

Soul Matters Lesson 5:

Recommit to Dismantling Racism

(Anti-Racism)

Theme Angle:

Our faith reminds us that we must renew our vigor in the fight against racism. In light of the current events which have catalyzed the world, we renew the energy with which we teach our children about racism. So what's one of the ways our faith guides us into becoming a people of renewal? It tells us, "Renew your commitment to dismantling racism!"

Introduce It

(Wonder Box/Object Lesson)

Green Crayons

In the Wonder Box: a green crayon/ marker and a box, or if you can manage it, a whole box of green crayons/markers. On the side: a box of multicultural [crayons](#) or [markers](#).

Suggested Script:

What's in the Wonder Box today? Here's a box of crayons (or markers). I love crayons because it means I can draw a picture! Oops, there's only a green crayon! What would it be like if I could only color with one crayon? [demonstrate it or invite your co-leader]

We love having lots of different colors to draw with. [Draw with all the different colors.] Here's a special box with lots of different colors of crayons called "multicultural." That's because there are lots of different colors of skin. [Invite your co-leader to draw various people with different skin tones.]

We love the different colors of skin tones the same way we love all the different colors of crayons.

And notice how wonderfully different each is. [lift up a few of the colors and point out what makes them marvelously unique] Our faith wants us to notice this about people too: how our differences are wonderful, and each difference is wonderfully unique. Some people are treated badly because of the color of their skin. That is called racism. We are working hard to make racism go away. No one should be treated badly because of the color of their skin. We are different and that makes life beautiful.

Lead With Strategy:

Invite a person who can sketch - different faces or people of different colors.

Tell It and Talk About It (Story)

A Kid's Book About Racism (Video Story Book)

A Kids Book About Racism by Jelani Memory

Video by the author: <https://www.youtube.com/watch?v=LnaltG5N8nE>

Book: <https://akidsbookabout.com/products/a-kids-book-about-racism> (50% off for non-profits)

Theme Connection: While the story has no pictures, the text and the hands of the author make a good telling in this video, outlining the basics of what racism is.

Lead With Strategy: Someone who has worked hard to end racism, to share the introduction of the book and what racism means to them.

Online Permission Note: "A Kids Book About" publishing has not publicly shared direction about online use, so you will need to make your own judgement call about use of this story. For help thinking through that see our Soul Matters document: [Copyright Guidance for Online Story Reading](#).

Separate is Never Equal by Duncan Tonatiuh

Video: <https://www.youtube.com/watch?v=QAg34W4bfxQ> (16 min)

Book: [Here](#)

Theme Connection: The story of how the Mendez family of Orange County, CA overcame school segregation. Over and over, Sophia's father was renewed in his fight for justice.

Lead With Strategy: A person from southern California, or a relative who lives in southern California who could join the online meeting.

Online Permission Note: Abrams Publishing has authorized its books for online use as long as you follow their specific use guidelines found [HERE](#). Just scroll down the section titled "Abrams Children's Books Temporary Permission."

Meditate on It (Meditation)

Shark Fin Calming

Renewing our commitment to anti-racism means some anxious and tense times. It's inevitable given the heartbreak and difficulty we face when we do this hard work. This mindfulness exercise teaches children how to calm themselves whenever they are anxious and need to pause during hard conversations or to discuss hard things. So you can present this as practice or a tool for those times... Find it at [Classroom Mindfulness Activities, #4](#).

Centering:

I invite you to move into our meditation position.
Sit comfortably in your chair or on the floor.
Put your hands on your lap or on your knees.
Sit up nice and tall.
Focus your eyes in front of you.
Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Meditation Suggested Script:

Shark Fin excerpt:
“...Place the side of your hand on your forehead, with your palm facing out to the side.
Close your eyes.
Slide your hand down your face, in front of your nose.
Say “shhh” as you slide your hand down your face...”
(see [Classroom Mindfulness Activities, #4](#) for details)

Lead With Strategy: Is there a meditation teacher in your congregation? Or even a person with a calm voice who could join you? :)

Explore It

(small group activities and experiential learning)

Who Am I? Race Awareness Game for iPhone and iPad (free)

<https://apps.apple.com/us/app/who-am-i-race-awareness-game/id372945923>

Review: <https://www.commonsemmedia.org/app-reviews/who-am-i-race-awareness-game>

Workaround: Since not everyone has an iPad, share one iPad to the screen to play with everyone together.

Talking Points and Takeaways:

- a two-player game meant for a parent and child but we suggest adapting it for an online small group. The Chooser shows the iPad screen so the players see a set of faces. The Chooser selects a face. The other players, the Lookers, try to guess which face the first player chose. Players can test out their detective skills by asking questions about the physical appearance of the target face (i.e. gender, age, race, etc.) to eliminate the other choices. The Lookers discuss among themselves and try to reach consensus about which face was chosen.

The Chooser can read more about the selected person. There are conversation tips between rounds.

- The important part of this game is to “act as a catalyst for meaningful discussions between parents and children about race, ethnicity, and culture. It contains photographs and personal quotes from a wide selection of real people.” - Common Sense Media review

Activity:

Play the Who Am I? Race Awareness Game

Chat about It Prompts/Questions:

There are conversation starters that are included when you pick a photograph.

Lead With Strategy: Invite families with an iPad to share “Chooser” roles by sharing their iPad screen online while the children try to guess the person indicated.

Take It Home (Home based activities)

This section provides ideas for your weekly follow-up emails to parents, giving them some ways to build on themes and activities you did in your online worship and groups.

Family Sharing Tips & Lesson Follow Up

- **Possible Script for Email:** “Hello Parents! As you know, during the Small Group time that was focused on how we are recommit to anti-racism work, we played the Who Am I? Race Awareness Game. It is originally a two-player game meant for a parent and child. We suggest you play it together as a family. Both players see a set of faces. The first player selects a face and passes the device to the other player who then tries to guess which face the first player chose. Players can test out their detective skills by asking questions about the physical appearance of the target face (i.e. gender, age, race, etc.) to eliminate the other choices. When the second player guesses, players can read more about the selected person. Parents get conversation tips between rounds. Note: Unfortunately, this app is available only for iPhone and iPad at this time.

Who Am I? Race Awareness Game for iPhone and iPad (free)

<https://apps.apple.com/us/app/who-am-i-race-awareness-game/id372945923>

Review:

[https://www.common Sense Media.org/app-reviews/who-am-i-race-awareness-g
ame](https://www.common Sense Media.org/app-reviews/who-am-i-race-awareness-game)

- **Or Watch Nick News Presents: Kids, Race, and Unity | Hosted By Alicia Keys**
<https://www.youtube.com/watch?v=OWsMEIODO6g&feature=youtu.be>
Hosted by Alicia Keys, Nick News talks with founders and leaders of the Black Lives Matter movement, offer tools for families to have constructive conversations about race, and highlights teen activists who are fighting racial injustice in Kids, Race and Unity: A Nick News Special. Oriented to older elementary and tweens.