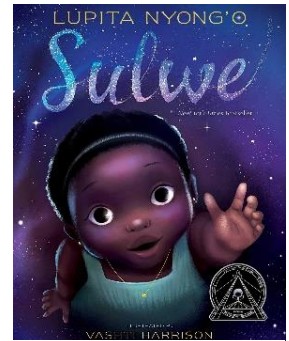


SULWE

By Lupita Nyong'o

Racial Reconciliation Family Discussion & Activity Guide
(Kindergarten & 1st Grades)

We hope these discussions and activities will help your child see that the sky is the limit, and beauty comes in all colors! 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!



Click the book to hear the read aloud

DISCUSSION SUGGESTIONS

NOTE: Sulwe is pronounced sull-way

- Explain that melanin is pigment (color) that gives skin, hair, and eyes their color. God made each of us with melanin in different quantities. Dark-skinned people have more melanin in their skin than light-skinned people. Melanin gives protection against damage from too much sun. Look at your family's skin color complexion – does everyone have the exact same complexion? What about eye and hair color? Are they the same or different? Does having one hair color, eye color or skin color make one of you better than another?
- In what way does Sulwe look different than other members of her family? Do you think this makes her more beautiful or less beautiful? How do you think Sulwe feels about her difference?
- Have you heard of coveting? When we covet something, we want something that someone else has for ourselves. This can lead to jealousy or envy – these are ugly feelings we have toward someone who has that something that we like. In Sulwe's story, she instead felt bad about herself or was ashamed – she had low self-esteem. While both being envious or ashamed can be normal feelings, it doesn't feel good to think bad thoughts about someone else or yourself. And acting on those feelings will not end well. Instead, we need to celebrate each other and ourselves and realize we can't all be the same or have the same things. But that doesn't make us better or more worthy than another person. What does Sulwe covet in the book? How does she feel about herself in the beginning of the book?
- What does Sulwe's name mean? Do you think she likes her name? How did your parents choose your name? Do you like it?
- What "pet names" do some people call Sulwe. How are the pet names for "day" and "night" different? How do you think she felt about it? Do you think the people who called her those names knew how it made her feel? Do you have a pet name? If you have one, do you like it -- how does it make you feel?
- Even though the two sisters are treated very differently by others, do you think their parents loved one of them more than the other? If you have a sister or brother, do you ever feel like you are treated differently? Do you think your parents or God love one of you more than the other?
- Have you ever been teased or excluded because of a part of your appearance? What happened? How did you feel?

- Have you ever seen someone else being teased or excluded because of a part of their appearance? What happened? How did you think that person felt? How did you feel?
- When someone is mean to someone because of the color of their skin is different than theirs, that is called racism. We know that skin color doesn't make us better or less than someone, so racist ideas are not true. What can you say or do if someone says something racist to you or someone else?
- How does Sulwe try to change herself? Could it work? Is there something you would change about yourself?
- God made you just the way you are. You are wonderfully made, just right. There is no one like you in the whole world. And God loves you special. Who else loves you just for being you? Who thinks you're special no matter what? God and those people who love you no matter what are the people you can always talk to about how you feel. Who does Sulwe talk to? What does that person say that helps her?
- What does Sulwe learn or discover through the story of Night and Day? What did you learn from their story?
- What are some things that make the night beautiful? What lights can you only see in the darkness? [Fireworks, moon, stars, fireflies, twinkling lights from the city?] What would you miss if it was daytime all of the time?
- Explain that as a child, the author experiences "colorism." Ask them if they know or can guess what colorism is and explain that it is prejudice about skin color that says lighter skin is more beautiful than darker skin. The author is a famous actress who has beautiful dark skin, but she tells people that beauty is on the inside. What do you think that means to be beautiful on the inside?
- If you can, watch [this](#) video together: Lupita Nyong'o shares powerful story behind her children's book. Were you surprised by anything Lupita shared – if so, what was surprising?

ACTIVITY SUGGESTIONS

Stargazing

Since God created humans we have gazed up and loved the starry sky. During the daytime, look at the sky with your child? Can you see the stars? Are they there – what do we need to see them?

- If your child can stay up late in summer (or when the days get shorter), go [stargazing](#) or look at the moon and its shape and position in the sky (you may need to drive somewhere with less trees or lights).
- Or check out these amazing books: [Star Stories](#) and [This Book is a Planetarium](#)

Movie and Story Time

Lupita Nyong'o wrote this book because she wanted young children with her skin color to see themselves in picture books. Can you think of stories you have or movies you've watched that have people that look like you or look different than you? Next time you pick a movie or book, try to choose

something with a hero that is different than you (watch what [this illustrator](#) has to say about the subject). In what ways are you similar? In what ways are you different?

- Black Protagonists
 - Movies/TV Shows: Disney's Princess & The Frog, Doc McStuffins, Annie (2014)
 - Books: [Black Male Protagonists](#), or [these](#), or [these](#)
- Protagonists with Disabilities
 - Movies: *Finding Nemo*, *A Dolphin's Tale*, (older siblings? [Wonder](#))
 - Books: *A Friend like Simon* by Kate Gaynot, *The Black Book of Colors* by Menena Cottin, *The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin* by Julia Finley Mosca, *My Three Best Friends, Zulay and Me* by Cari Best

Self-Portrait – there's more to me than meets the eye

Some people may think they can tell about you from just looking at you and not knowing you. If you're a girl, they may think you like pink. If you're a boy, they may think you don't like pink. Maybe this is true for you – maybe not, but would someone know this just by seeing you are a boy or a girl? Has anyone ever guessed or thought something about you that wasn't true? A stranger can't tell much just by looking at you, so let's make a portrait of you that shows more of you than meets the eye!

- On a large piece of paper, draw you! Try using a mirror to look at your features – your picture doesn't have to look perfect! Now surround yourself with your favorite things (food, animals, toys, places to go, things to do).
- Or try this [self-portrait collage](#)

Explore Skin Color

Look at this [picture](#) of some of the beautiful colors God has made our skin. Do you think you know the things they like or what they do based on their skin color?

- Try making different flesh colors by mixing watercolors and paint a beautiful picture with them
- Next time you're at the grocery or department store, look at the makeup section to see all of the beautiful shades of makeup that is meant to match skin color.

PRAYER

Lord, thank you for making each of us special. Help us remember that we are each beautiful to you. Help us to see the beauty in ourselves and others (on the inside and outside). Help us to show kindness and make friends with all sorts of people. Help us to be brave if we see racism or unfair treatment so we can speak up. And even when we make mistakes, thank you for being with us and loving us each and every day. In Jesus' name, Amen.

