

1

Make a bird shape out of paper or use a wooden bird shape like this one.



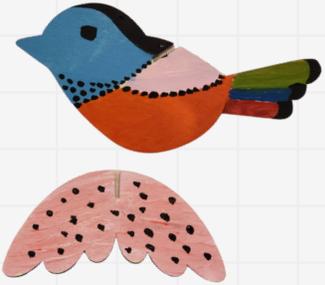
2

Paint the bird however you like.



3

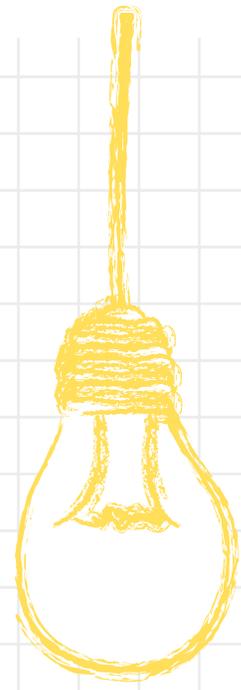
Once the first layer of color is dry, add black paint just like Blackbird did in the book!



Remember what Blackbird said! "We'll see the difference a touch of black can make. Just remember, whatever I do, I'll be me and you'll be you."

4

Attach a string to your bird. Hang the birds in a window, your door, or even on your Family Truths Mobile!



Curiosity Lab

WORKSHOP 6: HOW CAN I BEGIN MY ANTI-RACIST JOURNEY?

Name _____

The tip of the iceberg

- One balloon per child, filled with water, tied, and frozen for at least 48 hours (with small animal frozen inside if you wish)
- Large saucepan, mixing bowl, or stockpot filled $\frac{3}{4}$ with cold water (deep enough for entire frozen balloon to fit and float)
- Cork
- Baking sheet or tray to set the mixing bowl
- Various kinds of salt
- Liquid watercolor, poured into a cup of water
- Pipette
- Empty pasta bowl or large cereal bowl that ice sphere will fit inside of

1

Unwrap your frozen water balloon and place it in the small empty bowl. What do you notice about it?



2

The cork will represent you, in a boat. Do you think it will float or sink? Put it in the large pot of water to find out.



3

If you put the ice sphere in the big pot of water, do you think it will float, or sink? Why or why not? If you think it will float, how much of it do you think will stick out of the water?



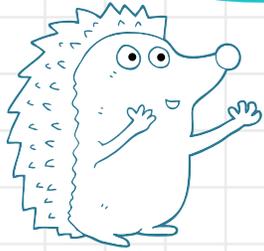
4

Give it a try - place it in the large pot of water. What do you notice? Does anything surprise you? If you were sitting in the cork boat, how much of the iceberg would you be able to see?

Your turn

Is this racist or antiracist?

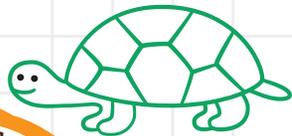
For thousands of years, people linked the idea of badness with darkness and with having dark skin. This resulted in above-the-surface racism and under-the-surface racism. This idea has poisoned our culture, laws, and caused a lot of unfair treatment for people with darker skin.



Can you think of any examples in stories or movies where darkness is used to show evil?



Let's SLOW DOWN.
Ask yourself the "STOP AND THINK" questions and talk about it with your family.



Let's do something to tell the truth about blackness.

Let's fight the racist idea that black is bad and put fresh stories in our lives.



You've got your own miniature iceberg!

