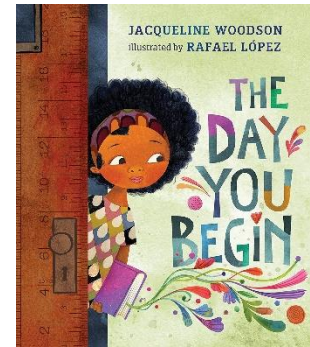


THE DAY YOU BEGIN

By Jacqueline Woodson
Anti-Racism Family Discussion & Activity Guide
(2nd & 3rd Grades)

We hope these discussions and activities will help your child see there is space in our world for everyone! These discussions can happen while reading the book or while doing the activities. Visit our St. Luke's Children Pinterest page for links for activities and more!



DISCUSSION SUGGESTIONS

- Several children in the story may have felt like they didn't fit in. Let's look at the pictures and descriptive words for some of these characters so we can discover what they thought or did, and what the others said or did. Think about how the words or actions may have made the character feel:
- Rigoberto's classmates laughed at how he talked. Why? How do you think Rigoberto felt? How does his teacher turn around how Rigoberto feels about his name?
- When Nadja wrinkled her nose and asked (seemingly disgusted) what her friend's lunch was, how do you think that made her friend feel? Do you think Nadja meant to be rude or realized how her friend felt? How could she have asked about the food differently? Is there something her friend could have done or said to Nadja?
- Why might Angelina feel like no one was like her? What did she do that made things better? What was it that Rigoberto shared that was similar to her? How do you think Angelina felt?
- Share a time when you felt like there was no one quite like you. Did anyone help you to feel included?
- Think about what makes some of the characters unique in the book: their hair, color of their skin, how they speak, whether they run or climb well, what they like to eat, or whether they travel. Have you ever seen someone excluded or made fun of because of something they couldn't change? Why do you think people behave that way?
- Just like in this book, people sometimes judge others or think they're less important because of their skin color, the way they speak, or the culture they grew up in. These are racist ideas, and we know that they're not true—no one's skin color makes them more or less important than anyone else. What can you say or do if you hear someone saying something racist? How can you make someone feel better if they're being made fun of for something like their skin color?
- If you find that you walk into a room and no one is quite like you, how can you make this a new beginning? Think of ways to celebrate what makes you different.
- An ally is someone who stands with people who are excluded or made fun of because of their differences and who makes space for people who aren't like them. Who was an ally in this book? How did it make the characters feel when an ally helped them?

- If you are in a room and there is someone who is not quite like you, how can you make space for them? What are some ways you can learn how the others are a little like you or even celebrate your differences?

ACTIVITY SUGGESTIONS

Art

Create a work of art that shows the many ways you are special. You can draw, paint, or even make a collage from pictures of you or from magazines or the internet (with the help of an adult). You could include how you look, your favorite things (like foods, animals, books, hobbies), things you've done, places you've been, or dreams you have about what you'd like to do!

Listen

Ask 3 people to share a story about themselves and something that makes them unique. How do they celebrate it?

Journal/Tell

In the story, unlike some of the others in her class, Angelina didn't go anywhere over the summer break. However, with some thought, she found a way to make that seem special. This week start a journal and write down the things you do each day. Can you retell some of the normal things you did, but retell it in a way that is exciting? See our Pinterest page for some awesome journal and [self-esteem journal](#) pages for children!

Explore

Look at some recipes or a menu and try a new dish from a different culture this week. Why did you choose this dish? What did you like about the dish? Would you make or order it again?

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Mindfulness

Check out our Pinterest page for meditations and mindfulness crafts that build self-esteem.

PRAYER

Lord, thank you for making each of us special. Thank you for forgiving us and being our friend even when we make mistakes. Help us to learn how to be good friends to one another. Let us learn from all of the times Jesus showed us how to forgive others, include others, and show love, so we can be more like you each day. Help us be willing to celebrate our differences, stay curious, and treat others with kindness. And God, please give us the courage to speak up for and celebrate ourselves, for we know how important we are to you. Thank you for your Forever love for us. In Jesus' name, Amen.

