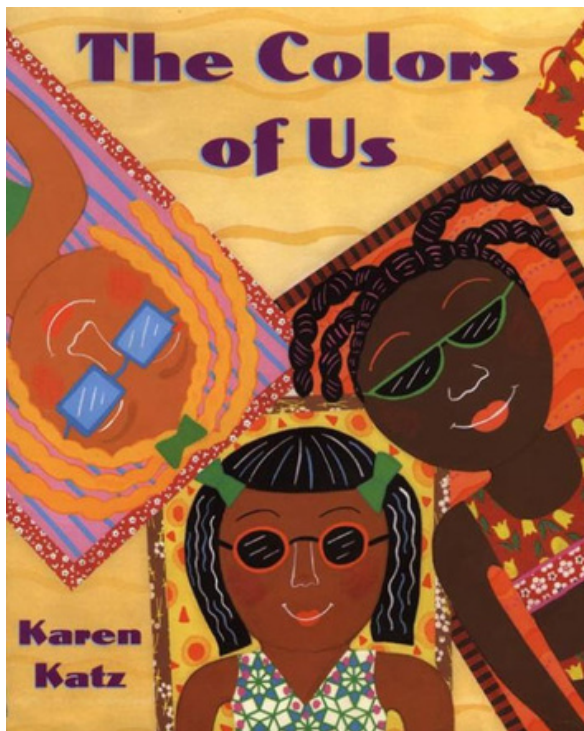


USING BOOKS TO SUPPORT CONVERSATIONS WITH YOUNG CHILDREN ABOUT RACE



THE COLORS OF US
BY KAREN KATZ

Swipe for information about the book and questions you can ask to guide conversations with children.

SUMMARY

A heartwarming story inspired by Karen Katz's daughter, Lena, who she adopted from Central America. When seven-year-old Lena comments that her skin is merely 'brown', her mother takes her through their neighborhood to point out and celebrate the variety of their friends' and families' skin tones. After a day with her friends, Lena paints their portraits using a unique blend of paint to create each of their beautiful skin colors.

RECOMMENDED AGE GROUP: 4-8 YEARS



KEY CONCEPTS

Race

Identity

Multiracial
families

Diversity
in media

Adoption

QUESTIONS AND EXPLANATIONS

Talking about skin color

What color is your skin? Do you know anyone whose skin is exactly the same color as yours? People can be all shades of colors. The color of our skin is determined by how much melanin we have. Melanin is something we all have, but the more we have, the darker our skin is.



Talking about families

Families don't always look the same. People can look very different from their mom, dad, sibling, cousin, grandparents, etc. They can have different skin tones, different hair colors and textures, and different heights and sizes. You don't have to look like someone for them to be your family.



QUESTIONS AND EXPLANATIONS



Talking representation in media

When you draw yourself can you find a crayon or marker that is the same color as your skin? In your favorite book, TV show, or movie, do any of the characters look like you? How does that make you feel? It can feel so cool when you see people in books or shows that look like you, but some people don't get to experience this. Even if you don't see people like you in books or shows, know that you are seen and you are important.

Tip: Be intentional about taking inventory of your home/classroom media to ensure it is representative



Activity idea

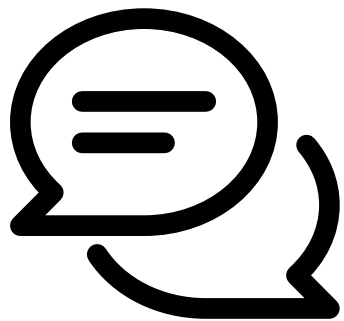
Find paint, marker, crayons, or colored pencils in a variety of colors. Ask child to draw a portrait of themselves. Encourage the child to mix colors to represent their unique skin tone.



SHARE WITH US



What other questions came up as you were reading?



How helpful was this book in talking with your child about tough concepts?



What was your or your child's favorite part of the book?