

Curiosity Lab

PART 1: WHO AM I?

Name

Group Agreements

Oops.



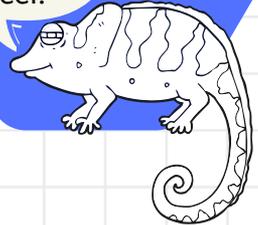
Speak from
the "I"



It's a long,
slow journey

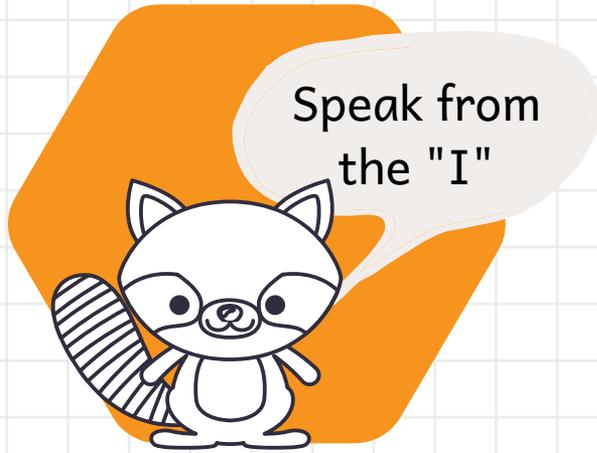


Let
yourself
feel.

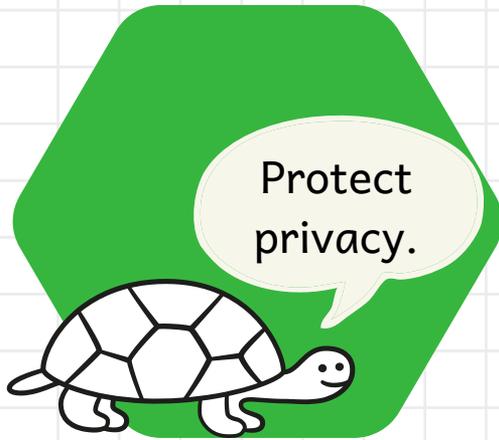


Protect
privacy.

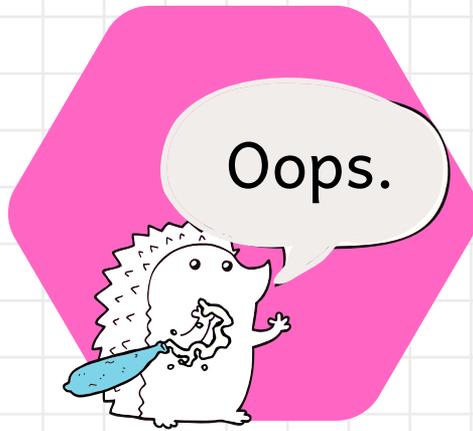




- **It's okay to talk about your own experiences.**
- **When you share your experiences, you are talking for yourself, not for a whole group of people. For example, if you're a person who likes macaroni & cheese, you're not speaking for all people who like macaroni & cheese. Or if you're a person who plays soccer, you're not speaking for all soccer players. You're just speaking for yourself!**



- **It's okay to share what you've learned from listening to other people's stories.**
- **"Protect privacy" means it's not okay to share the specific stories or the names of the people who shared them.**



- **Balloons pop. Mistakes happen. At times, we all say something that hurts or offends others, even when we didn't mean to.**
- **When that happens, we can say "ouch" if we are hurt or offended, and we can say "oops" if we are the person who did the offending.**
- **It's okay to ask if the person can explain why they were hurt or offended, but it's also okay for the hurt person to say no.**
- **If we're the person who said something hurtful or offensive, it's not okay to tell the hurt person that they shouldn't feel hurt or offended.**



- **The racism that we're dealing with in the United States has been around for hundreds of years. It will take a long time for each of us to unlearn racist ideas.**
- **Each of us is on a lifelong journey to understand who we are and how race fits into our identities. We are all learners!**



- **Sometimes we might hear or learn something that makes us feel uncomfortable, sad, upset, confused, or frustrated. It's okay to feel however you feel.**
- **We'll remind you - but if you notice feelings in yourself, then pause, let a grown up know, and try to figure out and name your feelings. It's important!**
- **We grow when we let ourselves feel uncomfortable, and we stick with our learning.**

JUST LIKE the kid in the poem,
you are **unique!**

There is no one else just like you.

