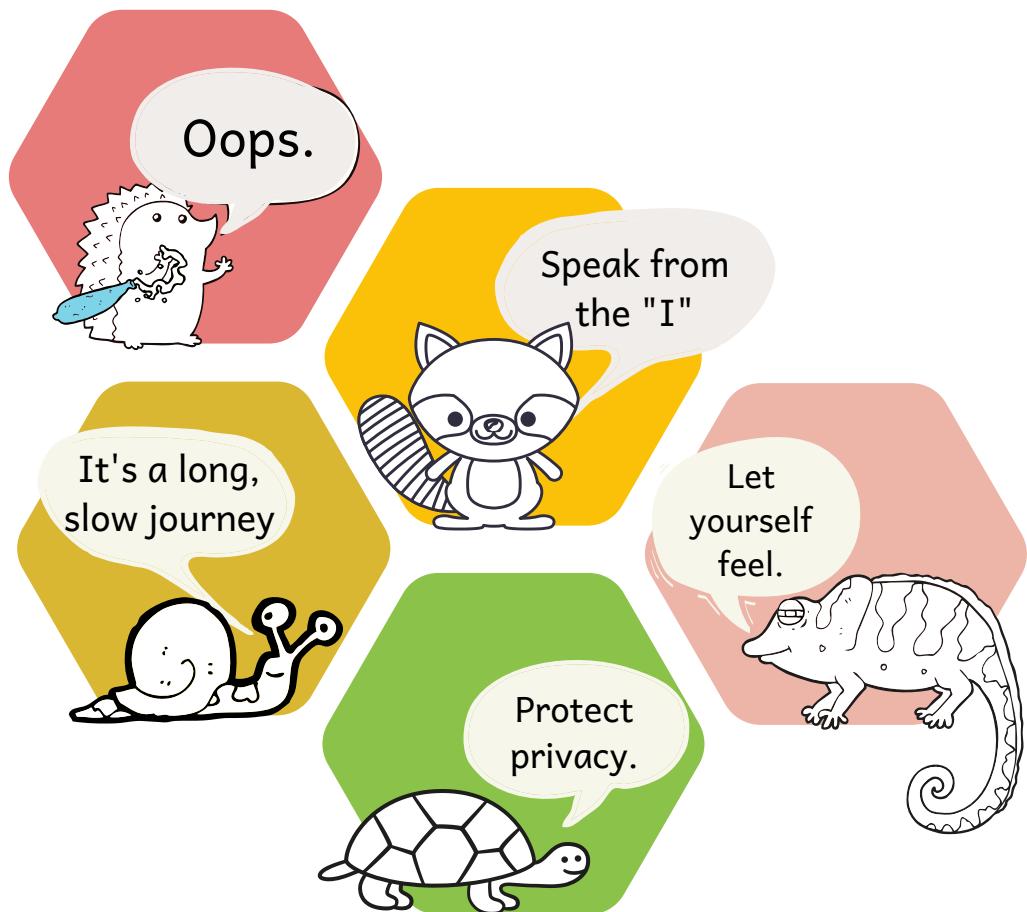


# FAMILY NOTEBOOK

DEDICATED TO  
**the dream**  
WORKING TOWARD  
AWARNESS & CELEBRATION

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# AGREEMENTS





## DIRECTIONS

1

For inspiration, read the poem "Weird" by Vanessa Brantley-Newton from her book Just Like Me.

Just like the kid in the poem, you are unique!  
There is no one else just like you.  
And we want to get to know YOU!



2

**Each person (even the grown-ups) gets to make a "3 things that make me 'me'" page. On the sheet, draw pictures or write three things that make you "you!"**



3

If you think of more, you can put them on the back of the sheet!

If you have trouble thinking of things, maybe these questions will help:

- What is something you love to do?
- What is something you like about yourself/feel proud of?
- Look at the words on the back of this page. Which words describe you? Or are there any other words that fit you?
- What do you love about YOU "weird and strange?"

4

Grown-ups: please take a photo of each of your family member's pages and email to [sbattle@cityofevanston.org](mailto:sbattle@cityofevanston.org)!





DO ANY OF THESE WORDS DESCRIBE YOU?

