

A COLLECTION OF FAMILY RESOURCES ABOUT RACE

SOMETHING TO READ (for kids)	SOMETHING TO READ (for parents)	SOMETHING TO BE MINDFUL OF	SOME VOICES TO LISTEN TO
SOMETHING TO WATCH TOGETHER	SOMETHING TO DO + SUPPORT	SOMETHING TO PRAY FOR	SOME HELPFUL SOCIAL MEDIA ACCOUNTS

EXPLORE THESE PAGES & LET'S DO THE WORK TOGETHER!

Books to Read With the Kids - Early Childhood Age (1 of 2)

TITLE + AUTHOR

Skin Like Mine by Latisha M Perry



SUPPORT THE AUTHOR

https://www.4kidslikemine.com/

AGE RECCOMENDATION

3-7

ABOUT THE BOOK

A story told from a little girl's perspective on admiring how beautiful her skin color is by comparing it and associating it with delicious treats. She even addresses different shades of skin color in her family friends and how important it is to find uniqueness in the differences.

DISCUSSION QUESTIONS

1. Can you think of other delicious treats that weren't used in the book that her skin color reminds you of?

2. Do you have friends with different skin colors?

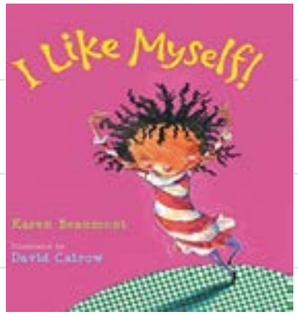
ACTIVITY IDEA

Make a people chain with people with different skin colors. (Print out below)

https://www.thecurriculumcorner.com/thekindercorner/wp-content/pdf/diversity/person.PDF

TITLE + AUTHOR

I Like Myself by Karen Beaumont



SUPPORT THE AUTHOR

http://karenbeaumont.com/

AGE RECCOMENDATION

3-6

ABOUT THE BOOK

A self affirmation book with cute rhymes to remind kids to like every part of themselves from their head to their toes no matter what someone else might think.

DISCUSSION QUESTIONS

1. Name one thing you love about yourself.

2. Name one thing that someone else has about them that you love about them.

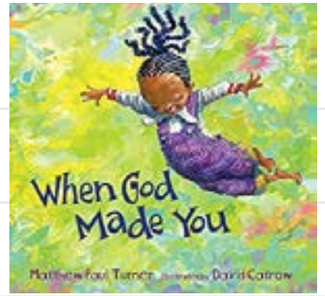
ACTIVITY IDEA

Complete each of these sentences together + discover the things that make you special!

http://teacher.scholastic.com/lessonplans/bookfairs/currconnection/downloads/cc_like_myself.pdf

TITLE + AUTHOR

When God Made You
by Matthew Paul Turner



SUPPORT THE AUTHOR

https://matthewpaulturner.com/

AGE RECCOMENDATION

3-7

ABOUT THE BOOK

This book encourages kids to learn and embrace what makes them special. It reminds kids to live into those things confidently because God is our creator and He wants us to be exactly who we are!

DISCUSSION QUESTIONS

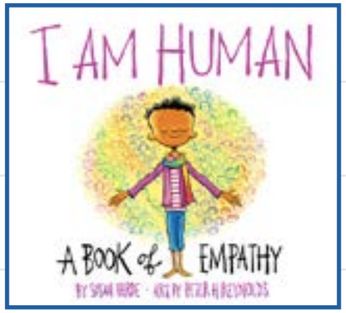
1. Tell the child a gift you believe God gave them that's unique to them!

ACTIVITY IDEA

Make a list together of things you love about each person in your family! Write someone a letter to let them know how special they are and what you love about them!

TITLE + AUTHOR

I Am Human by Susan Verde



SUPPORT THE AUTHOR

https://www.susanverde.com/

AGE RECCOMENDATION

4-10

ABOUT THE BOOK

In this book we learn about what it means to be an individual and also as a part of this world of other humans! Because we are human, we are learning how our actions and choices affect other people. As humans we get to learn and grow from our experiences and mistakes by being loving, kind, and compassionate.

