



Diversity + Inclusion COMMITTEE

Summer 2018

Summer Engagement Kit

Welcome Summer!

Reflect, Explore, Engage, & Read this Summer!

As we come to the end of another school year, we are incredibly thankful for our continually growing community and of the strides that we've made toward recognizing diversity and fostering inclusion.

During the 2017-2018 school year, we've worked to infuse our goals into all aspects of the school community and have sought to involve the community in our school as well. Below are some highlights of this year's initiatives:

- ◆ The Welcome Dinner that featured a potluck of dishes representative of the vast cultures that are housed in our school, families, and community.
- ◆ A partnership with The Human Root to actively engage teachers and staff, tackling challenging subjects and creating safe spaces for all.
- ◆ An at home Book of the Month series with discussion guides centered around themes, such as Black History, Women's History, Pride, Immigration/Migration, etc.
- ◆ A monthly Book Club/Discussion Group for adults that engages parents, families, and caregivers and offers a space to discuss topics of interest.
- ◆ PS 39 was the pilot school for the Your Story, Our Story project with the Tenement Museum. This project was a wonderful exploration of our families' cultural histories and generated so much excitement among students, families, staff, teachers, and our neighbors.



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& Conversation
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Thank you to all the students, families, caregivers, and staff for being part of these strides. Thank you for continuing this necessary journey with us. Thank you for your ideas and your time. And, finally thank you for being part of this wonderful community at PS 39. It is through this work together that we can achieve our goal of making PS 39 a more inclusive community for all.

We look forward to sharing next year's plans with you. In the meantime, please enjoy this curated list that we've created to keep you engaged and enjoy the summer!

The Tool Kit includes:

- ◆ Free events within NYC
- ◆ Opportunities to get involved in community events
- ◆ An Amazon link to a curated list of diverse books about race, gender, disability, and social justice
- ◆ A list of the books that were selected for this year's Book of the Month as well as the Reading Group for Adults
- ◆ Museum exhibits and events around the city that focus on the rich cultural diversity and history of NYC and beyond
- ◆ Some activity sheets and conversations starters you can do at home

While our committee is focused on building our school community and providing tools for our school, you may have noticed that there is a larger conversation about diversity happening on the district level in a number of forums including [D15's diversity plan](#). We are encouraged that school leaders and parent leaders across New York City are as passionate about diversity and equity as PS 39, but there is much work to be done and more conversations we need to have at PS 39. If anyone is interested in more information about district-wide or city-wide efforts, feel free to reach out to us via the info form on our [website](#).

And, if you would like to get involved in the Diversity & Inclusion Committee or have any ideas or suggestions, please email us via the info form on the [website](#).

With best wishes for a wonderful summer,
PS 39's Diversity & Inclusion Committee Members

Working together, we can develop a better understanding of the opportunities and challenges we face in undoing racism, fostering inclusion, and raising the next generation of socially responsible citizens.



SCHOOL'S OUT!

NEXT STOP SUMMER READING!

Just because school is out doesn't mean we stop learning. Enjoy these Summer reading recommendations.

We all know how critical it is for kids to see themselves reflected in books, and also to read about a diversity of characters, stories and issues— in both fiction and non-fiction stories.

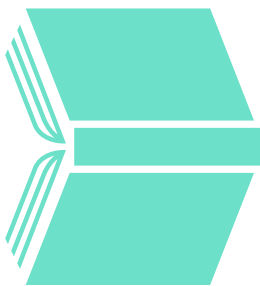
More and more books that directly or indirectly address issues of diversity and inclusion— from race to culture, to gender to disability— are published each year. If you haven't had a chance to read some of the titles featured in the Book of the Month selections, this is a great place to start.

For additional suggestions, visit our [website](#), where we've curated a list of books that provides many options for summer reading for both students and adults.

Adult books: <https://tinyurl.com/y8dcvns>

Kids Books: <https://tinyurl.com/yb6llp3s>

Finally, below is a bookmark to cut out that has prompts for discussing these books with your children. HAPPY READING!



As you read each book, take some time to think about and answer the following:

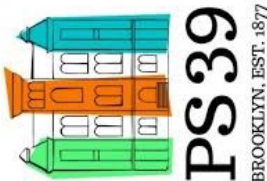
Feel: Put yourself in the character's shoes. What would it be like to spend a day as someone else?

Wonder: What questions would you like to ask the characters about their life?

Connect: "This reminds me of...but it's different from...."

Imagine: "If I met this character, I would say..."

