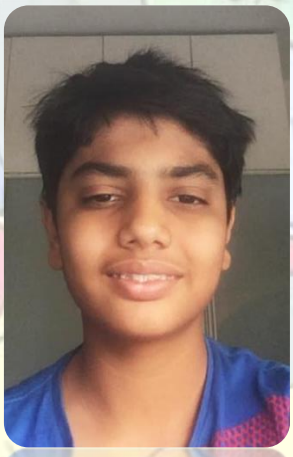

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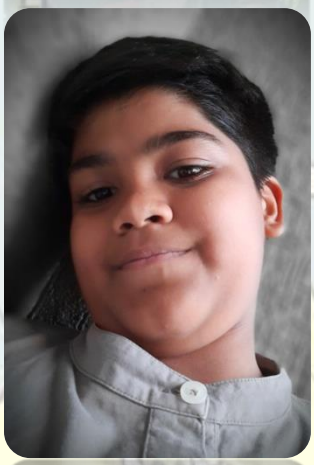

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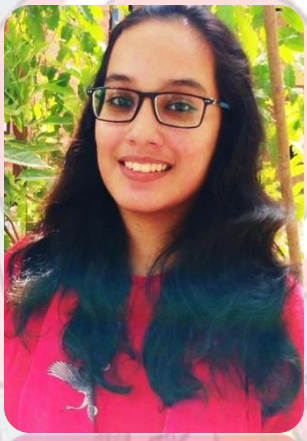

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RIVERSIDE

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