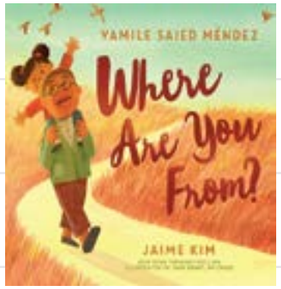
DISCUSSION GUIDE + ACTIVITY:

https://www.abramsbooks.com/pdfs/academic/IAm-TeachingGuide.pdf

Books to Read With the Kids - Early Childhood Age (2 of 2)

TITLE + AUTHOR

Where Are You From by: Jaime Kim



SUPPORT THE AUTHOR

https://www.jaimekim.com/

AGE RECCOMENDATION

4-8

ABOUT THE BOOK

This story explores the importance of valuing, embracing, and celebrating ones' own family culture and identity. It's about belonging and respecting those that look different than we do.

DISCUSSION ACTIVITY

Talk about something special about your family culture and history by doing a google search of pictures or looking at old family pictures together!

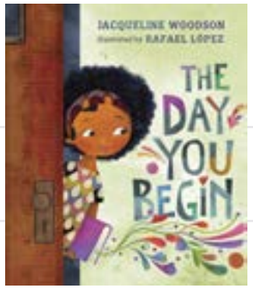
ACTIVITY IDEA

Make a family tree together of your family!

https://b0f646cfbd7462424f7a-f9758a43fb7c33c-c8adda0fd36101899.ssl.cf2.rackcdn.com/activity-guides/AG-9780062839930.pdf

TITLE + AUTHOR

The Day You Began
by Jacqueline Woodson



SUPPORT THE AUTHOR

https://www.jacquelinewoodson.com/

AGE RECCOMENDATION

6-10

A QUOTE FROM THE BOOK

"There will be times when you walk into a room and no one there is quite like you until the day you begin to share your stories"

DISCUSSION QUESTIONS

1. What is one way that you feel very different than most people around you?

2. What is something that your friends could do that would make you feel more welcome and included?

ACTIVITY IDEA

Use these reading tasks or fill out some of the the activity book pages!

https://www.thecurriculumcorner.com/thecurriculumcorner123/wp-content/pdf/reading/bookstudy/the%20day%20you%20begin.pdf

TITLE + AUTHOR

Sulwe by Lupita Nyong'o



(Actress in 12 Years of Slavery + Black Panther)

AGE RECCOMENDATION

5-10

QUOTE FROM THE AUTHOR:

"I hope that more and more children begin their lives knowing that they are beautiful. That they can look to the beauty in the world and know they are apart of it."

DISCUSSION + ACTIVITY GUIDE

https://www.adl.org/media/14005/download

TITLE + AUTHOR

One Big Heart by Linsey Davis



SUPPORT THE AUTHOR

http://linseytdavis.com/

AGE RECCOMENDATION

5-10

ABOUT THE BOOK

In this book, we celebrate our differences but then discover that we are more alike than we are different!

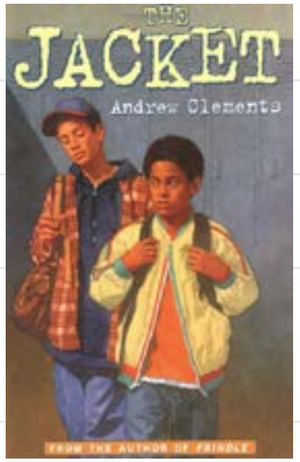
DISCUSSION GUIDE + ACTIVITY FROM THE AUTHOR

http://linseytdavis.com/wp-content/uploads/2019/07/One-Big-Heart-Curriculum-Guide.pdf

Books to Read With the Kids - Upper Elementary Age

TITLE + AUTHOR

The Jacket by Andrew Clements



SUPPORT THE AUTHOR

https://www.andrewclements.com/

AGE RECCOMENDATION

8-12

ABOUT THE BOOK

Phil is faced with his own prejudice when he accuses another boy for stealing his brother's jacket.

