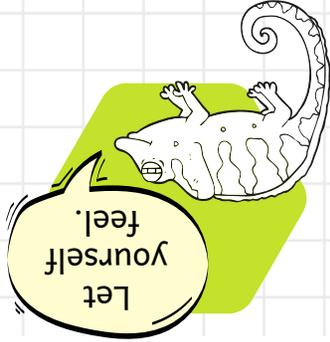


Curiosity Lab

WORKSHOP 3:

WHY ARE THERE DIFFERENT
SHADES OF SKIN AND
WHAT DOES IT MEAN?



Here are some words to help you figure out your feelings. What other feelings do you have?

guilty

thoughtful

HOPEFUL

sad

uncomfortable

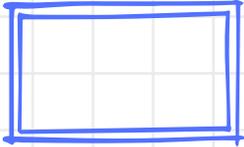
wondering



confused

sick

brave



empowered

inspired

amazed

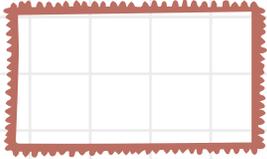
embarrassed

HURT

vulnerable

eager

CURIOUS



DETERMINED

APPRECIATED

surprised

thoughtful

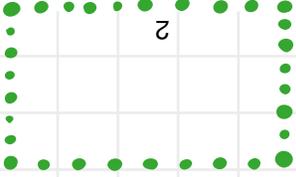
angry

disappointed

OVERWHELMED

trapped

responsible



SERIOUS

What brings you joy? What are you good at?

Here are a few ideas:

- Creating
- Sense of humor
- Risk-taking or trying new things
- Understanding other people
- Writing
- Having fun & being playful
- Introspection
- Reading
- Cooking
- Planning
- Making stuff with your hands
- Figuring out feelings
- Making friends
- Kindness & compassion
- Talking to people
- Styling hair
- Taking care of animals
- Science
- Listening
- Kinesthesia/movement
- Philosophical thinking
- Math
- Asking questions
- Having a positive attitude
- What other things can you think of?

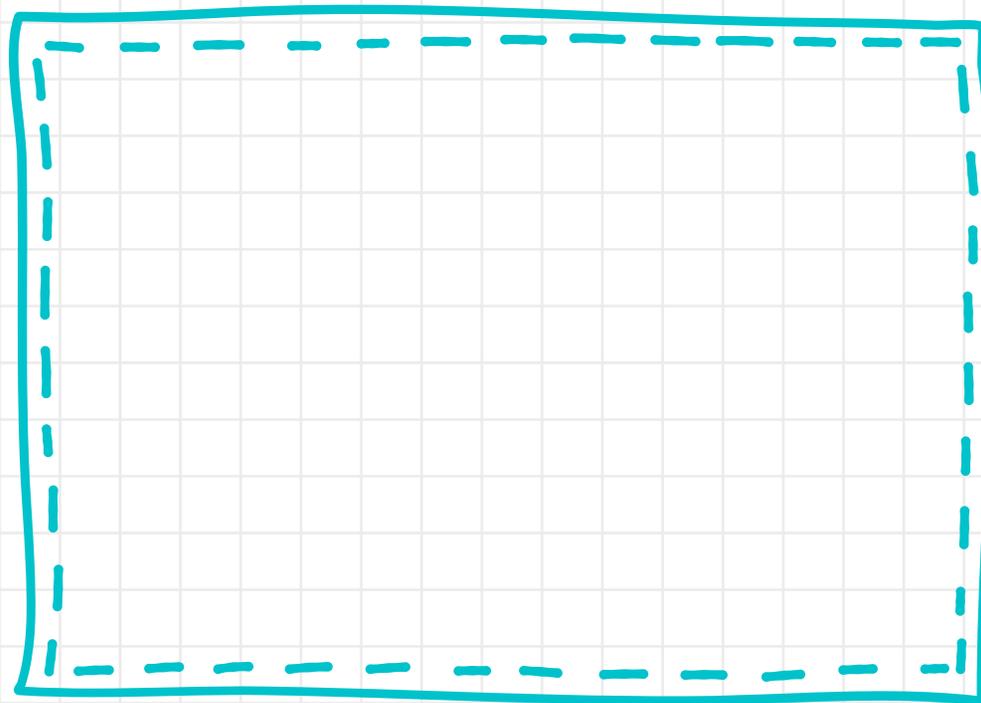
3 Each person should place their markers on spots where they feel they have skill or talent, or ability. If you like, you can put more than one marker on cards where you feel like you have a lot of skill & talent!