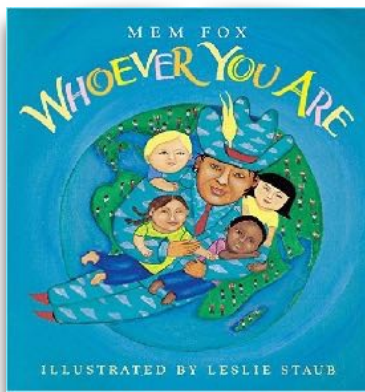
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Diversity & Inclusion at PS 39

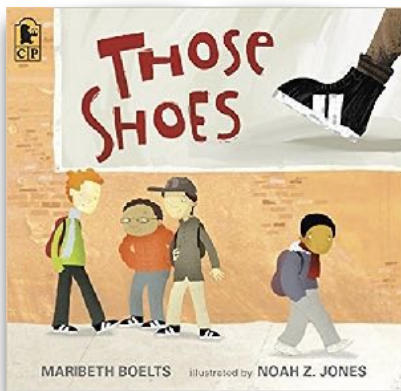
Through our work we will develop a better understanding of the opportunities and challenges we face as members of the PS 39 community in undoing racism, fostering inclusion and raising the next generation of socially responsible citizens. We are committed to engaging in this work with respect, curiosity, authenticity and vulnerability. We seek to build community and partnerships and maintain accountability to ourselves, our families and school in the process.

Welcome!



[Whoever You Are](#)
by Mem Fox

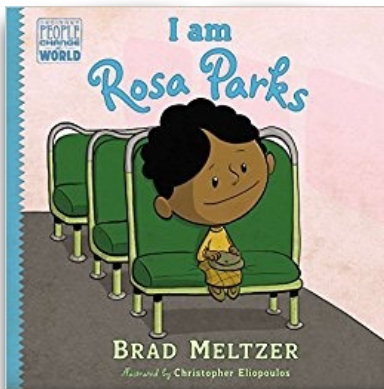
At a time when, unfortunately, the lessons of tolerance still need to be learned, *Whoever You Are* urges us to accept our differences, to recognize our similarities, and-most importantly-to rejoice in both.



[Those Shoes](#)
by Maribeth Boelts

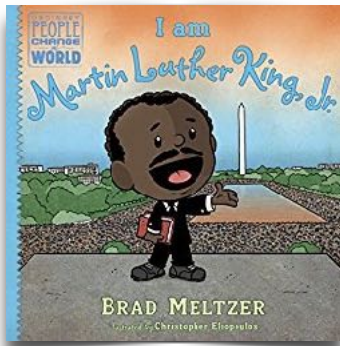
“Boelts blends themes of teasing, embarrassment and disappointment with kindness and generosity in a realistic interracial school scenario.”

—*Kirkus Reviews*



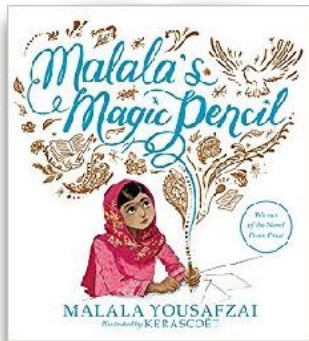
[I am Rosa Parks](#) (Ordinary People Change the World)
by Brad Meltzer

Rosa Parks dared to stand up for herself and other African Americans by staying seated, and as a result she helped end public bus segregation and launch the country’s Civil Rights Movement.



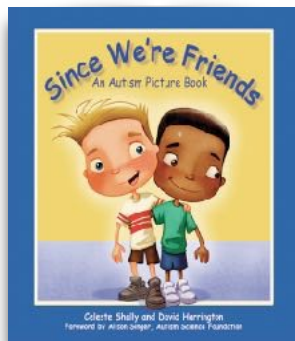
[I am Martin Luther King, Jr.](#)
(Ordinary People Change the World)
by Brad Meltzer

Even as a child, Martin Luther King, Jr. was shocked by the terrible and unfair way African-American people were treated. When he grew up, he decided to do something about it—peacefully, with powerful words. He spoke about the dream of a kinder future, and bravely led the way toward racial equality in America.



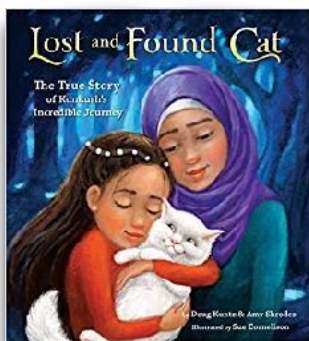
[Malala's Magic Pencil](#)
by Malala Yousafzai

This is Nobel Peace Prize winner and New York Times bestselling author Malala Yousafzai's first picture book, inspired by her own childhood.



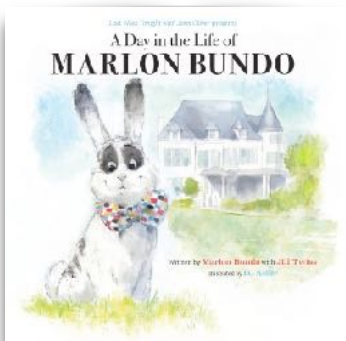
[Since We're Friends, An Autism Picture Book](#)
by Celeste Shally

Matt's autism doesn't stop him from having fun! Even when Matt struggles to navigate social situations, his friend is there to help him out. Celeste Shally's touching story of friendship is the perfect guide for children and parents to better understand those with autism spectrum disorders.