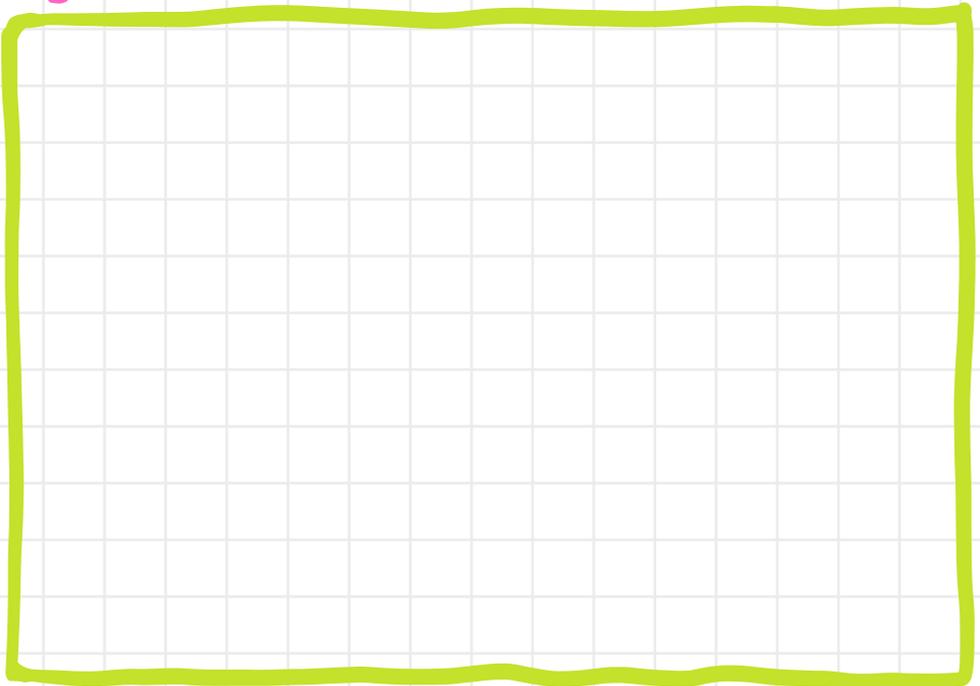
You have your own likes & dislikes, your
own inside jokes, your own memories,
and ways of being.

**Your
turn!**

Fill in the blanks on the next page to
create your own poem, and draw a
picture in the box below that goes with
your poem.

WEIRD

by _____



I LOVE ME WEIRD & STRANGE

I love my _____
food, drink, or something else you love that might be unusual

I love a good _____
food, drink, or something else you love that might be unusual

I love to sit _____ & _____
place do something

and talk to _____ about _____
who? what?

I love the sound of _____

I love the smell of _____

and the taste of _____

I love the sound of _____ and _____

and I love a good _____

I love my friends

who are different from me

'cause that's what a friend is supposed to be

Some are _____
What are some of your friends like?

Some are _____
What are some of your friends like?

All are _____
What do all of your friends have in common?

and _____
What do all of your friends have in common?

But they are them

and I am me

And if you're weird then you have a friend in me

You've got your own ways of being weird - and you also have your own character traits



What is a character trait?

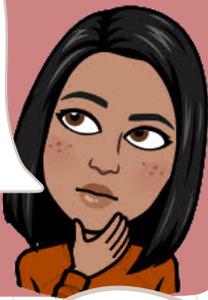


We can use character traits as a way to describe what people are like - their personalities...who they are.

For example, I'm imaginative, thoughtful, energetic and kind.



I'm helpful, creative, & an organizer.



I'm caring, curious, thoughtful, & helpful



I'm sometimes silly & playful. I'm also determined & caring.



I'm friendly, playful, creative, thoughtful, & curious

Of course, just because someone is a certain way at one time doesn't mean they are always and only that way!



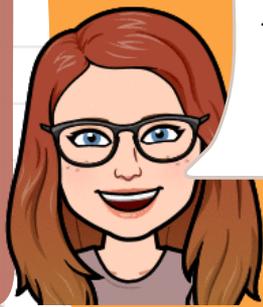
Yeah, that's true! People can act differently depending on how safe they feel, how tired they are, or even if they happen to be hungry!



**Plus,
people can
change!**



The next page has a bunch of different character traits. Do you see any that you have?



Hmmm...let me take a look.



Your turn!

