

Letter from the CEO/Founder of Born a Hero, Research Foundation



Why the ABC Kind Curriculum was created

Hi,

Thank you for taking the time to consider bringing the ABC Kind Program to your classroom!

In 2016 I founded Born a Hero, Research Foundation because my daughter Mariana has a rare genetic bone disorder. I have been driven by the feeling of helplessness, Mama bear instincts, and inspired by my child's resilience, compassion, and love for life and people. I was heartbroken by the amount of bullying my daughter was facing aside from all the medical issues she was enduring. I realized that there was a big social gap that affects our community today. I began to think that a little work could go a long way in helping to change our mentality. I expressed my vision to Gerry Ghanooni, a friend and former elementary teacher who was passionate about equity and inclusion. She kindly agreed to take the valuable task of developing the ABC Kind Program Curriculum.

We believe that we can improve the lives of our community if we educate children at a young age about differences. The more we discuss differences in a healthy manner the more differences will become the norm. But, it starts at a young age at home and in school. We want children to learn about and understand a variety of people. We want to encourage their curiosity and answer their questions without them feeling fear, shame, but with healthy discussions. This will help break barriers and misunderstandings. It will help empower children with the tools to advocate, to drive them to make a change, and to encourage kind questions. We want kids to learn to accept and celebrate ALL differences in a fun, and safe learning environment. Through Songs, Books, Activities, and purposeful Discussions.

The ABC Kind Program Curriculum was created to be inclusive of ALL people that make our community beautifully unique. Through education and awareness of differences, and with a little bit of kindness , we can make this world a better place.

Sincerely,

A handwritten signature in black ink, appearing to read "Carolina Sommer". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

Carolina Sommer