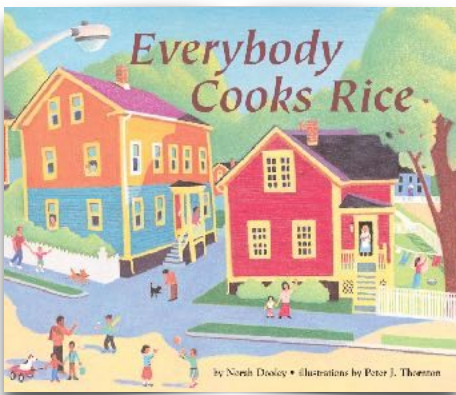
[Lost and Found Cat](#)
The True Story of Kunkush's Incredible Journey
by Doug Kuntz and Amy Shrodes

This heartwarming true story about one lost cat's journey to be reunited with his refugee family gently introduces children to a difficult topic and shows how ordinary people can help with compassion and hope.



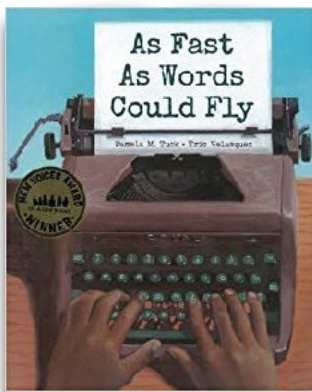
Last Week Tonight with John Oliver Presents
[A Day in the Life of Marlon Bundo](#)
by Jill Twiss and Marlon Bundo

HBO's Emmy-winning *Last Week Tonight with John Oliver* presents a children's picture book about a Very Special boy bunny who falls in love with another boy bunny.



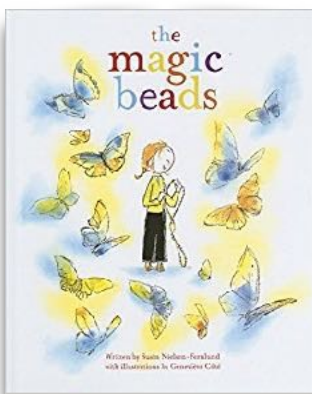
[Everybody Cooks Rice](#)
by Norah Dooley

A child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at the different households visited.



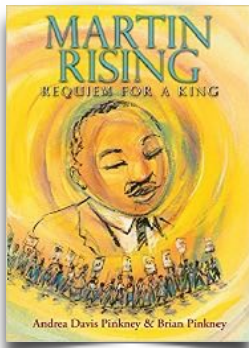
[As Fast as Words Could Fly](#)
by Pamela M. Tuck

A thirteen-year-old African American boy in 1960s Greenville, North Carolina, uses his typing skills to make a statement as part of the Civil Rights movement. Based on true events.



[The Magic Beads](#)
by Susin Nielsen-Fernlund

Knowing that all her possessions were left behind when her mother and she fled from her abusive father and moved into a family shelter, seven-year-old Lilian worries about what she will bring into class for show-and-tell, but with a little imagination and a big smile, Lilian comes up with just the perfect thing to share with her new friends.

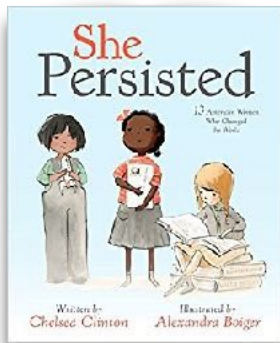


[Martin Rising](#)

Requiem for a King

by Andrea Davis Pinkney and Brian Pinkney

In a rich embroidery of visions, musical cadence, and deep emotion, Andrea and Brian Pinkney convey the final months of Martin Luther King's life -- and of his assassination -- through metaphor, spirituality, and multilayers of meaning.

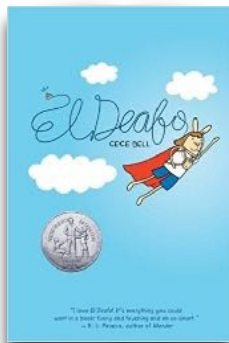


[She Persisted](#)

13 American Women Who Changed the World

by Chelsea Clinton

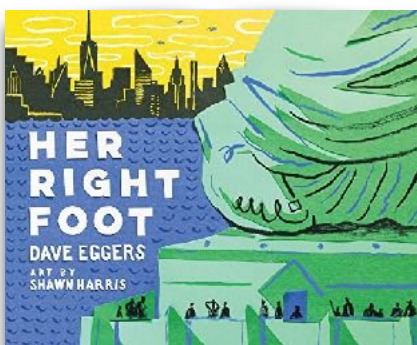
Chelsea Clinton introduces tiny feminists, mini activists, and little kids who are ready to take on the world to thirteen inspirational women who never took no for an answer, and who always, inevitably and without fail, persisted.