Water Surface

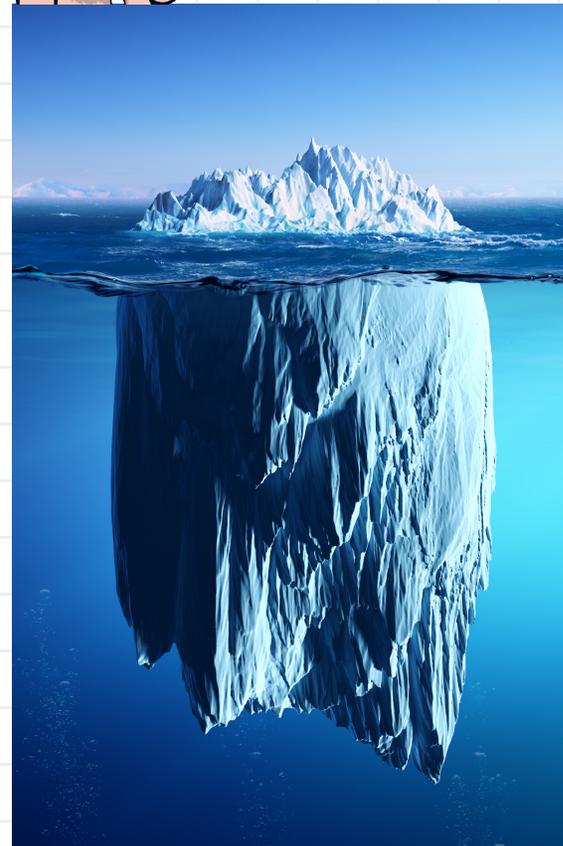


That's only the tip of the iceberg!



Have you ever heard this expression?

What does it mean?



Facts about Icebergs

- Only a little bit (1/8) of the whole iceberg sticks out of the water and can be seen from the surface.
- Most of the iceberg is invisible from above!
- The ice in icebergs may be 15,000 years old.
- Icebergs are made of pure fresh water (not salt water)
- Icebergs make a sizzling sound when they melt because air bubbles that are compressed in the ice pop.

We can use the idea of an iceberg to help us understand racism.

We will imagine that the iceberg, or ice sphere, represents racism.



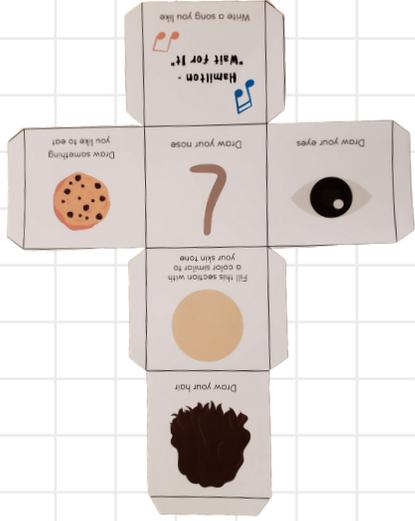
Just like the tip of an iceberg, some types of racism are easily seen from above the water's surface.

But a lot of racism is invisible, just like how most of an iceberg is hidden under the surface of the water.

It sure is gigantic!



1 Fill in each space on the template, then cut it out.



3 Fold up each side of the cube, then apply tape or glue to each flap.



2 Flip it over and fold the flaps up.



4 Carefully seal up the cube.



"Racism puts people in little boxes. It's limiting."



What do you think that means?



The tip of the iceberg

Let's get back to how we can use the idea of an iceberg to think about different kinds of racism.

Some types of racism are easy to see, just like you can see part of the iceberg sticking out above the water.

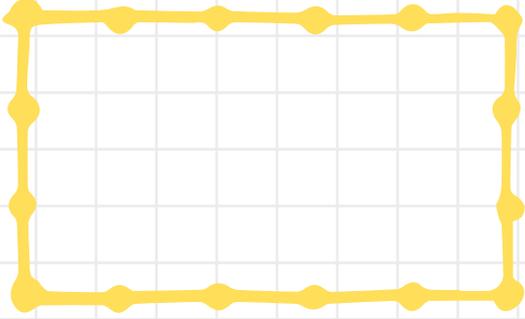
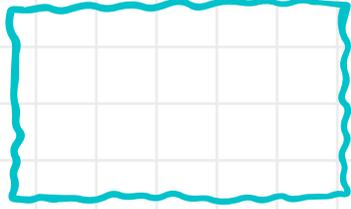
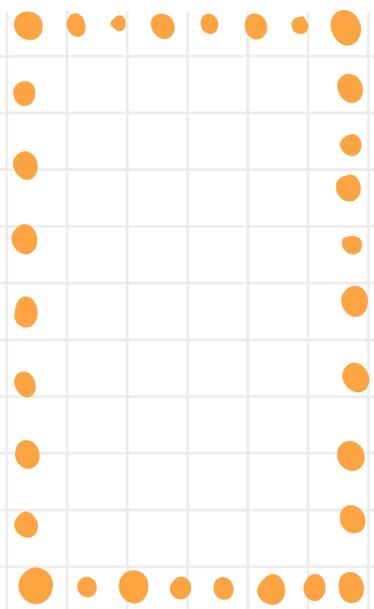
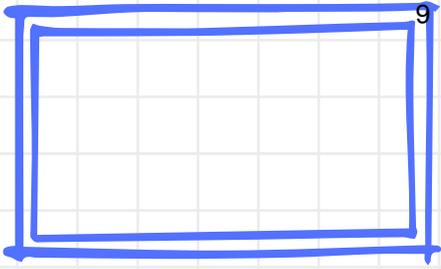
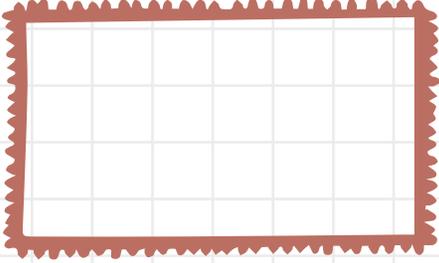