*creative*

*thoughtful*

*friendly*

*silly*

*fun*

**DETERMINED**

*artistic*

*playful*

*energetic*

*brave*

*deep thinker*

*caring*

*helpful*

**MISCHIEVOUS**

**CURIOS**

*adventurous*

**ACTIVE**

*funny*

**DARING**

**SERIOUS**

**responsible**

***ready for anything!***

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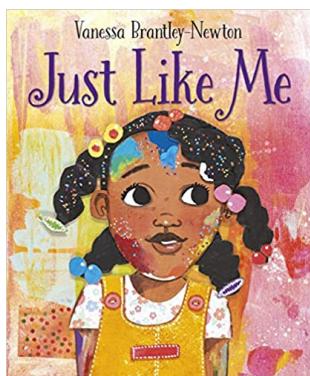
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# Weird

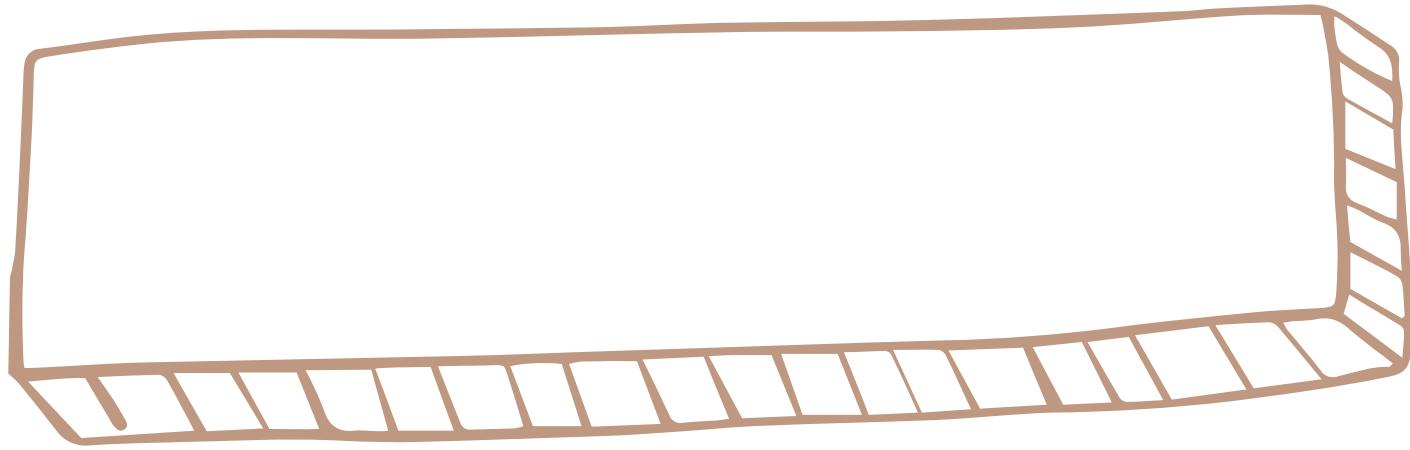
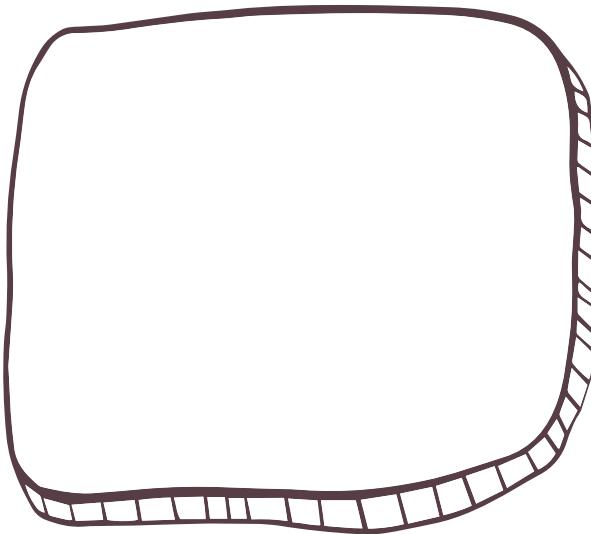
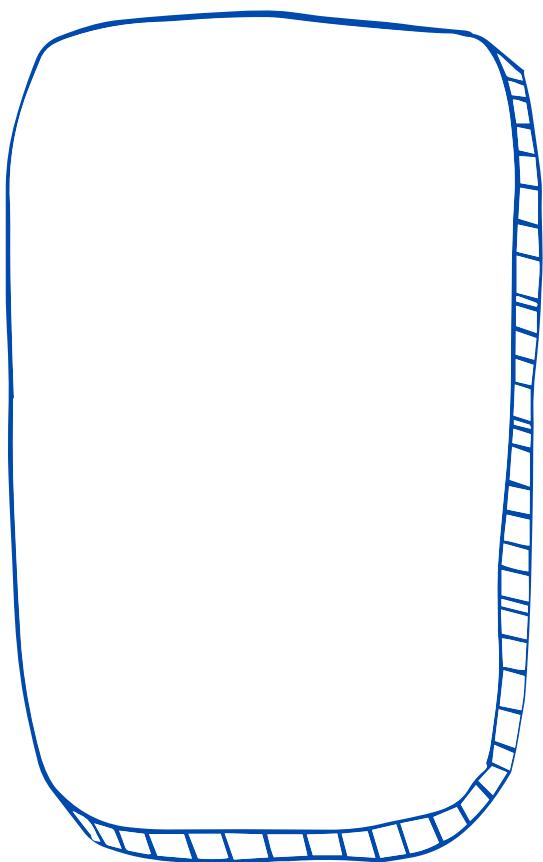
I love me weird and strange  
I love my peanut butter sandwiches with jelly beans  
I love a good Coca-Cola with peanuts inside  
I love to sit behind the living room drapes reading my books  
and talking to invisible friends about wild adventures  
I love the sound of double-Dutchers on street corners  
the tap-tap-tapping of their feet  
I love the smell of Mama's black coffee and the strong flavor when I steal a sip  
I love the sound of creaky doors and squeaky floors  
and I love a good scare  
I love my friends  
who are different from me  
'cause that's what a friend is supposed to be  
Some are funny  
some are cute  
All are brilliant  
and sweet  
But they are them  
and I am me  
And if you're weird  
then you have a friend in me