[El Deafo](#)

by CeCe Bell

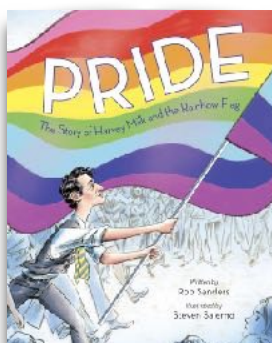
Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers! In this funny, poignant graphic novel memoir, author/illustrator Cece Bell chronicles her hearing loss at a young age and her subsequent experiences with the Phonic Ear, a very powerful—and very awkward—hearing aid.



[Her Right Foot](#)

by Dave Eggers

In this fascinating and fun take on nonfiction, Dave Eggers and Shawn Harris investigate a seemingly small trait of America's most emblematic statue. What they find is about more than history, more than art. What they find in the Statue of Liberty's right foot is the powerful message of acceptance that is essential of an entire country's creation.

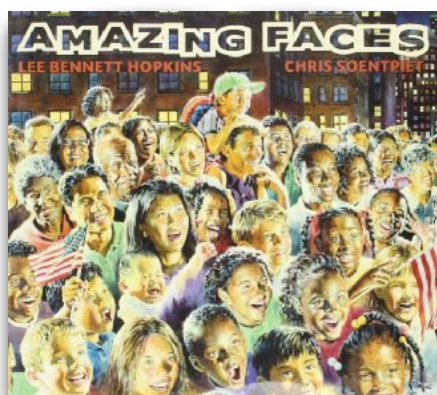


[Pride](#)

The Story of Harvey Milk and the Rainbow Flag

by Rob Sanders

In this deeply moving and empowering true story, young readers will trace the life of the Gay Pride Flag, from its beginnings in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning of the globe and its role in today's world. This is a story of love, hope, equality, and pride.



[Amazing Faces](#)

by Lee Bennett Hopkins

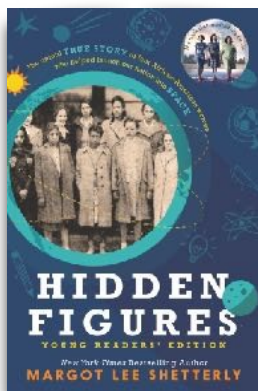
In this contemporary yet timeless collection, acclaimed anthologist Lee Bennett Hopkins brings together sixteen selections that reveal through poetic word imagery the common universal emotions and feelings we all have, whether they be happy, excited, wishful, proud, sad, or lonely.



[Serafina's Promise](#)

by Ann E. Burg

A luminous novel in verse from the author of the Jefferson Cup award winner *All the Broken Pieces*.

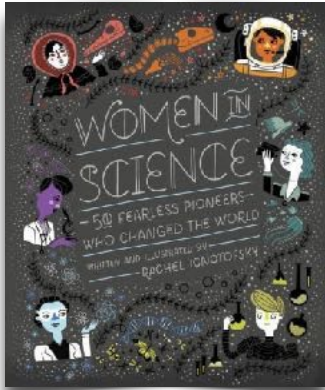


[Hidden Figures](#)

(Young Readers' Edition)

by Margot Lee Shetterly

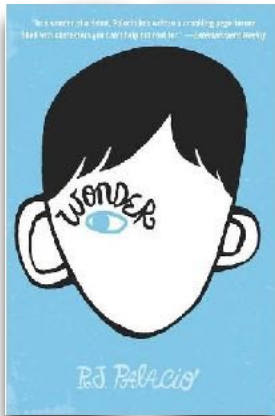
This edition of Margot Lee Shetterly's acclaimed book is perfect for young readers. It is the powerful story of four African-American female mathematicians at NASA who helped achieve some of the greatest moments in our space program.



Women in Science

50 Fearless Pioneers Who Changed the World
by Rachel Ignotofsky

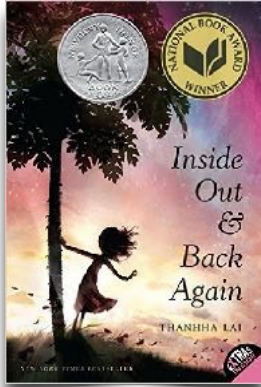
A charmingly illustrated and educational book, *New York Times* best seller *Women in Science* highlights the contributions of fifty notable women to the fields of science, technology, engineering, and mathematics (STEM) from the ancient to the modern world.



Wonder

by R.J. Palacio

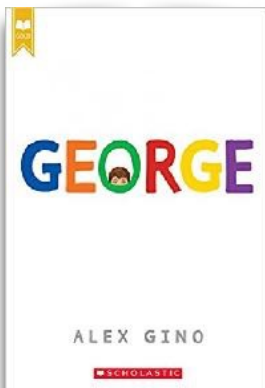
August Pullman was born with a facial deformity that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid— but his new classmates can't get past Auggie's extraordinary face. *Wonder* begins from Auggie's point of view, but soon switches to include his classmates, his sister, her boyfriend, and others. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.