Circle any of the words that you think describe you, or write words that do describe you in the blank spots.

kind

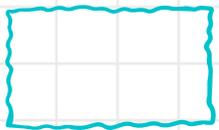
fun

SENSITIVE

DETERMINED

LOYAL

friendly



creative

playful

GENEROUS

brave

adventurous

energetic

helpful

caring

deep thinker

MISCHIEVOUS

CURIOUS

silly

LOGICAL

ACTIVE



patient

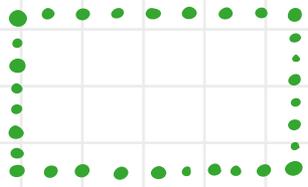
funny

SERIOUS

thoughtful

DARING

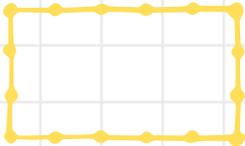
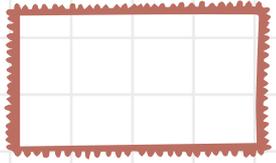
scientific



HARD-WORKING

responsible

artistic

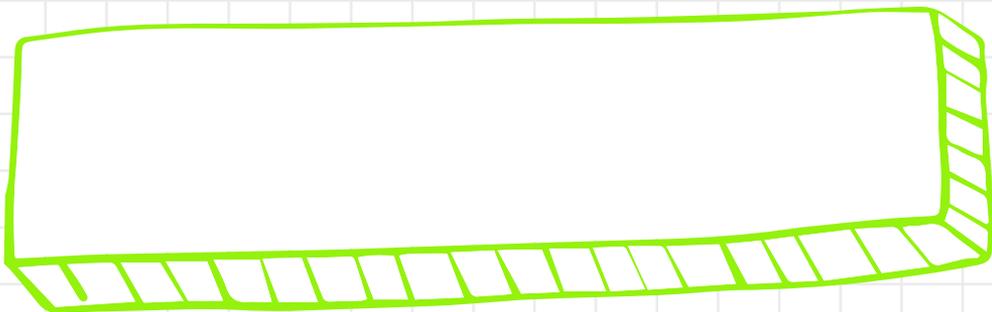
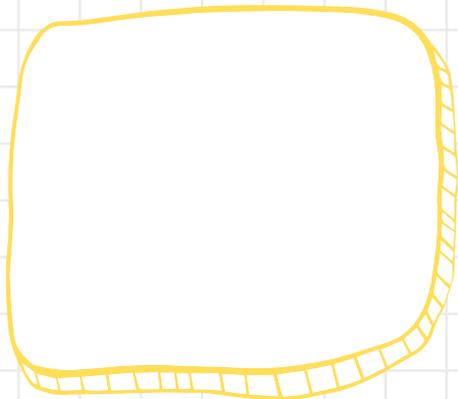
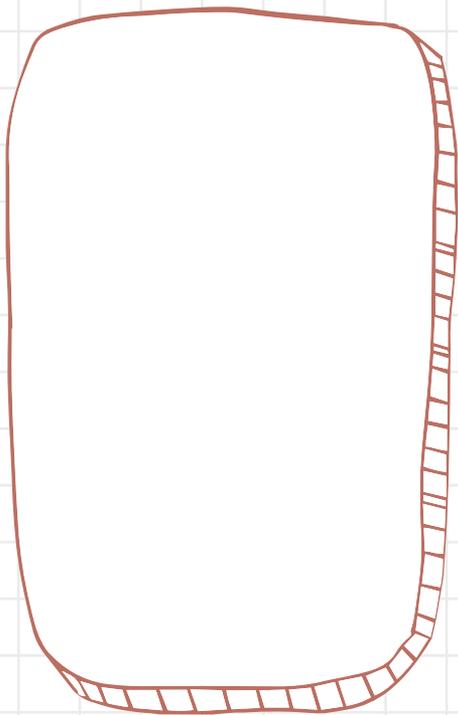
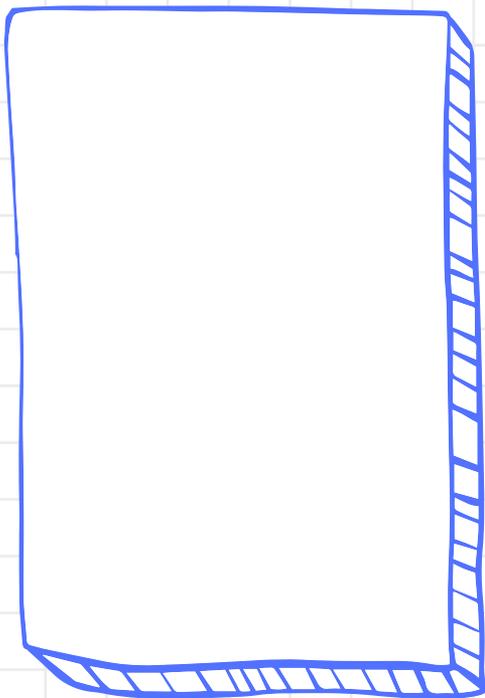


ready for anything!