Read the poem "Weird" from the book  
*Just Like Me* by Vanessa Brantley-Newton

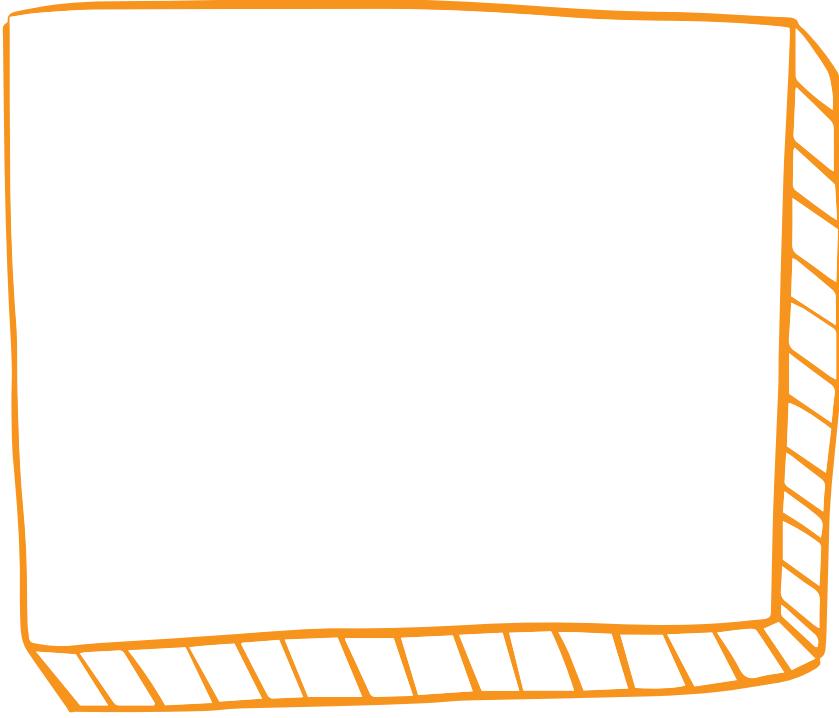
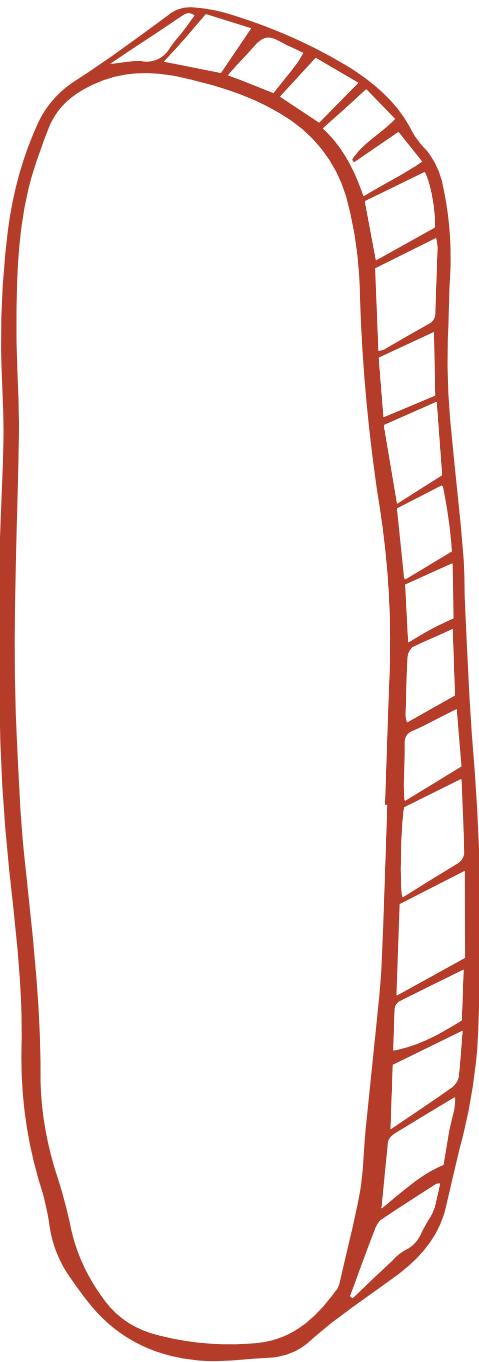
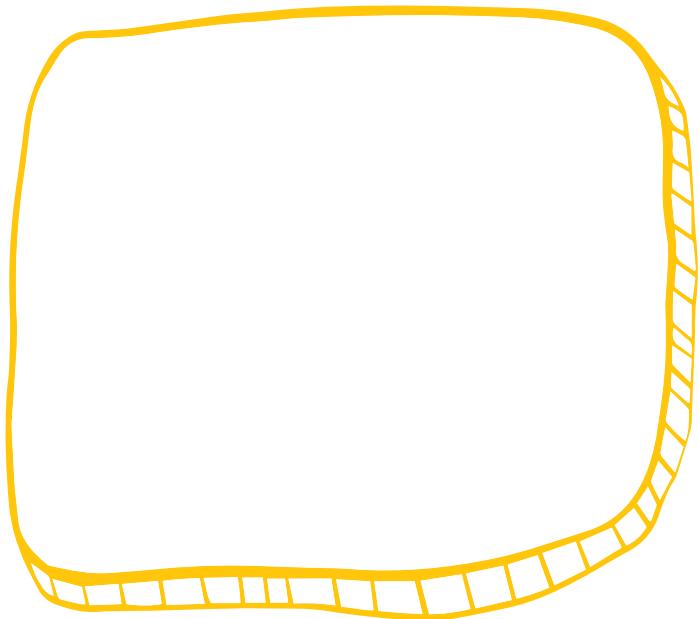


## 3 THINGS THAT MAKE ME "ME"





## 3 MORE THINGS THAT MAKE ME "ME"



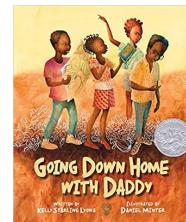


# ACTIVITY: WE'RE A MIGHTY FAMILY

1

## Read this book!

What parts of the book were like a mirror, window, or door for you?