Inside Out & Back Again

by Thanhha Lai

Inspired by the author's childhood experience as a refugee— fleeing Vietnam after the Fall of Saigon and immigrating to Alabama—this coming-of-age debut novel told in verse has been celebrated for its touching child's-eye view of family and immigration.

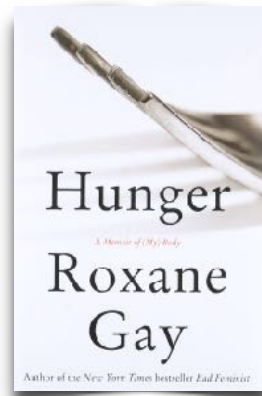


George

by Alex Gino

“[A] sensitive, insightful portrayal of a transgender child coming to terms with gender identity.”

— *Booklist*, starred review



Hunger

A Memoir of (My) Body
by Roxane Gay

“Gay’s raw, powerful prose plants a flag, facing down decades of shame and self-loathing by reclaiming the body she never should have had to lose.”

—*Entertainment Weekly*



The Hate U Give

by Angie Thomas

“Though Thomas’s story is heartbreakingly topical, its greatest strength is in its authentic depiction of a teenage girl, her loving family, and her attempts to reconcile what she knows to be true about their lives with the way those lives are depicted—and completely undervalued—by society at large.”

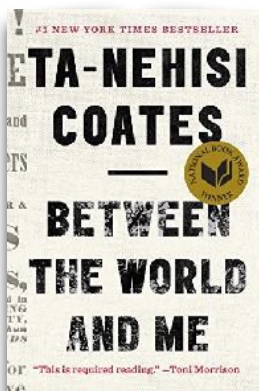
— *Publishers Weekly*,
starred review



Gender Outlaw

On Men, Women, and the
Rest of Us
by Kate Bornstein

“I know I’m not a man... and I’ve come to the conclusion that I’m probably not a woman, either... The trouble is, we’re living in a world that insists we be one or the other.” With these words, Kate Bornstein ushers readers on a funny, fearless, and wonderfully scenic journey across the terrains of gender and identity.

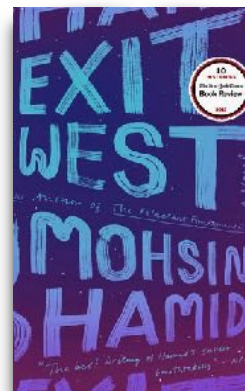


Between the World and Me

by Ta-Nehisi Coates

“Powerful... a searing meditation on what it means to be black in America today.”

—Michiko Kakutani,
The New York Times



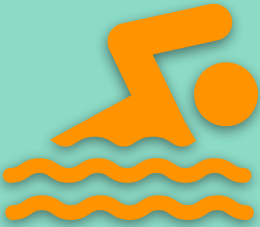
Exit West: A Novel

by Mohsin Hamid

A *New York Times* bestseller, the astonishingly visionary love story that imagines the forces that drive ordinary people from their homes into the uncertain embrace of new lands.

“A breathtaking novel...[that] arrives at an urgent time.”

—NPR



GET OUT OF YOUR HOME AND YOUR NEIGHBORHOOD... CELEBRATING CULTURE ON-THE-GO

We're lucky to live in a city that celebrates cultural diversity and makes it easy—and sometimes FREE—for us to learn about the richness of the people and communities that make up our city—and have fun while doing so!

This summer, take some time to share the experience of exploring history and cultures different from your own at these museums around town. While these represent just a fraction of offerings, the selections cover a variety of experiences.

In addition to checking out some of those we've highlighted, consider taking a walking tour in a neighborhood you've never been to, or search for community and cultural events happening all around town.

Check out this comprehensive calendar of events around the city:

<https://www.nycgo.com/things-to-do/events-in-nyc/art-calendar>

The Brooklyn Museum

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

Museum admission is free the first Saturday of every month.

Collections Include American art, Egyptian, classical, Ancient Near Eastern art, feminist, European and art of the Pacific Islands.

Exhibitions: April 13-July 22: Radical Women: Latin American Art, 1960-1985 https://www.brooklynmuseum.org/exhibitions/ask/radical_women



El Museo del Barrio

<http://www.elmuseo.org/>

Museum admission is always free for children under 12.

Latin American and Caribbean art, with an emphasis on works from Puerto Rico and the Puerto Rican community in New York City.

Children's Museum of Manhattan

<http://cmom.org/>

Free first Friday nights from 5-8pm.

Exhibition: "Art, Artists & You," is a new interactive experience aimed at encouraging children and their families to explore self-expression and identity through art-making <http://cmom.org/exhibitions/> June 8 through December 31.

