



Kid Zone Diversity, Equity, and Inclusion Family Resources

Kid Zone and DEI

Over the past year Kid Zone has been working on building resources and skills in Diversity, Equity, and Inclusion. We would like to share activities, books, and ideas with you.

For Owl Nest and Fox Den aged children:



A Kids Book
About Racism
by Jelani Memory

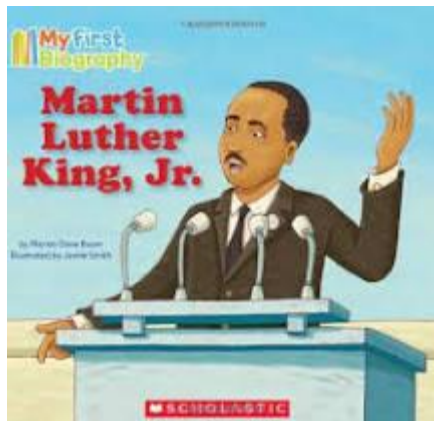
Overview: “A clear explanation of what racism is and how to know it when you see it.”

Add it to your library [HERE](#)

Discussion Ideas:

1. “My skin color looks like this.” Define melanin: pigment in skin (and hair) that gives skin color. All people have melanin in their skin. Some people have more melanin, some have less melanin. Compare and contrast melanin levels in family members.
2. “Racism means to hate someone, exclude them...” Focus/define exclude: being left out, not able or invite to join in or play
3. “And it happens all the time.” How do you think a person feels each time they experience racism? Connect to a physical injury. If a bruise is repeatedly hit, how does it feel? Can it heal?
4. “If you see someone being treated badly...” What are the expectations for how we treat people (in Owl Nest)? ON Expectations: Our actions should make the people around us feel safe. What are the expectations for how we treat people in our family, community, and country? When we engage in racist behaviors what steps can we take to learn to do better? Acknowledge that every member of the family is learning to do better, even the grownups. Bias has to be unlearned. When we see others engage in racist behaviors what can we do in the moment?

Bear Cub Cave aged children:



My First Biography
Martin Luther King Jr.
by Marion Dane Bauer
illustrated by Jamie Smith

It is often hard to find age-appropriate books for 2- to 3-year-old children, that can help open their minds and understanding of race without it being information overload.

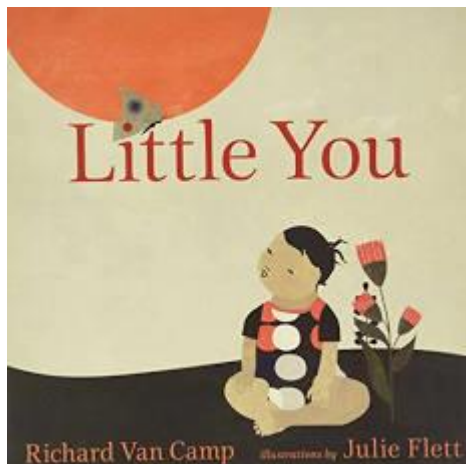
I find that this book is a great start to introduce Martin Luther King, Jr for 2- to 3-year-old children. It keeps it simple and friendly, with great opportunities to explain and expand depending on your child's interest.

Add it to your library [HERE](#)

Here are a few talking points:

1. Take the time to look at the faces and emotions on the pages, ask your child what the people maybe feeling and why?
2. How do you think he felt when he could not attend the same parks or schools as other children?

Turtle Rock aged children:



Little You
by Richard VanCamp
illustrated by Julie Flett

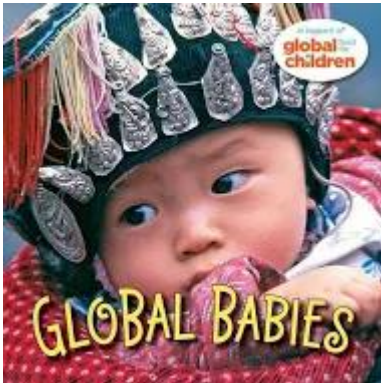
All about the celebration of a parent's love for their child and how important they are in the world.

Add it to your library [HERE](#)

Home connection:

1. Who is in your family?
2. What color hair does Metis have?
3. Can you find their/your eyes, nose, mouth, hair?

Tadpole Creek aged children:



A Global Fund for
Children Book

Overview: Meet babies from different countries in this joyful celebration of our global heritage

Add it to your library [HERE](#)

Home Connection:

1. We talk about the places we see, the feelings we can see and the clothing.

Food and Nutrition



Food is an essential part of one's culture and can vary based on location, tradition, history, availability, and resources. Food is a great way to explore and talk about similarities and differences seen amongst various ethnicities and can teach kids about a variety of ethnic backgrounds, making them more interested in and accepting of others.

There are several ways to explore culturally diverse foods including: going to an international market, going to an ethnic restaurant, or cooking a different cuisine at home.

Recipe connections: Native American Fry Bread (recipe attached)

1. Who are native Americans?
2. How did fry bread come be to?
3. What foods are indigenous to Americans?



Native American Fry Bread:

Ingredients:

- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1/8 tsp. salt
- 1/3 cup hot water or milk
- Oil for deep-fat frying
- *Optional Garnish:
 - Cooked taco meat
 - Shredded Cheese
 - Sour Cream
 - Chopped tomatoes
 - Shredded Lettuce
 - Sliced jalapeno peppers

Instructions:

- In a small bowl, combine the flour, baking powder and salt; stir in hot water to form a soft dough. Cover and let stand for 30 minutes.
- Divide dough in half. On a lightly floured surface, roll each portion into a 6-in. circle.
- In an cast iron skillet, heat 1 in. of oil to 375°. Fry bread in hot oil for 2-3 minutes on each side or until golden brown; drain on paper towels. Serve with desired toppings.

Fry bread is a round, fried dough native to the Navajo people. Navajo fry bread was created more than 100 years ago, when the United States forced Native Americans living in Arizona to make a 300-mile journey—known as the Long Walk—and relocate to New Mexico, onto land that couldn't easily support their traditional staples of vegetables and beans. To prevent these indigenous populations from starving, the government gave them canned goods, as well as white flour, processed sugar and lard—the makings of fry bread.