

Accepting Differences Worksheets: Version 2

Know the difference between Tolerance & Acceptance:

Tolerance means you have to get away with the negatives and focus on the positive; there is something negative, but you have to ignore it and tolerate it, whereas acceptance means accepting everyone as they are without any judgement. It means we are okay and fine with the way people are.

Ways to inculcate the spirit of acceptance:

Develop Empathy.	Celebrate diversity & uniqueness of individual differences.	Know that nobody is perfect.	Don't judge a book by its cover.
Don't doubt the intentions.	Try to see the positive in every situation.	Think before you pass an opinion.	Love & respect people.
Respect everyone.	Don't judge.	Get to know people and their stories.	Everyone is unique.
Be a team player.	Find commonalities and similarities among people & cultures.	Help people around you to inculcate empathy in you.	Cooperate with people.
Value the people around you.	All human beings are equal.	Be patient and embrace the differences.	Listen to people Attentively to know what they are going through.