National Museum of the American Indian—New York

<http://nmai.si.edu/visit/newyork/>

Free admission

Part of the Smithsonian, the museum's permanent and temporary exhibitions—as well as a range of public programs, including music and dance performances, films, and symposia—explore the diversity of the Native people of the Americas.

Studio Museum in Harlem

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

While the Studio galleries are closed, there are tons of events happening in the neighborhood. Check this calendar for event dates and locations <https://www.studiomuseum.org/calendar>

6/26/18: 2-5pm: NYPL George Bruce Library, 518 W. 125th Street: During the NYPL George Bruce Library Summer Reading Kick-Off, join author Vashti Harrison for an interactive reading of her book *Little Leaders*. <https://www.studiomuseum.org/event/books-authors-amp-kids/1530036000>

6/30/18: 2-4pm Join us in The American Negro Theatre at the Schomburg Center for a fun family workshop inspired by work on view in *Firelei Báez: Joy Out of Fire*. Paint, collage, and draw to create a family mural with each family member imagined as a colorful symbol. Feeling adventurous? Explore the archives of your home and bring an item with you to incorporate into your mural! <https://www.studiomuseum.org/event/family-day-at-the-schomburg-center/1530381600>

7/7, 7/21, 8/4 and 8/18: Join us in the Latimer/Edison Gallery at [The Schomburg Center for Research in Black Culture](#) for a tour of *Firelei Báez: Joy Out of Fire*. In this exhibition, Báez features women whose legacies are preserved and maintained by the archives of the Schomburg Center. <https://www.studiomuseum.org/event/inharlem-gallery-tour/1533402000>



Ellis Island Museum

<https://www.nps.gov/elis/index.htm>

Tours by boat from Battery Park in Manhattan or Liberty State Park in Jersey city, New Jersey; immigration experience and history of immigrants.

Museum of the City of New York

<http://www.mcny.org/>

Art and local history. Some current exhibits of interest:

Exhibition: Beyond Suffrage: A Century of New York Women in Politics now through August 5th <http://www.mcny.org/exhibition/beyond-suffrage>

Exhibition: Activist New York: Explore the Drama of Social Activism in New York City from the 17th Century right up to the present. <http://www.mcny.org/exhibition/activist-new-york>

Leslie Lohman Museum of Gay and Lesbian Art

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

Jewish Children's Museum

<http://www.jcm.museum/>

Jewish heritage, fostering inclusion and understanding.

Louis Armstrong House Museum

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

The home & history of jazz legend Louis Armstrong.

7/4/18: In celebration of Louis Armstrong's birthday (July 4, 1900) the Louis Armstrong museum stays open every fourth of July, offering a special jazz concert in the Armstrongs' Japanese-inspired garden. Free birthday cake for every visitor! <https://www.louisarmstronghouse.org/programs-and-exhibit/>

Museum of Chinese in America

<http://www.mocanyc.org/>

The Museum of Chinese in America (MOCA) is dedicated to preserving and presenting the history, heritage, culture and diverse experiences of people of Chinese descent in the United States.

Brooklyn Historical Society

<http://brooklynhistory.org/>

Exhibition: Brooklyn: A New Home, A New Life, Through Spring 2019: An analysis of how concepts of "us" and "them" lead to stereotypes of immigrants and considered how race and immigration have intersected differently across eras. <http://brooklynhistory.org/exhibitions/current.html>

Noguchi Museum

<http://www.noguchi.org/>

Free for children under 12.

Works by Japanese-American sculptor [Isamu Noguchi](http://www.noguchi.org/programs/education/families) Family programs: <http://www.noguchi.org/programs/education/families>



The Tenement Museum

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

Featuring a new tour and exhibit which opened in the fall 2017 titled *Under One Roof*. The Tenement Museum is comprised of two historic tenement buildings, 97 and 103 Orchard Street. Where 97 Orchard Street served as home to immigrant families between 1863 and 1935, *Under One Roof* will feature the stories of the immigrants and migrants who started their lives anew at 103 Orchard Street in the decades after World War II and helped to make the Lower East Side one of New York's most diverse neighborhoods. Hear the stories of former resident Bella Epstein, whose parents survived the Holocaust; Jose and Andy Velez, whose seamstress mother left Puerto Rico for new opportunities; and the Wong siblings, whose mother supported the family by sewing in the Chinatown garment shops.

Continue to explore "Your Story, Our Story" This national project uncovers the patterns that bind us, no matter where we came from or how long we've been here. To expand on the PS 39 Pilot project, explore stories from across the country and see the similarities and differences you find between your story and others'. Join in further telling and exploring the story of American immigration and migration.

<https://yourstory.tenement.org/>

Other Events around the City

On June 30, New Yorkers will join together with dozens of other cities in a National Day of Action to Fight for Families and to demand that Donald Trump and his administration stop separating kids from their parents! Families belong together, and we need to end this— NOW!