But most types of racism are harder to see, just like most of the iceberg is invisible from the surface.

Let's pause for a moment to talk about racism before we talk more about the iceberg. Racism is a big word. But what does it actually mean?

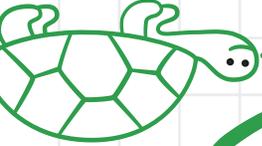
Write down all the things you've learned about race.

Race



STOP and **THINK**

We can SLOW DOWN and think about our own thinking.



Did something sound weird to you? Think about what you heard. Then **ASK** yourself:

1 Does it make it sound like one race is normal and the other race is abnormal? Or one race is better (superior) and the other race is worse (inferior)?

2 Does it shrink someone down to ONE thing about them that is a feature associated with their race?

3 Does it use race as an explanation for a person's character traits, or claim that there are basic differences between people of different races?

"This person is... because they are (insert race here)..."

4 Does it say something about how a person should or should not be, act, or do, based on how much sunscreen they have or where their ancestors are from?

5 Does it assume things about someone based on their race?

Is this racist or antiracist?

In the story, Grace wants to act as Peter Pan in the play. First, Raj says that Grace can't be Peter Pan because she's not a boy. Then Natalie tells her she can't be Peter Pan because Peter Pan isn't Black.

If we asked her, Natalie might say that what she said is not racist. But let's think about what Natalie said. Is it based on a racist idea or an antiracist idea?

Let's SLOW DOWN. Ask yourself the "STOP AND THINK" questions and talk about it with your family.



The idea that you can categorize people into separate groups based on their shade of skin or the way they look

people made up race

there is no recipe for race

In a way, there's no such thing as race. But because humans made it up, race and racism are real.

Race

some people have more sunscreen, some have less

How similar two people look doesn't show how similar their recipes actually are.

If you look at all the recipes from humans, 99.9% of the recipes are the same. All the variations or differences between us that we see are made up of only 0.1% of our recipes.

Now let's talk about the -ism part.

The -ism in "racism" refers to the idea that there is value assigned to certain races - that there are differences between races, and that some are good and some are bad.

Many times people say they are "not racist."

Dr. Ibram Kendi,

an author and professor, suggests that we talk about racism in a different way - that we break it down into deciding whether an idea is racist or anti-racist.

There is no such thing as a not-racist idea, only racist ideas and anti-racist ideas.



- Dr. Ibram X. Kendi!

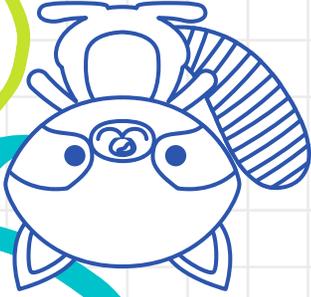
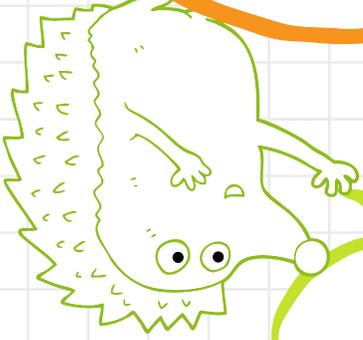


