



# Caregiver Toolkit

## Identity -- Who am I? Who is my family?

### Vocabulary

**Identity** – Your identity is all the unique things that make you, you. It could be things you're interested in, your family's background, or the way you look.

**Name and the story behind one's name** – Your name is like a special word that your family gave just to you. Hearing your name is one way you know someone is talking to you.

**Favorite activities/hobbies** – My favorite activities are things I like to do or try. When I like to do something a lot, it becomes a hobby (Give examples).

**Physical characteristics** – The things about you that people can see like the color of your skin, the texture and length of your hair, or your height

**Personality traits** – Your personality traits are the way you express your thoughts and feelings (Give examples).

**Language** – A common set of words used by a group of people. It could be a group of people from the same country or the same community. The language I am speaking right now is \_\_\_\_\_.

**Skin color and melanin** – Melanin is a natural pigment or color that all people have inside their bodies. Some people have more active melanin than others. People with more active melanin usually have darker skin. Melanin also gives us the color of our hair and eyes.

**Family roots** – Family roots describe where your older family members come from or any part of your family history that is important to you.

**Family members** – Each person who is part of your family is a family member. Some people are born into families and some people are adopted into families. Some families have just a few people while other families have lots of people. Our families are the people who love and take care of us.

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### Stories and Videos

[10 Books That Embrace What Makes Kids Unique](#)

[Best Books for Kids | Common Sense Media](#)

[PBS KIDS Talk About | Race, Racism & Identity | PBS KIDS](#) – YouTube (11 min)

[Sesame Street Communities Explaining Race | #ComingTogether](#) – YouTube (3 min)

# Conversation Starters

*Great for conversations in the car, at meal times, etc.*

- What is special about you? Your family?
  - What are your favorite activities?
  - What do you know about your grandparents or great-grandparents?
  - Tell me what you learned about melanin.
  - What is identity to you?
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# Experiences

*Recommended experiences and activities to support the concepts in this unit.*

## **Great for Toddlers/Early Childhood students:**

- [Choose a fun "All About Me" activity](#) to help students learn to describe what is unique and special about them.
- [Explore your student's Circle of Love](#)
- [FREE Circles of Caring lesson plan](#)

## **Great for Early Elementary Students:**

- [Make flesh tone playdough](#)
- [All About Me Silhouette](#) (Activity #2) and [Selfie](#) (Activity #3)

## **Great for Upper Elementary Students:**

- [Explore and cook recipes from another culture](#)
  - [Circle of Love \(Alternative to Family Tree Project\)](#).
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# Additional Resources for Adults

*Recommended experiences and activities to support the concepts in this unit.*

## **Webinars:**

- [Families Who Want to be Allies: Talking to Young Children About Race - YouTube](#)
- [Black Joy: Talking to Young People About Race \(intended for caregivers of Black children\)](#)

## **Articles:**

- [Talking to Very Young Children About Race: It's Necessary Now, More Than Ever \(National Center for Pyramid Model Innovations\)](#).
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# Connect with us!

The Cluster's Equity Team Caregiver Resources working group would love to hear what conversations you're having with your students or ways you're approaching the material at home. Send us a message to us at [suereedbloom@gmail.com](mailto:suereedbloom@gmail.com).