This is a great opportunity to be active and encourage social activism in our children, whether it be through marching, or raising money through bake sales, lemonade stands, etc.

This site has a calendar of events around the city so you can be active all Summer:

<http://takeactionnyc.com/nyc-protest-event-calendar/>

The Six Step Process Toward Social Action Projects

<http://www.teachpeacenow.org/takingaction.html>

More Events around the City

Governor's Island

7/28-7/19/19: New York City Poetry Festival @ Governor's Island: <https://www.newyorkcitypoetryfestival.com/2018/>
<https://govisland.com/things-to-do/art-culture>

Tour of Kings Theatre

<http://www.kingstheatre.com/calendar/historic-tour/historic-tour/>

Drag Queen Story Hour

<https://www.dragqueenstoryhour.org/#upcomingevents>

Go Africa Street Festival in Harlem

<http://goafricaharlem.org/>

Festivals throughout the city

<https://www.events12.com/newyork/july/>

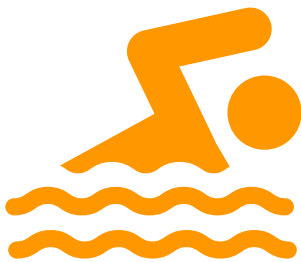
Fresh Fruit Festival

July 9 through 22 at The WILD Project and other Manhattan venues

<http://www.freshfruitfestival.com/>

Industry City

<https://industrycity.com/calendar/>



Red Hook Pool and Double D Pool

(includes free learn to swim info)

<https://www.nycgovparks.org/parks/red-hook-park/facilities/outdoor-pools/red-hook-pool>

<https://www.nycgovparks.org/parks/thomas-greene-playground/facilities/outdoor-pools/douglas-and-degraw-pool>

New Park Opening in Williamsburg– Domino Park

<http://bedfordandbowery.com/2018/06/pretty-sweet-williamsburgs-new-waterfront-wonderland-domino-park/>



Movies Under the Stars

There are tons of opportunities to grab a blanket and see a movie in lots of different

locations. Below are a few highlights, and you can always check out the Parks website at to see the full list:

https://www.nycgovparks.org/events/free_summer_movies

June 29: Doors open at 7pm: *Wonder Woman on the Intrepid!*

<https://www.intrepidmuseum.org/movie-series>

July 2: Lawn opens at 5pm, movie at 7:30: *A League of Their Own* at Bryant Park
<http://bryantpark.org/programs/movie-nights>

July 18: 6pm: Movie at 7:30: *The Wizard of Oz* at Prospect Park
<https://www.prospectpark.org/news-events/events/summer-movie-under-stars-wizard-oz/>

July 18: 7pm: *Sita Sings the Blues* at Pier 1 on the Hudson
<https://www.nycgovparks.org/events/2018/07/18/summer-on-the-hudson-pier-i-picture-show-sita-sings-the-blues>

August 1: 7pm *Coco* at Riverside Park
<https://www.nycgovparks.org/events/2018/08/01/summer-on-the-hudson-pier-i-picture-show-coco>



Summerstage

<https://cityparksfoundation.org/summerstage/>

7/11/18: Latin Alternative Music Conference at Central Park

8/1/18: Tito Nieves / Bodoma & Garifuna Culture Band at Crotona Park

8/28/18: Voices of A People's History featuring Staceyann Chin, Rachel Dratch, Michael Ealy, Laura Gómez, Celisse Henderson, Viggo Mortensen and more at Central Park

Celebrate Brooklyn

<https://www.bricartsmedia.org/events-performances/bric-celebrate-brooklyn-festival>

7/13/18: Mala Rodriguez / Ana Tijoux's Roja y Negro / Girl Ultra

7/20/18: Anoushka Shankar - Land of Gold / My Brightest Diamond

Test your
knowledge.

Start a
conversation.

Sometimes we don't know what we don't know and sometimes we think we know things that we don't know either! We've pulled together these activities to try at home that may challenge your understanding of culture and history. We hope that these can be a springboard for talking about how we all have room to grow and learn—especially when it comes to social justice and equity—and that we must always strive to question the world around us and our assumptions about it.

