



Antiracism for Young Kids Curriculum

FREE Sample



WEEK ONE:

Identities and Self Awareness

Objective: Participants will have a solid understanding of their own identity and will be able to explain who they are to others.

Curriculum Components



Guiding Questions

Help frame conversations. You can say, "Today we are attempting to explore/ answer the questions..." You can post the questions on the wall or on an easel or on a whiteboard. They are meant to guide you through each day's work.



Read Aloud

Books are a daily occurrence in each unit. Picture books and listening to a read aloud is a simple, natural way for kids to learn and be exposed to new ideas. They are one of the most effective tools that we will use to engage our students in this work. If you do nothing else, make sure your students listen to the read aloud every day.



Activities

Activities are the second most important part of this work. Some of the activities are art projects, singing, and discussing important questions and realities about racism and power. The activities connect to the read aloud, song, or short video of the day. The activities are also designed to build upon each other.



Songs & Videos

Songs and videos are short and powerful. If your students like to listen to music during the day, consider adding the songs in this program to their playlist. These songs and videos feature multicultural and antiracist themes, empowering ideas, and can be catalysts for deeper discussions.



Extensions

On some days, there are optional Extension activities. These are options for older kids, usually 7 yo and up. They include more mature themes such as violence, oppression, and systemic racism. It is highly suggested that teachers/caregivers preview these activities and links included to make sure they are prepared to discuss anything that comes up with their students.

DAY ONE: Launch and Personal Identity



Guiding Questions:

- Who am I?
- What makes me unique?
- How am I similar to my family members and my friends?



Read Aloud:

[You Matter](#) read and written by Christian Robinson

Reading aloud of the book will end at 5:45, you can pause here or have your students listen to the author Q&A at the end, including a *Draw with the Author* component.



Activity:

Make an illustrated list of attributes/ideas answering the following questions about your students' personality and likes/dislikes. Then discuss similarities and differences you notice. Focus on the theme: Everyone is different, and these differences are what make us unique and are part of our identities.

1. What do you like to do?
2. What do you want to learn about or learn to do?
3. What are you and expert at? (What are you good at?)
4. What do you want to get better at doing?
5. What do you want to be when you grow up? Why?
6. What makes you happy? Sad? Angry?