

# Acceptance for the Family

Demonstrating respect for others who do not share my perspective

To practice **Acceptance**, I will:

- expect the same of myself as others
- see things from the perspective of others
- listen before forming an opinion
- learn to value differences
- help myself and others grow



## Family Activity:

### Peaceful Pancakes

As a family, you will make Peaceful Pancakes. Let each family member be in charge of an ingredient. You may choose to have things pre-measured for members too young to do so. Add some food coloring to 3/4 cup milk. In a large, clear jar, combine the colored milk with 3 tablespoons of cooking oil. Put the lid on and shake the jar to combine the ingredients. They will mix for a while but then separate. Explain that the milk and oil are like 2 people who have



a hard time accepting each other. Now stir 1cup of flour into the mixture. Liken the flour to a dose of tolerance. Now that the milk and oil are mixed with tolerance, they stay mixed. Now, turn the mix into pancake batter by adding 1 tsp. of baking powder, ½ tsp. of baking soda, and 1 egg. The pancakes will be a funny color. Just one more example of accepting something that is different than what you are

expecting.

While enjoying the pancakes process the activity with these or similar questions:

Was it fun to make pancakes together?

How hard is it to eat a funny colored pancake?

Does it taste the same as a regular pancake?

When you meet someone who is not like you, do you think you might remember this funny colored but delicious pancake?