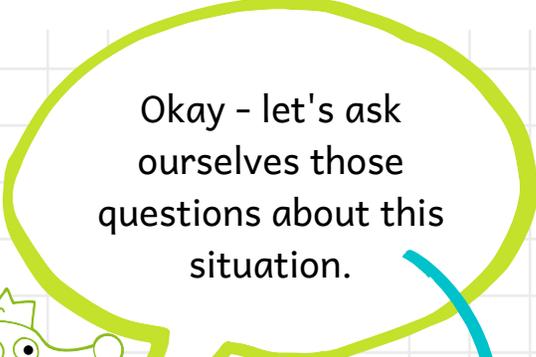
TIME for a TRUTH CHECK!

What do you do next?

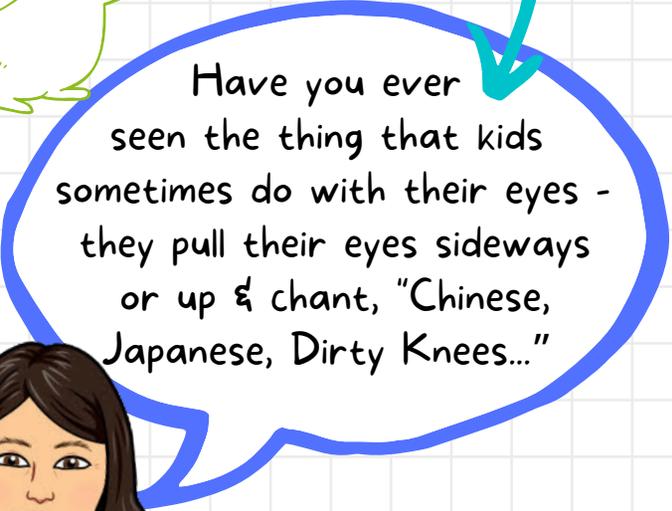
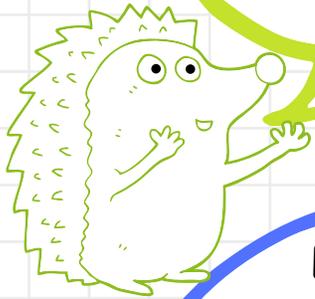
If you answered "yes" to any of the questions, you might have come across a statement or idea that is based on misconceptions or wrong beliefs about race...or a racist stereotype or bias.

Talk with your grown-ups about what you've discovered. Ask questions, and remind each other about the true things you know about race, racism, stereotypes, & bias.

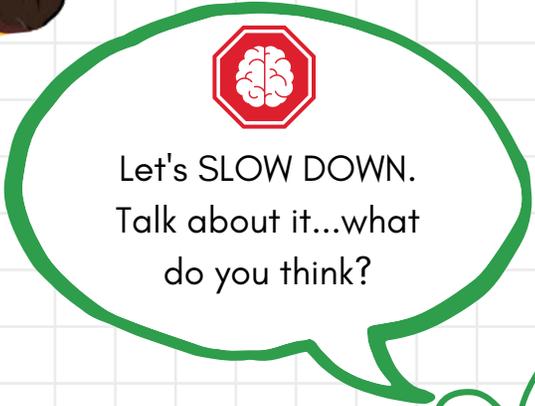
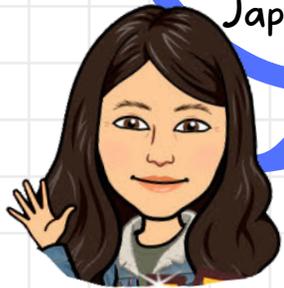




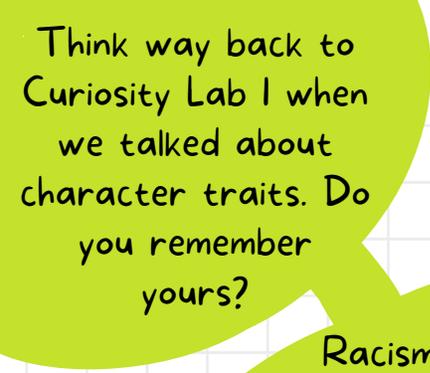
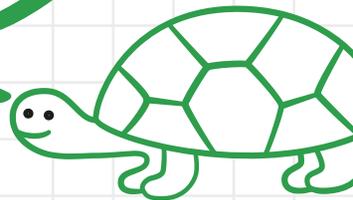
Okay - let's ask ourselves those questions about this situation.