* * What makes me "me?"

Who we are is a combination of our likes & dislikes, our character traits, and the things we think are important - plus of course, where we come from and where we want to go...and much more.

Write or draw some things that you LOVE to do.



Meet Professor Dr. Rudine Sims Bishop! She thought of a helpful way to talk about our experiences, our similarities and our differences.

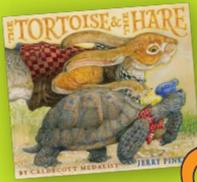


Sometimes when we watch shows, read a book, or talk to each other, something in the story reminds us of ourselves.

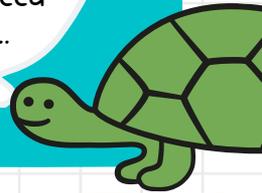


It could be that you look similar to the person in the story, or that you share some of the same personality or character traits.

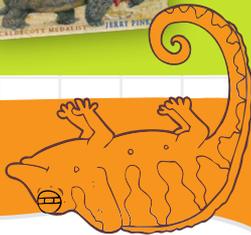
Have you heard the story *The Tortoise and the Hare*?



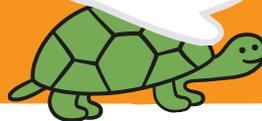
I can totally relate to the tortoise in this book! I know you wouldn't guess it, but I happen to be a little speed challenged...



It could be that you know how the person in the story feels, because you've felt the same way. Or it could be that you've experienced the same situation or event as the person in the story.



When we are reminded of ourselves in stories that we hear, it's kind of like looking in a mirror: we see ourselves reflected.



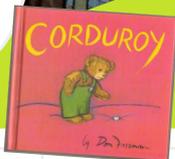
**If you think "me too"-
or "same" when
you're listening to a
friend or a story,
that's a clue that
you're having a
"mirror" moment.**

Moesha was one of the first TV shows where I saw a young Black girl who went to school, liked fashion & going to the mall - just like me!

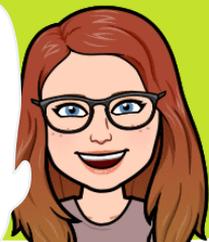


I loved dancing when I was a kid, and I was lucky to be able to take dance classes. I didn't have people who looked like me in classes or in dance shows, but my friends in the classes were mirrors for me because we all loved learning how to dance!

Corduroy was one of the first books I read where the character looked like me and had the same feelings I did when my parents told me I couldn't have something that I wanted.



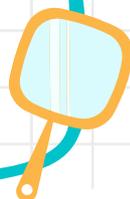
When I was a girl, I loved Anne of Green Gables - spunky, red hair, imaginative...She was a mirror for me!



Your turn!

What about you? Can you think of any books or shows that are like mirrors for you?

Use this space to draw or write your "mirror moments."



WINDOWS

And then there are times when we read a book or talk to a friend, and we've never experienced what is happening in their story.