4 When everyone has finished, look at all the cards. Did you learn anything new about yourself or the people in your family? Do something together to celebrate your amazing family full of unique, infinitely valuable humans!



The Best Part of Me

Did you gain a new appreciation for the complexity of your amazing body after watching the Sun in Our Skin video? We sure did! Take inspiration from the book The Best Part of Me by Wendy Ewald and take a photo of your "best part." Or draw a picture of your "best part" below. Write a sentence or a poem to go with it.



Four horizontal dashed lines for writing a sentence or poem.

Letter to myself

Or, write a letter to yourself to express appreciation for your incredible brain and body! Here's an example.

Thank you for opening every morning and allowing me to see the faces of my favorite people, to enjoy the beauty of each passing day, and to help keep me safe.

I would like to apologize to you. I'm kind of embarrassed to admit this, but for most of my life, I did not like you. I thought you were too small. I wanted you to be different than you were. Your particular shape and size made me feel different, and ugly. I wanted to be beautiful, and I wanted to really belong, and I thought these things were impossible because of your shape and size. I was wrong, and I'm sorry.

It sounds simple, but now I realize that you were just following the recipe you were given. And it turns out it's a great recipe.

Thanks for doing your job day after day even when I wasn't kind to you. I'm thankful for you!

Love, me



Divide the candy or other small objects so that each person has an equal number.

The bowl of candy represents each person's intrinsic value. Each person has the same number of candies, and the same - infinite - worth!



If you have a small group and you want each person to have their own color, put each color of candy in its own bowl. Make sure that there are equal numbers of candy in each bowl. Have each person choose a bowl.

Working together, brainstorm a list of skills, talents, or personality characteristics that people in the group enjoy and/or are talents they have. Write one skill or talent on each index card and place all the cards face up on a table, counter, or floor. Look on the next page for ideas!

Materials

- Small colored objects to use as markers, such as M&Ms, Skittles, Starburst, marbles, pompons, etc. -- enough for each participant to have the exact same number (at least 25).



If you have a small group and would like to keep track of each person's color, you will need enough small colored objects so that each participating person gets at least 25 pieces of their own color. For example: Person 1 gets 25 red Skittles, person 2 gets 25 green Skittles, person 3 gets 25 orange Skittles.

If the size of your group is larger or you don't wish to keep track of each person's color, every person can get 25 markers in a random mixture of colors.

- Paper or index cards; pencils, pens, or markers
- Small bowls or containers to hold the small objects

Letter to myself

Dear _____,

Family Truths Mobile

Together with your family, create a balanced hanging mobile that shows what you've learned and want to remember about humanity, skin tone, race and racism.

Materials

inner ring of an embroidery hoop (this one is 8" diameter)



string



wood circles



scissors



tape



hole punch



paper



crayons, markers, or colored pencils



beads
(paint these ahead of time if you wish)



beading needle



ceiling hook
(we used 3M removable hooks)



Optional: other items to hang from your mobile, such as pompons

This is
an tiracist...
All humans have
equal + infinite worth

Plus, you might
just get some
candy out of it!

Try this activity
with your family to help you
appreciate that each of you
has equal, infinite worth - and
that your differences do not
- cannot - change your innate
worth!

You can practice
this thinking
starting now - in
your own family!

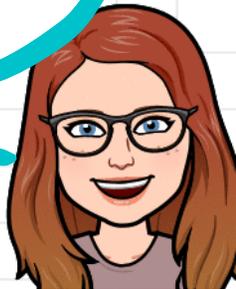
How do we
start undoing
these beliefs?