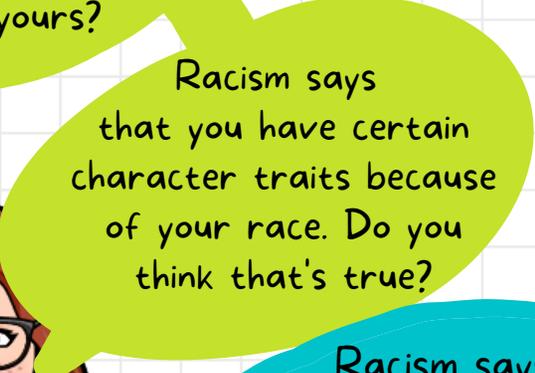
Have you ever seen the thing that kids sometimes do with their eyes - they pull their eyes sideways or up & chant, "Chinese, Japanese, Dirty Knees..."



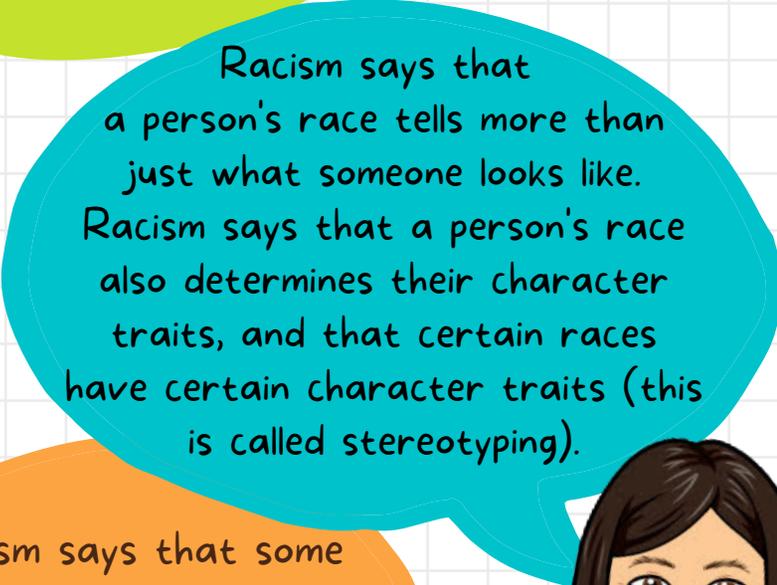
Let's SLOW DOWN.
Talk about it...what do you think?



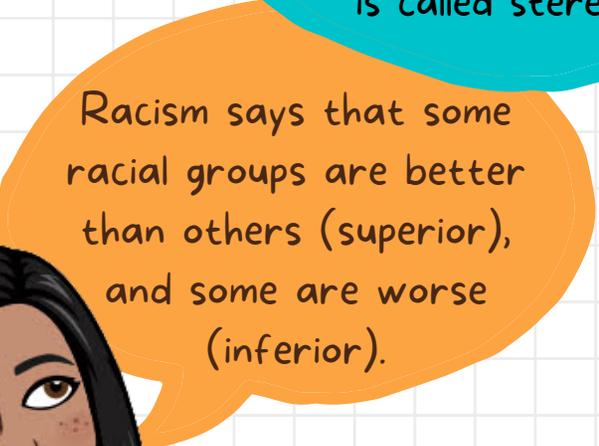
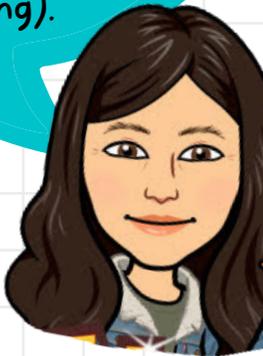
Think way back to Curiosity Lab I when we talked about character traits. Do you remember yours?