DISCUSSION QUESTIONS

1. How do people treat others of other races in your school, among your friends, and in your community?

2. What is prejudice? Where do you think prejudice comes from?

3. What do you think of Phil returning the jacket?

4. What do you think of Daniel's responses (both at the beginning and the end of the book? Why do you think his responses changed throughout the book?

TITLE + AUTHOR

Front Desk by Kelly Yang



SUPPORT THE AUTHOR

https://kellyyang.com/

Check out her youtube video series!

AGE RECCOMENDATION

8-12

ABOUT THE BOOK

Mia Tang is a 10-year-old Chinese immigrant living in a Californian motel with her parents. The story follows Mia as she is faced with prejudice and racism on a regular basis.

PARENT ADVISORY

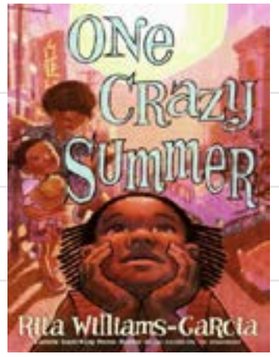
The author uses a few words through the book such as "bastard" in reference to the mean motel owner and "goddamn" for a drunk motel customer.

DISCUSSION + ACTIVITY GUIDE

https://www.adl.org/media/12859/download

TITLE + AUTHOR

One Crazy Summer by Rita Williams-Garcia



AGE RECCOMENDATION

8-12

SUPPORT THE AUTHOR

https://rita-williamsgarcia.squarespace.com/

ABOUT THE BOOK:

Set in 1968, 11-year-old Delphine and her sisters, Vonetta end their summer at a camp run by the revolutionary group called the Black Panthers. They learn about themselves, their estranged mother, and new ideas. This book will give young readers a view into African American history .

DISCUSSION + ACTIVITY GUIDE

https://www.rif.org/sites/default/files/Support_Materials/One-Crazy-Summer-Discussion-Guide.pdf

TITLE + AUTHOR

Esperanza Rising by Pam Munoz Ryan



SUPPORT THE AUTHOR

https://www.pammunozryan.com/

AGE RECCOMENDATION

8-12

ABOUT THE BOOK:

Esperanza is a 12 year old girl living on her wealthy family's ranch in Mexico in the 1930s. Disaster strikes and Esperanza is forced to flee with her mother to California.

DISCUSSION QUESTIONS

https://www.scholastic.com/teachers/lesson-plans/teaching-content/esperanza-rising-discussion-guide/

Websites to Read + Explore

FULLSCREEN HOME

PARENT CUE:

(theparentcue.org)

"At parent cue we want to help you be the parent you want to be. Our goal is simply to cue you with what you need, when you need it, so you can be the parent you want to be."

Find articles on every topic you want to learn about from race, current events, family life, school, faith, and so much more!

Below are a few of our favorite articles we've read and recommend!

- 4 Questions to Ask Yourself Before Talking to Kids about Racism
- This is My America (This is Yours, Too).
- Raising Kids Who Will Initiate Racial Equality

TEACHING TOLERANCE:

(tolerance.org)

"Teaching Tolerance provides free resources to educators—teachers, administrators, counselors, parents, and other practitioners—who work with children from kindergarten through high school."

Find research and articles about how to discuss racism, police violence, whiteness, black history, and so much more specifically for each grade/age level.

Below are a few of our favorite articles we've read and recommend!

- Speaking Up About Racism Around The Coronavirus
- Why Talk About Whiteness?
- "No, I'm not okay." Thanks for asking

Things To Be Mindful Of For the Kids

FULLSCREEN HOME

CURRENT EVENTS & THE NEWS

Be mindful of...

