

DREAM BIG LITTLE ONE

By Vashti Harrison
Racial Reconciliation Family Discussion & Activity Guide
(Babies, Toddlers, and 2s)



Click the book to hear the read aloud

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!

DISCUSSION SUGGESTIONS

While we realize that birth to age two includes a wide range of development, it is never too early to begin talking about racism. Practice having these conversations even if you think your child doesn't understand. Young children do notice skin colors--being anti-racist goes beyond ignoring differences or avoiding the topic until you are asked (if asked), being anti-racist is actively fighting back against racism by beginning these conversations, ensuring toys, books, and media you enjoy show diversity, and intentionally pointing out disparities and lack of representation to your young children. These actions will help to fight the implicit bias that we individually and culturally pass on to our children however unintentionally.

- Many years ago, men in our country had many more choices about which jobs they could have. But there were people who dared to stand up and dream big, so today, women have more opportunities than before. Talk about the men and women you know and their jobs.
- It has been even harder for people of color to have lots of choices for jobs or education --- especially Black women. What are some of the jobs the Black women in these stories had? Which jobs sound fun to you? Which jobs would you like to learn more about?
- Just like God made us all different colors, God gave us all different things we love to do. What are some of the things you like to do or are good at? What would you like to be when you grow up?
- No matter what color our skin is -- no matter whether we are a girl or a boy -- we can grow up to be anything. As you grow up, there may be some who think that someone's skin color makes them better than others. We know that is not true. That is a racist idea. Just like being a boy or girl doesn't make us better, we know that skin color doesn't make someone smarter, faster, more creative, or better at anything than anyone else. What things could you say if people say racist things about you or a friend because of the color of their skin?

ACTIVITY SUGGESTIONS

Help your child see those who may look different than them doing Big things. We can all follow our dreams, no matter what we look like. We have provided links to videos for some of the women in the book. Learn more about some of these amazing women and decide if any portion of the video would interest your child. Try some activities to get them excited about space, flying, sports, music and visual art.

Explore

Katherine Johnson & Mae Jamison

- [Katherine Johnson](#) used math to help figure out how to get people into space, and [Mae Jamison](#) traveled to space!

- If your child can stay up late in summer (or when the days get shorter), pick a spot away from city lights and few trees and go stargazing or simply look at the moon each night.
- Do some toddler [math](#)!

Bessie Coleman

- Everyone told Bessie she couldn't be a pilot. No one would teach her. She taught herself French, saved money and went to France where she learned to fly a plane. She not only flew planes but did amazing tricks in her airplane. (This [video](#) shows Bessie Coleman---toward the end you can see an example of what barnstorming flight looked like!)
- Drive to a nearby airport and park where you can watch planes take off and land.

Sports

Wilma Rudolph was told she would never walk...but she tried and tried, and never gave up. She became the fastest woman in the world during her time.

- For toddlers, mark a starting line and a finish line (not too far) in your backyard and encourage them to run as fast as they can while you cheer them on!

Raven Wilkinson and Misty Copeland were some of the first black ballerinas to become stars. Dancing is an art, but also a sport because it takes so much hard work and muscle power.

- Play some classical ballet music (maybe Swan Lake, [Nutcracker](#), Firebird) and encourage them to dance with all their might!
- Read the Picture Book, [Firebird](#) by Misty Copeland

Poetry & Music

The following includes just a couple of artists and some of their more child-friendly songs (and a bonus Bob Marley mostly because there is a cute accompanying picture book). Now is a good time to make sure you have Black musicians or others of varying ethnicities whom you enjoy in your playlist rotation. Also choose books for purchase or at the library with the intention of including diverse authors and characters.

Maya Angelou was a bold truth speaker, author and poet.

- Watch: [Be a Rainbow in Someone's Cloud](#)
- Craft: [Rainbow & cloud](#)

Ella Fitzgerald - Sing and dance along:

- [It Don't Mean a Thing](#) (w/scat), [April in Paris](#), [Air Mail](#) (scat)

Nina Simone - How do you think she feels as she sings this song?

- [I Wish I Knew How it Would Feel to Be Free](#)

Bob Marley

- [Three Little Birds](#) (other songs: Stand up, One Love/People Get Ready)
- [Every Little Thing Book](#)

Art

There are many black artists to explore as well as art methods that you can try with toddlers!

[Augusta Savage](#) was a Black sculptor who created art small and large

- Sit with your child and mold and sculpt some Play-Doh (or even homemade or premade bread dough)

Alma Woodsey Thomas

- [Alma Woodsey Thomas](#) didn't become famous for her colorful art until she was an older woman, so it's okay if you aren't sure what you want to be known for just yet (you too, mom or dad!)
- Try this [Art Project](#) (use cotton balls, sponge pieces, or finger to dab on the color! – give your young child one color at a time and start in the middle or to the side and then fill the page – or just give your child the materials and let them enjoy painting and colors!)

PRAYER

Lord, thank you for making each of us special. Thank you for all of the people who have come before us to show us that we can be anything. Help us to dream big and use the gifts you gave us to make your world a better place. We want to learn how to be good friends and be a rainbow to one another – loving others how you love us. In Jesus' name, Amen.