Fourth of July

We all know that on the 4th of July we celebrate Independence Day in recognition of our country's founding in 1776. But not everyone was independent—or free—in 1776, and that it took a civil war and many more struggles—that continue to this day—to move toward a country that we can all celebrate being a part of. This year, we invite you to learn more about our history, and the significance of the 4th of July beyond 1776. (From July 4th: Beyond 1776, <https://zinnedproject.org/2016/07/peoples-history-of-fourth-of-july/>)

- ♦ On July 4, 1827, slavery was abolished in New York.
- ♦ In 1852, Frederick Douglass delivered his speech “The Meaning of July Fourth for the Negro.”
- ♦ On July 4, 1854, abolitionists addressed a rally sponsored by the Massachusetts Anti-Slavery Society.
- ♦ On July 4, 1876, suffragists crash the Centennial Celebration at Independence Hall to present the “Declaration of the Rights of Women.”
- ♦ On July 4, 1876, a black militia is accused of blocking the road—punished with Hamburg Massacre.
- ♦ On July 4, 1917, *The Voice: A Newspaper for the New Negro*, edited by Hubert H. Harrison, made its debut.
- ♦ On July 4, 1963, unsung hero Clyde Kennard died.
- ♦ On July 4, 1965, the first Annual Reminder demonstration was held for gay and lesbian rights.
- ♦ On July 4, 1966, the Minimum Wage March began.
- ♦ On July 4, 1969, Cesar Chavez was on the cover of *Time* magazine.
- ♦ On July 4, 2013, “Restore the Fourth” protests draw attention to the National Security Agency’s spying program.

BIAS BUSTERS— INTERACTIVE QUIZ

Test your cultural competency

1. Mexico is the country of origin for the largest number of U.S. Hispanics and Latinos. How many can trace their ancestry to Mexico?
 - a. One-third
 - b. One-half
 - c. Two-thirds
 - d. Three-fourths
2. An American college student who says “that’s my jam” probably means:
 - a. That’s my song
 - b. I’m in a predicament
 - c. My schedule is packed
 - d. This is my favorite lunch
3. Which is NOT true about people on the island of Puerto Rico?
 - a. If they were born there, they are automatically U.S. citizens.
 - b. They may not vote in U.S. presidential elections.
 - c. They pay no U.S. taxes.
 - d. They can travel to the United States without a passport.
4. Which of these countries has fewer than 100 million Muslims?
 - a. Indonesia
 - b. Bangladesh
 - c. Egypt
 - d. India
5. The Korean Wave is:
 - a. A cultural movement
 - b. A long hairstyle often dyed blue or pink
 - c. The way young Koreans greet each other at clubs
 - d. An area on the East Sea known for great surfing
6. Only one of these is a Spanish-speaking country. Which one?
 - a. Haiti
 - b. Brazil
 - c. Guyana
 - d. Panama
7. The art form manga draws inspiration from:
 - a. Edouard Manet
 - b. Popeye
 - c. Edgar Degas
 - d. Betty Boop
8. Which is the world’s largest religious group?
 - a. Islam
 - b. Hinduism
 - c. Christianity
 - d. No affiliation
9. Kawaii is ... ?
 - a. Geologically the oldest of the main Hawaiian islands
 - b. A Middle-Eastern dish of ground meat and onions
 - c. Japanese cuteness
 - d. A coffee liqueur from Mexico
10. What is the correct order of countries by land mass?
 - a. China, Canada, Russia, the United States
 - b. China, Russia, the United States, Canada
 - c. Russia, China, Canada, the United States
 - d. Canada, Russia, China, the United States
11. Which of these is not an Arab country?
 - a. Iran
 - b. Iraq
 - c. Oman
 - d. Yemen
12. Which state has the highest proportion of Hispanics?
 - a. New Mexico
 - b. Florida
 - c. Texas
 - d. California

Find the answers to the quiz at: <http://msutoday.msu.edu/feature/2014/busting-biases/>

The questions above are taken directly from the books written by Grimm’s Bias Busters students. Courtesy of MSU.

The practice of mindfulness has become a big trend but it can be confusing when it comes to defining it, especially as a parent.

What is mindfulness?

Mindfulness is a practice where you use the five senses to engage physically and non-judgmentally with the world around you. When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family. For example, you can teach your child to pay attention to the texture and flavors of the food. You can guide them to think about how the food nurtures their body and keeps their body healthy.

Practicing mindfulness is incredibly empowering for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

“Just One Breath” Breathing Activity

- ♦ Find a relaxing place, sit comfortably, and set a timer for one minute.
- ♦ Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- ♦ Take another slow deep breath, imagine the air moving down into the lungs and back up.
- ♦ Take one more deep breath and hold for a moment, then release it.

Create a Glitter Jar

- ♦ Find a jar or plastic bottle and allow your child to decorate it however they like.
- ♦ Fill the bottle up 3/4 of the way with water. Next add clear glue, food coloring, and glitter.
- ♦ Seal the lid, give it a shake, and you are ready to go.

5 Fun Mindfulness Activities for Children

Heartbeat Exercise

- ♦ Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- ♦ At the end of the minute, have them place their hand on their heart and pay attention to how their heartbeat and breathing feels.

Going on a Safari

- ♦ Go outside on an exciting adventure. Try picking up a small rock or touching a plant or flower.
- ♦ Notice the bugs and birds. Take a moment to kneel down and touch the earth.
- ♦ Walk mindfully, paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

Tense and Release Muscle Relaxation

- ♦ Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- ♦ Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds, then gently release.
- ♦ Continue moving up the body for more relaxation.