

Hello Friends!

You might be aware of the protests in support of racial justice locally and beyond.

We can all help our children further understand and develop empathy, and take part in building a future of racial justice. *Empathy* is the ability to understand how someone else is feeling or to understand the situation another is in. It is the ability to “put yourself in someone else's shoes” and understand the way a situation might make that person feel.

Some quotes that inspire empathy:

*We may have all come on different ships, but we're all in the same boat now.* -- Martin Luther King, Jr.

*Never look down on anybody unless you're helping him up.* -- Jesse Jackson

*If you judge people, you have no time to love them.* -- Mother Teresa

*Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins.* -- Barack Obama

*When a good man is hurt, all who would be called good must suffer with him.* -- Euripides

Below is a book on empathy:

<https://youtu.be/TygMhoPZSHU>

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**Chart Showing Developmental Stages of Children's Understanding of Race:**

<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.jpg>

**Racial Bias Resources for Parents:**

<https://www.embracerace.org/>

<https://www.theconsciouskid.org/about/>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx#sidr-main>

<https://www.apa.org/helpcenter/kids-discrimination>

[Beyond the Golden Rule Guide](#)

<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>

<https://www.commonsemmedia.org/blog/how-to-talk-with-kids-about-racism-and-racial-violence>

### **Processing and Responding to Incidences of Racial Bias:**

<https://soundcloud.com/user-551505264/supporting-kids-of-color-in-wake-of-racialized-violence>

<https://www.gse.upenn.edu/news/talking-children-after-racial-incidents>

<https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids>

<https://www.autismlittlelearners.com/2020/06/explaining-peaceful-protests-vs.html> (social story for young children and children with developmental delays explaining peaceful protests)

### **BOOKS/VIDEOS:**

#### **For Young Children**

*Antiracist Baby* by Ibram Kendi

*Blue Sky White Stars* by Sarvinder Naberhaus

<https://www.youtube.com/watch?v=Zf1gPOHskmE> (read aloud)

*I Am Human* by Susan Verde

<https://www.youtube.com/watch?v=X9RxO3HG9bM> (read aloud)

<https://www.commonsemmedia.org/lists/books-about-racism-and-social-justice>

#### **For Older Children**

<https://www.commonsemmedia.org/lists/books-about-racism-and-social-justice>

Eyes on the Prize series

<https://www.pbs.org/wgbh/americanexperience/films/eyesontheprize/>

¡Hola amigos!

Es posible que estén al tanto de las protestas por la injusticia racial que ocurren en Huntington y en todo los Estados Unidos. Todos nosotros podemos ayudar a nuestros niños a comprender aún más y desarrollar el sentido de la empatía. La empatía es la capacidad de comprender cómo se siente la otra persona o de entender la situación en la que él/ella se encuentra. Es la capacidad de "ponerse en el lugar de otra persona" y comprender la forma en que una situación podría hacerla sentir.

Aquí hay algunas citas que inspiran empatía:

*Podemos haber llegado todos en diferentes embarcaciones, pero todos estamos en el mismo barco ahora mismo.* -- Martin Luther King, Jr.

*Nunca mires por abajo de ti a alguien, a menos que lo estés ayudando.* -- Jesse Jackson

*Si juzgas a la gente, no tienes tiempo para amarla.* -- Madre teresa

*Aprender a permanecer en los zapatos de alguien más y ver a través de sus ojos, así comienza la paz.* -- Barack Obama

*Cuando un buen hombre es herido, todos los que se llamarían buenos deben sufrir con él.* -- Eurípides

Aquí hay un libro sobre la empatía:

<https://youtu.be/TygMhoPZSHU>

**Gráfica que muestra las etapas del desarrollo de los niños acerca de la comprensión de la raza:**

<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.jpg>

**Recursos para los padres acerca del sesgo racial:**

<https://www.embracerace.org/>

<https://www.theconsciouskid.org/about/>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx#sidr-main>

<https://www.apa.org/helpcenter/kids-discrimination>

## [Beyond the Golden Rule Guide](#)

<http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>

<https://www.common sense media.org/blog/how-to-talk-with-kids-about-racism-and-racial-violence>

## **Procesamiento y respuesta a incidentes del sesgo racial:**

<https://soundcloud.com/user-551505264/supporting-kids-of-color-in-wake-of-racialized-violence>

<https://www.gse.upenn.edu/news/talking-children-after-racial-incidents>

<https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids>

<https://www.autismlittlelearners.com/2020/06/explaining-peaceful-protests-vs.html>

## **Libros/Videos**

### **Para los niños más jóvenes**

*Antiracist Baby* by Ibram Kendi

*Blue Sky White Stars* by Sarvinder Naberhaus

<https://www.youtube.com/watch?v=Zf1gPOHskmE> (read aloud)

*I Am Human* by Susan Verde

<https://www.youtube.com/watch?v=X9RxO3HG9bM> (read aloud)

<https://www.common sense media.org/lists/books-about-racism-and-social-justice>

### **Para los niños mayores**

<https://www.common sense media.org/lists/books-about-racism-and-social-justice>

Eyes on the Prize series

<https://www.pbs.org/wgbh/americanexperience/films/eyesontheprize/>