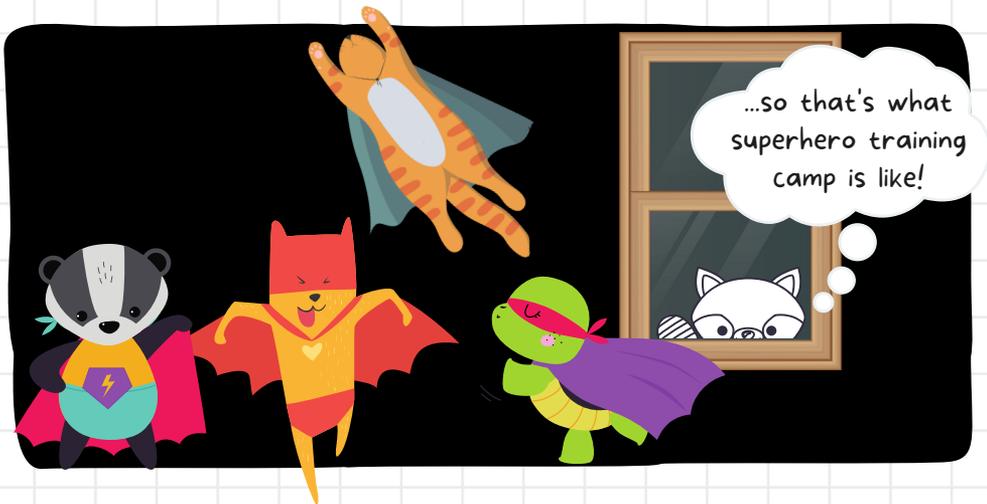


You might think I'd relate to the tortoise because

I am also slow, but I have never been in a race, and I never really go anywhere (except for once a week when I climb down the tree to poop).



When this happens, it's a little like looking through a window into someone else's life.



We can learn something new - a new way of thinking, a new way of doing something, or a new way of understanding each other.

The movie Encanto was a window for me because while I do have a big family, I am not really close with most of my family like they are in the movie, nor do I come from a Latinx background.



Have you read Insignificant Events in the Life of A Cactus? I loved it! Meeting the main character Aven in the book was like a window for me because she was born without arms, but I was born with arms.



But her life is also like a mirror for me because we are both adopted.

And sometimes you can find mirrors & windows in the same story!

The movie Over the Moon is a window for me. Even though I have been to China and celebrated the Moon Festival there, I am not Chinese, and I did grow up with my mom, unlike the character in the movie.



The Birchbark House series by Louise Erdrich was like looking through windows into how Ojibwe people lived long ago, but I also found mirrors - I really looked up to (I was jealous of) my beautiful older sister, just like the main character in the book did too.

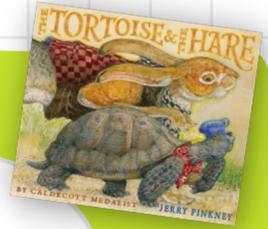


Your turn!

What about you? Can you think of any books or shows that are like windows for you?

DOORS

Sometimes the story teaches us that something is even possible for us, & that inspires us to "step through a door" and try it!



I've never even considered entering a race before. But now that I see that Tortoise did it, maybe I'll give it a try!

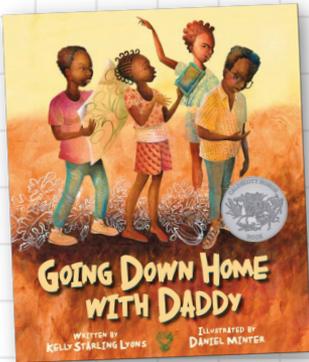
As a teenager I had an opportunity to travel to another country and was immersed in a culture that had elements different than my own.

The book Every Body Yoga by Jessamyn Stanley was a door for me - I learned that folks with bigger bodies like mine can do yoga too, and then I tried it myself!

Your turn!

What about you? What have you read or watched that showed you that you could try something new too?

When we read stories or watch shows, we can stop & think about whether there are any mirror, window, or door moments for us in them.



In this story, Lil Alan takes a long road trip for a family reunion. Have you been to a family reunion before?

There'll be food, fun, laughter, & cousins...and a time of remembering, when everyone shares something special about the family history.

Here's Lil Alan thinking while he's traveling to the reunion:

"I try to rest, but can't stop smiling. Soon I'll get to see my great-grandma Granny and hang out with my cousins.

But when I look at my hands, empty as the road in front of us, my grin fades. The anniversary celebration. I bet everyone will have something to share except me."

Your turn!

Think about how Lil Alan is feeling. Is that a mirror, a window, or a door for you?



Mirror, for sure. I've been nervous that I won't do well presenting something in front of people before.



I definitely feel like this is a mirror for me. I spent a lot of time in the car going to see other relatives as a kid. And I was always nervous because I didn't always know how to interact with them.



Draw YOUR avatar here & write in your answer!



In the book Going Down Home with Daddy by Kelly Starling Lyons & illustrated by Daniel Minter:

"Daddy booms, "We're a mighty family!"

Your turn!

Work with your family to come up with one or two words that describe your family.

Use this space to write down some ideas to share.

We are a

Family!

_____ added a _____
to the sculpture because _____.

_____ added a _____
to the sculpture because _____.

_____ added a _____
to the sculpture because _____.

_____ added a _____
to the sculpture because _____.

_____ added a _____
to the sculpture because _____.

Use this space to draw a picture of your family, draw a picture of the family sculpture you made, or tape a photo of your family sculpture.

