

## Discussing Racism with Children

Have you ever wondered how to talk to kids about racism?

Here are 5 things to consider:

1. Be Friendly and Calm
2. Educate the Other Person
3. Don't Ignore the Issue
4. Talk
5. Be Aware of Your Own Biases

Sometimes, you cannot avoid difficult conversations with your kids. How you talk to children about racism is one of those hard, but important, conversations.

Learn more about raising children with an openness to other cultures and races by visiting [TwoCulturesOneLife.com](http://TwoCulturesOneLife.com).

## DIVERSITY



*Ask Your Child: What is one way you can embrace another culture?*

## 5 Ways to Teach Kids About Diversity in Non-Diverse Areas

The world is interconnected by various ethnicities, cultures, and borders, yet we all have at least one thing in common. We are all human beings. Sometimes, it can be difficult to teach children who live in non-diverse areas about diversity. Here are some strategies to overcome this obstacle:

### Books

Books can transcend our immediate environment, thus opening new perspectives to their readers.

### Travel

If it is financially feasible, traveling with kids offers a first-hand opportunity to experience different cultures, societies, and foods.

### Online Resources

Whether it is through apps, video streaming, or websites, one of the most accessible ways to teach kids about diversity is through online resources.

### Events & Festivals

Try searching for multicultural events and festivals within driving distance. Often these activities revolve around multicultural holidays. A great event that teaches children about diversity is Spaulding Academy & Family Services' annual Multicultural Celebration. During this event, students showcase festival-inspired artwork and perform in costumes from a variety of cultures around the world.

### Pen Pals

Having a Pen Pal is a great way for children to connect with other kids from around the world.

## ACCEPTANCE



You can learn more about these methods of teaching children about diversity by visiting [MulticulturalKidBlogs.com](http://MulticulturalKidBlogs.com).

*Ask Your Child: Which part of the world would you like to learn more about?*

## Multicultural Hand Wreath

When people of all races join hands and work together, beautiful things can happen.

### Supplies:

- White, Black, Yellow, Orange, Red Construction Paper
- Scissors
- Foam Wreath Form or Cardboard Wreath Form
- Craft Glue

### Directions:

1. Trace your child's hand on the various colors of paper.
2. Cut the hands out.
3. Once the hands are cut out, glue them onto a wreath form (a foam form from the local dollar store works great!) or a cardboard form working in a clockwise motion.
4. When finished, you can add ribbon for hanging or hang as is.

**Ask Your Child:** *What does the wreath represent to you?*

## FUN CRAFT ✂



## Apples: Nature's Diversity Challenge

### Ingredients

- Red Apple
- Green Apple
- Yellow Apple

### Directions:

1. Set the red, yellow, and green apple on the table.
2. Ask your child to name the colors.
3. Cut the apples open and talk about how they have different colors on the outside but are the same on the inside.
4. Enjoy the snack!

**Ask Your Child:** *Are you surprised that the different colored apples look the same on the inside?*

## EASY RECIPE 🍴