- Misinterpreted information
- Feelings of fear/trauma
- Questions they might have
- Potential action steps to take

NPR article:

What to Say When the News is Scary

News videos specifically for kids:

(Here is an episode on -

How to talk to kids about race

News website specifically for kids:

(Scholastic News)

DEFINING RACIAL TERMS & LANGUAGE

Be mindful of helping kids understand these terms:

- Race + Racism
- Ally(ship) + (White) Privilege
- Equality vs Equity
- Stereotypes + Prejudice

Helpful resource:

Definition of racial terms for kids

How to teach kids what Microagressions are.

Video + cartoon lesson

Systematic Racism Explained FOR KIDS:

Click here for the short cartoon video.

TALKING ABOUT HISTORY

Be mindful of your role in...

- Teaching about Black History
- Teaching about your own family history
- What is being taught in your kids' curriculum

Teacher tools + Lesson Examples for each age group

Youtube Playlist:

Black History Read Aloud Books for Kids

An article:

Teaching Black History in Culturally Responsive Ways

Some Voices to Learn + Listen To

IBRAM X. KENDI



» Father, NY Bestseller Author of many antiracist books, & Historian/Scholar on racial discrimination in the US.

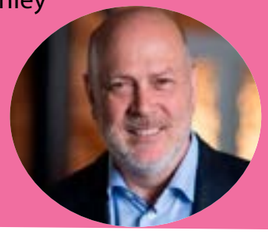
Interviews we reccommend from Ibram:

1. The Today Show Interview - Where we (parents) go from here.
2. NPR - How parents can help thier kids how to be an antiracist

Messages & Articles we reccomend from these 2:

1. A Note to My Grandkids about Racism by Reggie Joiner
2. The Human Race by Andy Stanley
3. Let's Get It Right This Time by Reggie Joiner.
4. Skin in the Game by Andy Stanley



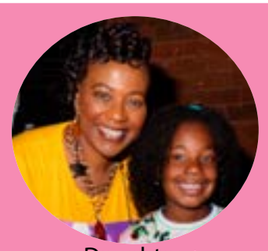


ANDY STANLEY + REGGIE JOINER

Pastor at North Point in Atlanta, Author, Father, and Communicator about ministry and leadership. He's been on a journey himself learning about the brokeness of racial injustice in the world and church and is teaching others about his awakening.

Founder and CEO of Orange - a non profit organization resourcing churches, leaders, and parents with insight on how to raise the next generation of kids in the church. For years, he's studied racism in ministry and theology and is teaching others about his

BERNICE + YOLANDA KING



» Daughter + granddaughter of Martin Luther King Jr. Both are now civil rights activist and hold powerful words for the next generation.

Powerful words from these 2:

1. A Message on Purpose for Students:

"You're not here by accident, you're here on purpose." by Bernice King

2. GMA: A Message to this New Generation Interview:

by Bernice King

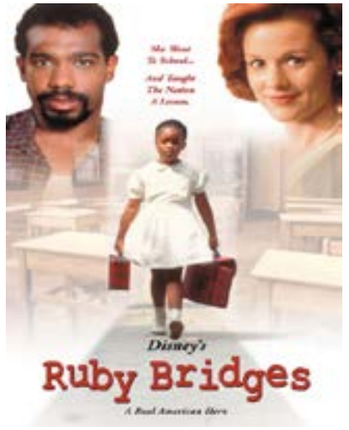
3. March for Our Lives 2018 Speech:

"Enough is enough" by Yolanda King

4. March on Washington 2020 Speech:

"We will be the generation that moves from ME to WE." by Yolanda King

Movies/Videos to Watch Together



TITLE

Ruby Bridges

Watch the trailer HERE.

ABOUT THE MOVIE

Based on the true story of Ruby Bridges (now 66) and how she, at 6 years old, became the first African American student at an all White elementary school in New Orleans.

WHERE TO FIND THE MOVIE

Disney+

AGE RECCOMENDATION + PARENT ADVISORY

Rated PG (3rd grade+) + Parent Advisory Guide

DISCUSSION GUIDE

Extra lesson/activities to go through as a family



TITLE

Queen of Katwe

Watch the trailer HERE.