All humans have equal value

Racism is based on the idea of some people being **"better" (superior)** or **"worse" (inferior)** and that some people have **LESS VALUE** or **MORE VALUE** than others based on their race or skin color.



This general idea, that some people have more value than others is very strong in many parts of American culture.



These often invisible beliefs can be really damaging and can happen even within families - sometimes around people's physical features, and sometimes around perceived skills or personality characteristics.



Write your truths

- 1 **Cut the paper** into smaller shapes . Make the shapes about the size of index cards so there is enough space to write on them. Punch a hole in the top of each shape.
- 2 Think about the "Sun in Our Skin" video you watched and the book we read.

What are the true things you learned or think are important to remember?

Write a thought, or "truth," on each shape and share them with your family. If you want, use the sentence starters below to help.

It's up to you and your family to decide whether everyone works together to come up with your "truths" collectively, or whether you each individually write down your own truths.

I learned that _____.

I used to think _____,
but now I know _____.

I hope _____.

I want to remember _____.

People made up race and racism, and I will fight it.

I can be brave about talking about race.

There is no recipe for race.

How much sunscreen people make doesn't say anything about who they are.

There is no ideal skin tone. All shades of skin are good.

Every person is both unique AND the same.



Assemble the mobile

3

Find a place where you want to hang the mobile. Attach the ceiling hook to the ceiling.

Determine how far down you want the mobile to hang.

4

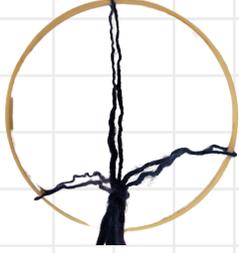
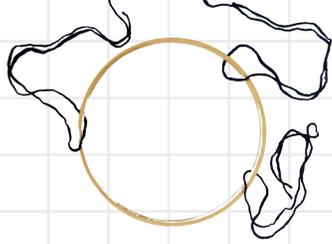
Create the hanger for the mobile:

Cut three equal lengths of string or yarn. Your lengths depend on how tall your ceiling is and how far you want the mobile to hang. We used 24" of string for our hanger.

Arrange each piece of string around the embroidery hoop.

Pull the ends of all three of the strings up and together and make a knot.

Make a second knot at the top to make a hanger for the ceiling hook.



5

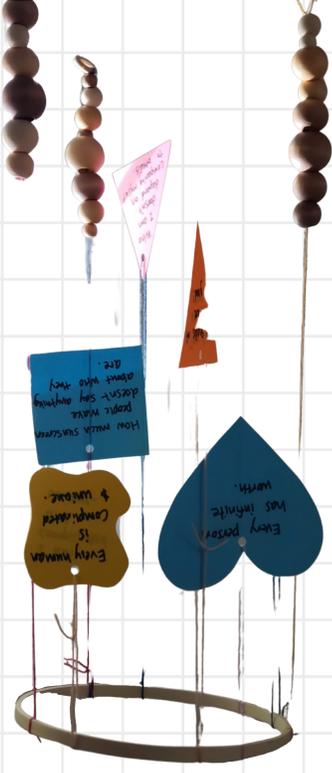
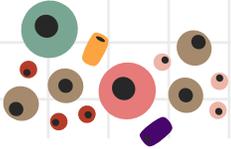
To make strings of beads: First tie a wooden ring onto the end

of a new piece of thread so the beads don't fall off

the end of the thread. Then use the beading needle to add beads to the string. You can make plain strings of beads or add beads to your truths. **Feel free to use**

other craft supplies you have around the house or

draw pictures to add to your mobile.



Tie the beads and truths onto the mobile. You may need to experiment a bit by moving bead

strings, and adding or

removing beads to get

the mobile to balance

properly. Work together and encourage each other!

It's okay if your mobile is not

completely full. You can keep adding to your "Truths Mobile" in the next few

weeks!