



Fairness

FAIRNESS means to be just. A fair person plays by the rules, share, take turns, and listens to what others have to say.

Activity 1

Explain to your child that **FAIRNESS** means to be just. Discuss how a fair person plays by the rules, takes turns, and listens to what others say. To further illustrate the concept of fairness, teach your child about Rosa Parks, an African-American woman who got on a public bus one day in 1955 and sat down in a vacant seat. Explain that when more people got on the bus, the driver came back and insisted that she move, so that a Caucasian man could sit there instead. When she refused to move, she was arrested. Ask your child if he or she thinks it was fair that she should be forced to move just because of the color of her skin. Discuss how the treatment she received and the laws during that time were unfair. As an extended activity, help your child research other historic events that helped level the playing field for all people, such as the challenges faced by women to gain the right to vote.

Activity 2

Ask your child how it feels to be blamed for something he or she did not do. Help him or her understand that there will be times when life is not fair, but we can always learn from our experiences and continue to do our best. Share an example of a time when you were not treated fairly. An example could include a time when someone cut in front of you in a long line or you received a punishment that you did not deserve. Discuss with your child how you felt at the time.

Activity 3

Tell your child a story about a little boy whose favorite thing to eat was chocolate cake. There was only one piece of cake left when his mom told him that he could divide it to share with his sister. He cut one small piece for his sister and one BIG piece for himself. But to his surprise, his mom said: *"Since you got to divide the cake, your sister gets to choose which piece she wants."* Ask your child to finish the story by asking, "Which piece do you think she chose and why?" "Do you think it was a fair way to share the cake?" Share a treat with your child, with one of you dividing the treat and the other picking the first piece.

Activity 4

Play a game of Tic-Tac-Toe with your child. Start the game as usual, but once your child has made a move, change your answer, don't wait your turn, and put all your X's in a row without allowing him or her to take another turn. Ask if the game you just played was fun. Discuss the importance of taking turns, and following the rules. Then have fun with your child by playing the game a few more times – this time with fairness.

Activity 5

Help your child imagine what a basketball game might be like if there were no rules of fair play. Ask what would happen if one of the players grabbed and held another player's arms down or tripped the other players as they ran down the court. Discuss how players on a team would feel if players on the other team cheated to win the game. Explain to your child the meaning of the saying: *What matters most is not whether you win or lose, but how you play the game.* Encourage your child to be fair when playing games.