



# Lesson Plan: Gender Diversity

## Overview:

This lesson plan is designed for preschoolers aged 3-5 and focuses on the topic of gender diversity. The lesson aims to introduce children to the concept of gender, promote understanding and respect for gender diversity, and encourage inclusive behaviors.

## Materials:

- Picture books about gender diversity and inclusivity
- Paper and drawing materials
- Dress-up clothes (varying in styles and colors)
- Dolls or action figures representing a diverse range of genders
- Mirrors (optional)

## Introduction:

Begin the lesson by gathering the children in a circle and starting a conversation about feelings and emotions. Ask questions such as "How do you feel today?" or "Can you tell me about a time when you felt happy/sad/excited?" This will serve as a transition to the topic of gender diversity, emphasizing the importance of expressing and validating emotions.

## Activities:

### 1. Exploring Gender Stereotypes (15 minutes):

- Read a picture book that challenges gender stereotypes or introduces gender diversity in a child-friendly way.
- Engage the children in a discussion about the characters and their interests, highlighting that everyone can enjoy different activities, regardless of their gender.
- Ask the children to share their own interests and hobbies, emphasizing that these can vary among individuals.

### 2. Dress-Up Activity (20 minutes):

- Set up a dress-up corner with a variety of clothes, including dresses, skirts, pants, shirts, and hats in different styles and colors.
- Encourage the children to explore the dress-up clothes freely. Remind them that boys and girls can wear any type of clothing they choose.
- Promote conversations about their choices, asking questions such as "Why did you choose that outfit?" or "How does it make you feel?"

### 3. Drawing Self-Portraits (15 minutes):

- Provide the children with paper and drawing materials.
- Ask them to draw a self-portrait, encouraging them to include details such as their hair, eyes, clothing, and accessories.
- While they draw, move around the room, ask open-ended questions, and provide positive comments about their artwork.

### Closure:

Gather the children in a circle again and ask them to share something they learned or found interesting during the lesson. Promote a discussion about inclusivity, respect for self-identity, and diversity. Summarize the key points discussed and emphasize that everyone is unique and special, regardless of their gender.

### Extension Activities:

1. Community Helpers: Discuss different careers and the idea that people of any gender can do any job they are passionate about. Provide costumes representing various professions for dress-up play.
2. Puppet Show: Encourage children to create a puppet show that portrays characters challenging gender stereotypes or expressing themselves in unique ways.
3. Mirror Reflection: Place mirrors in the classroom and encourage self-reflection. Have children talk about what they see and encourage them to love and appreciate themselves as unique individuals.

### Assessment Objectives:

#### 1. Social-Emotional:

- Demonstrates respect and inclusivity toward peers regardless of gender
- Responds to emotional cues and shows empathy

#### 2. Physical:

- Demonstrates gross motor skills during the dress-up activity and puppet show
- Demonstrates fine motor skills during the drawing self-portraits

#### 3. Language:

- Expresses thoughts and feelings regarding gender diversity through verbal or non-verbal communication

#### 4. Cognitive:

- Shows curiosity and motivation to learn about different gender identities and expressions
- Makes connections between personal interests, gender diversity, and inclusivity

### Assessment Methods:

Observations will be made throughout the lesson to assess the children's social-emotional interactions, physical abilities, language skills, and cognitive engagement. The teacher will also engage in conversations with the children during discussions and provide individual feedback during the drawing activity. Assessment results will inform teaching practices by identifying areas where additional support or extension activities may be required.