



MLK Day On!

Manchester UMC

January 18, 2021

Children & Family Ministries

Activities

While many of us may have the day off from work or school this Martin Luther King holiday, it's a great time to put ON our caring hearts and minds to serve others. As a family, here are some at-home activities that you can work through together which celebrate diversity and the importance of standing up for ALL of God's beautiful children.

Option 1:

Sesame Street – “The Power of We” - Watch and Play Together Guide

In October of 2020, Sesame Street put together a special program called “The Power of We” which celebrates every child's unique identity and sense of belonging to a caring community and inclusive world. While we will not be watching the entire video today, here are some key discussion points and music videos to watch together as a family!

Watch Together -----

Watch these two music videos and enjoy not only the music but the message they share!

- **How to Be An Upstander to Racism** - <https://www.youtube.com/watch?v=ddinvnj7PWg&feature=youtu.be>
- **Listen, Act, Unite!** - https://www.youtube.com/watch?v=boW_ngL8fSk

“The Power of We” special can still be viewed on HBOMax with a subscription. If you do have this option, we highly encourage you to watch this special together as a family (22 min).

Talk Together -----

When talking with your children about race and racism, they may have questions and encourage their curiosity to guide the conversation. As you talk together, here are some words or questions you might choose to discuss:

- ***What's racism?*** Racism is treating people unfairly just because of the color of their skin. That's wrong and unfair.
- ***What's an upstander?*** An upstander is someone who uses their kind words and actions to help themselves and their friends.
- ***Why talk about our feelings?*** Our words are powerful. Talking helps us use our words to share how we feel and what is happening. Sharing can help us feel better.
- ***What color are we?*** There are many different skin colors. All skin colors are beautiful. In our family, we call our skin color _____, and like other colors ours is beautiful!

Sing Together -----

Teach your child the words and gestures to the song, "Listen, Act, Unite!" that we watched earlier. Then, sing and dance along again with your Sesame Street friends.

Listen, Act, Unite

You plus me makes the power of we.

Build a better world for you and me.

Let's stand up for up for what is right.

Listen, (hand over heart)

Act, (superhero pose)

Unite! (both hands clasped)

Color Together -----

Using the provided coloring sheet with Elmo, celebrate being an upstander as you and your child talk about color, and showcase your "Power of We" certificate.

Option 1 was adapted from: https://vpm.org/sites/default/files/2020-10/SS_ThePowerOfWe_Discussion%20Guide.pdf

Option 2:

Story Time and Activities

As a family, start with the pre-reading questions, then watch the reading of **The Skin You Live In** by author Michael Tyler, follow-up with the discussion questions, and afterwards do the activities together.

Pre-reading questions

- Our story for today is called **The Skin You Live In** – what do you think our story will be about?
- Look at your skin. What color would you use to describe it?

Watch/listen to **The Skin You Live In** with Michael Tyler: <https://www.youtube.com/watch?v=iEvwTx-96AI>

Family discussion questions:

- What kinds of skin are there?
- What are two or three things you like about your skin?
- What do you think makes each of us special in our family, your class at school, our community?
- What can you do if someone makes fun of you because of the color of your skin?
- Is it more important to focus on the outside or the inside of a person?
- How can you help a friend who is being made fun of because of their skin color?

The M&M experiment (explaining racial differences to children)

Materials: provided bag of M&M's and a knife (adult use or supervision required)

Many times children will ask us why our skin is different colors? Skin color is different between family members, friends, communities, and the whole world! Skin is different colors because of our family or ancestors, the sun, and melanin (a skin pigment). Everyone has a unique and beautiful skin color. Let's use our M&M's to learn more about skin color!

1. Set out 4-5 different color M&M's in front of your child(ren). Red, orange, green, blue, yellow, and dark brown. Wow, aren't those all amazing colors?
2. Ask your child(ren):
 - o What do you notice about these M&M's? Can we find 2-3 similarities and differences between the M&M's? What do you think they look like on the inside?
3. First cut the brown and orange M&M's in half. What do you notice?
4. Cut the green, blue, and red M&M's in half. What do you notice about these M&M's?
5. How can we compare this activity to talking about race?

SAY: We have a lot of similarities and differences in the way we look on the outside. It is important to celebrate and be thankful for how we are the same and different on the outside. However, always remember that on the inside, we are the same, and we can all choose kind!

Choose Kind Wreath

Materials: Supplied baggie materials: circle cutout, handprint cutouts (10 total), heart cutout, and string. You will need to have tape (or glue) and crayons/markers available at home.

As we reflect on our world today, we are still very divided. Instead of closing that divide and getting to know and love one another, we are growing further and further apart. Sometimes it can feel that the injustice that Dr. King stood up to is gone, but the truth is that our world still hasn't lived up to his dream of equality.

God calls us to do something different. God calls us to meet, love, and help our neighbor, even when it is hard.

We can choose kind and to be upstanders (someone who uses their kind words and actions to help themselves and their friends). Today let's make a "Choose Kindness" wreath that reminds us of how we can always stand up for justice and equality.

1. Use the provided hands to form a wreath around the blue circle provided. Attach the hands with tape/glue.
2. Encourage your child(ren) to decorate their wreath with symbols & words of hope, love, and kindness.
3. Once your hands have been placed around the circle, put the pink heart in the middle and write "Choose Kindness" on the heart (parents/guardians help if required).
4. Finally, attach the provided ribbon and hang this beautiful piece of artwork in your house as a reminder of our job as Disciples of Christ.

As you conclude your time together, say the following prayer:

Dear God, help us choose love when anger feels easy. Help us choose hope even when we feel scared. Help choose kindness and use us to build a better world. Amen.

Resources

Acevedo, S. (2020, October 20). Let's Talk about Skin Color. Retrieved January 10, 2021, from <https://learnasyouplay.net/2020/10/20/lets-talk-about-skin-color/>

Jaye, A. (2020, August 18). Tough Questions: Why Do People Have Different Skin Color? Retrieved January 10, 2021, from <https://doplaylearn.com/tough-questions-why-do-people-have/>

Make It Fun Mom. (2020, June 1). My 9 yr old daughter made this today. We are thinking about all those that are protesting and having an open discussion about what is happening in our city, our country and our world. "A riot is the language of the unheard." -MLK, Jr. [Facebook update]. Retrieve from <https://www.facebook.com/makeitfunmom/photos/a.109321474085985/135094888175310/?type=3&theater>.

Says, C., Says, J., Says, A., Says, P., Says, L., Says, J., & Says, R. (2019, November 21). Diversity: Differences Make Us Unique. Retrieved January 10, 2021, from <https://www.thecurriculumcorner.com/thekindercorner/diversity-differences-make-us-unique/>

The Power of We: A Watch & Play Together Guide. (2020). Retrieved January 10, 2021, from https://www.sesameworkshop.org/sites/default/files/2020-10/power-of-we-discussion-guide_final-1-4.pdf

The Power of We: Watch and Play Together: Sesame Workshop. (2020). Retrieved January 10, 2021, from <https://www.sesameworkshop.org/what-we-do/racial-justice/watch-and-play-together>

The Skin You Live In by Michael Tyler, illustrated by David Lee Csicsko. (n.d.). Retrieved January 10, 2021, from <https://bctf.ca/uploadedFiles/Public/SocialJustice/Issues/Antiracism/CelebratingSkinColour.pdf>