ABOUT THE MOVIE

Based on the true story of Phiona Mutesi who lives in the slum of Katwe in Uganda with her family. She becomes involved with a chess club and soon becomes a top player. Winning tournaments and competitions provides a way for Phiona and her family to escape proverty.

WHERE TO FIND THE MOVIE

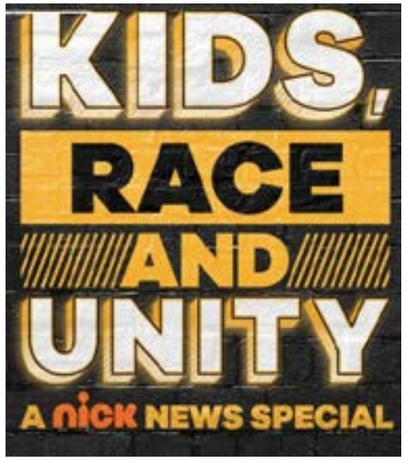
Disney+

AGE RECCOMENDATION + PARENT ADVISORY

Rated PG (3rd grade+) + Parent Advisory Guide

DISCUSSION GUIDE

5 Conversation Starters for after the movie



TITLE

Kids, Race, and Unity: A Nick News Special

ABOUT THIS SPECIAL EPISODE

Hosted by Alicia Keys, this special episode highlights kids who are standing up for racial justice, and offer tools for families to have conversations on race and making a difference in their own communities.

WHERE TO FIND THE MOVIE

Youtube: WATCH HERE

AGE RECCOMENDATION

1st grade +

DISCUSSION GUIDE

Provided by Nickelodeon to pair with the viewing.



TITLE

CNN/Sesame Street's Town Hall on Racism

ABOUT THIS SPECIAL EPISODE

Experts (with the help of the Sesame Street cast) talk about racism and nationwide protests. And they share how to embrace diversity and how to have and show empathy.

WHERE TO FIND THE MOVIE

CNN: WATCH HERE

AGE RECCOMENDATION

Kindergarten +

ADDITIONAL RESOURCES FROM SESAME STREET

CLICK HERE

Some Activities + Ways to Get Involved

At Home:

- **Make art** to display in the window or chalk art at your front property/local parks (if allowed).

- **Write & mail handwritten letters** to local government + local school district boards advocating for change (whatever change your family wants to support)

- Have kids **create a savings jar** for something they want to support (give them options to pick from).

- Have kids help **make snack packs** for local protestors.

In the Community:

- Organize a **local/neighborhood protest** or join in on a local protest as a family

- Be a part of your childs' **education board** to be informed with changes schools are making in support of racial equity.

- Seek out ways to share your resources with families in need in your community - check out **Overlake's new GIVE CARE SHARE website.**

Something to Pray For

FULLSCREEN HOME

Teachers + Educators

Let's pray for them as they navigate....

- online school

- how to care for their students and families during this time

- improvements to their curriculum in support of racial equity

Government leaders + Policy makers

Let's pray for them as they navigate...

- making the best decisions for our communities and country

- taking care of themselves and thier families while taking care of us and our needs

Other families + kids

Let's pray for those that are ...

- having hard conversations about race with others

- feeling overwhelmed with information and empathy to keep pressing in and learning

- trying to care better for their friends that they didn't realize were hurting

- struggling with finances and balancing their kids' online schooling

Some Social Media Accounts to Follow

FULLSCREEN HOME







@RaiseGoodKids:

They post new topics about mindful parenting everyday.

@ParentCue:

A team of family experts & everyday parents working together to help make every moment count as you launch your kids on their next adventure.

Britt Hawthorne

A second generation educator and homeschool mom working on building an anti bias and anti racist home for parents and education for teachers.

The Conscious Kid:

A nonprofit organization providing research and resources on parenting and education through a critical race lens.

Raising Equity

Dr. Kira Banks is a Black psychologist, professor, and mother of 2. She created this Youtube channel to help adults navigate racism and other social issues in order to create a more equitable world.

HiHo Kids

A channel that features a diverse group of kids that explore different topics openly and let you see how they view the world.