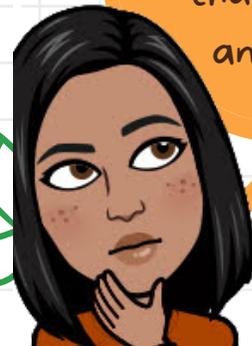
Racism says that you have certain character traits because of your race. Do you think that's true?



Racism says that a person's race tells more than just what someone looks like. Racism says that a person's race also determines their character traits, and that certain races have certain character traits (this is called stereotyping).



Racism says that some racial groups are better than others (superior), and some are worse (inferior).



These definitions are based on the definitions that Ibram X. Kendi wrote in his book, *How to Be an Anti-Racist*.

Unlike ice melting in the heat, racism will not go away by itself.

Becoming anti-racist, making anti-racist choices, and supporting anti-racist ideas are a lot more complex than melting this ice sphere.

But we can change, learn, relearn, and grow! As you do this fun activity to melt your ice sphere, chat about what you're learning and feeling with your family.

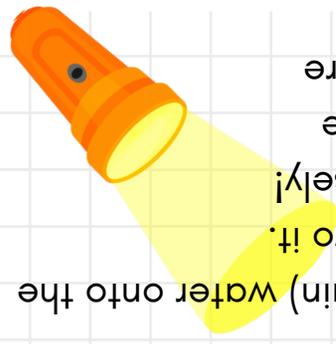
1 Place your ice sphere in an empty bowl.

2 Sprinkle different kinds of salt on the ice sphere. Which kind of salt melts the ice the fastest?

3 Pour the liquid watercolor paint into a larger cup of water to dilute it a little. Then use the pipette to drip colored water onto the ice sphere.

4 Keep dripping colored (or plain) water onto the sphere and sprinkling salt onto it. Watch what's happening closely!

If you have one, you can shine the flashlight on the ice sphere for extra fun.



STOP and **THINK**



Even though we have all of these thoughts popping in our minds without our realizing it, we also have a superpower.

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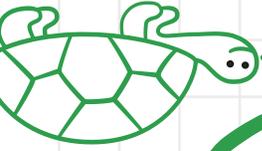
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The tip of the iceberg

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But most types of racism are harder to see, just like most of the iceberg is invisible from the surface.

Is the idea that white is "normal" & ideal a racist idea or an antiracist idea? Why?

What is the truth?

We all live in a white-centered world, where having light skin is seen as "normal" and ideal, and everything else is often seen as strange or "other"- or not seen at all.

The truth is that each human is fully human and fully unique, and that no race is more worthy of recognition than another.

What does this look like in real life?

Have you ever seen the thing that kids sometimes do with their eyes - they pull their eyes sideways or up & chant, "Chinese, Japanese, Dirty Knees..." People showed me this chant when I was a kid. It made me feel like there was something wrong me & the only thing people cared about was how different I appeared compared to them.

Let's think about it - is this just a silly chant or is it something that is based on racist ideas?

Stereotypes + assumptions + bias

Meet Dr. Beverly Tatum! Dr. Tatum is an author, speaker, and psychologist who also served as the president of several universities.

Books, computer games, the Web, television - there are so many places that we can be exposed to stereotypes, that we can be exposed to distorted information. And there is a whole universe of information that we're not getting. Think about these stereotypes, these omissions, these distortions as a kind of environment that surrounds us, like smog in the air.



Many times Black, Indigenous, and other People of Color are simply not in books, movies, and TV shows - or if they are, their characters are represented in ways that reflect racist ideas or stereotypes.



If we have all been breathing in smog, we can't help but have our thinking shaped by it somehow. As a consequence, we all have work to do. Whether you identify as a person of color, whether you identify as a white person, it doesn't matter. We all have been exposed to misinformation that we have to think critically about.



These invisible racist ideas and actions occur because we grow up in a culture with the false idea that some races are better or worse than others. In many parts of American culture, we learn that being white is ideal.



We also learn the untrue stereotypes assigned to each race, like that Asian people are quiet and good at math. This affects how we treat each other, sometimes in small ways and sometimes in big ways.



But where do the racist ideas, stereotypes, and bias come from? Let's ask Dr. Tatum!

This learning towards certain races being better and others worse is called bias. In American culture, there's often bias towards whiteness and against Black, Indigenous, & other people of color.