*Going Down Home with Daddy*  
by Kelly Starling Lyons  
& Daniel Minter

2

At the end of the book:  
"Daddy booms, 'We're a mighty family!'  
'Mighty!' we roar back."

**Why do you think he picked the word "mighty?"**

3

Now, decide on **a word that describes your family**. If it's hard to agree on just one, that's okay - you can pick two.

4

Next, work together to create a **family sculpture**



Each person should look around the house for one or two things that:

(1) represent the word or words you picked to describe your family

or

(2) represent your own identity

*(could be something based on the activity "3 things that make me "me")*

Clear off a flat surface like your coffee table, kitchen table, or a space on the floor. Then work together to arrange the objects you gathered into a sculpture. Play around with different arrangements until you get to one you like. Then flip the page over and record what you created!





# WE'RE A

# FAMILY

DRAW A PICTURE OF YOUR FAMILY SCULPTURE BELOW.

## WHAT WERE THE COMPONENTS OF YOUR FAMILY SCULPTURE?

- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.
- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.
- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.
- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.
- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.
- I added a \_\_\_\_\_ to the sculpture because \_\_\_\_\_.

THIS ACTIVITY WAS CREATED BASED ON IDEAS FOUND ON BEAUTIFULBLACKBIRD.COM AND ICABOSTON.ORG





# TRY THIS!

**Write a poem about your skin!  
One fun, easy way to make a  
poem is to use a pattern.**

**Here's how to make a  
"Cinquain" (sin-kain) poem.**

My dusty sunset skin

## Pinks & oranges

Renewing, protecting, holding  
Shifts with the changing light

My dusty sunset skin



## LINE 1

**Write your skin shade "name" you created**

## LINE 2

# Write 2 words that describe your skin shade

# LINE 3

**Write 3 words that describe what your skin does**

## LINE 4

**Write a 4-word sentence about your skin or skin shade**

# LINE 5

**End with the skin shade "name" you invented**

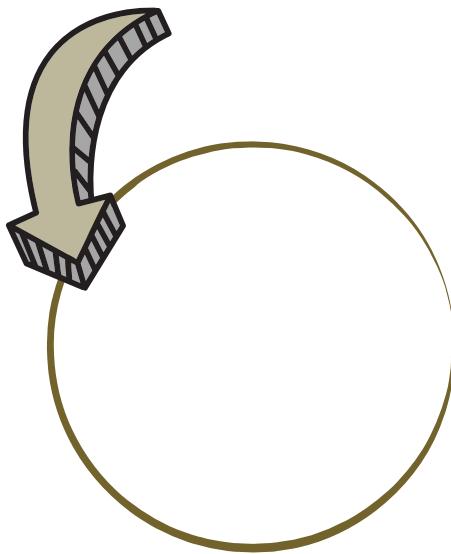




# 'S SKIN SHADE

---

THIS IS \*ABOUT\* THE SHADE OF MY SKIN.



Paint your shade  
in the circle.

These are the colors I used to make this shade:

---

---

---

---

While I was painting, I noticed something about my shade of skin that I never noticed before:

---

---

I'D LIKE TO NAME MY UNIQUE SHADE OF SKIN:

---



## TRY THIS!

Poems don't have to rhyme or follow a pattern. This type of poem is known as "free verse." Here's a free verse poem I wrote about my skin!



### - MY SKIN -

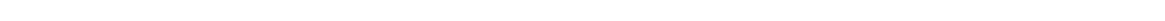
Burnt copper  
smooth as silk  
soft as a pillow

It gives me pride.

I feel strong

in my polished armor

I am ready to shine!



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Here's another example of another type of poem you could try, a zipper poem!

## This Living Body Universe

1. First it emerges with a blush.

*In this Living Body Universe*

2. Then darkens, in deep summer.

*Every Shade True*

3. Forming earth stars at every angle, curve, and wrinkle.

*Every name honored.*

4. While dusky blue roots trace the storied constellations across limbs.

*Born out of a celestial embrace,  
spanning centuries and continents.*

I found it so satisfying to write this love poem to my skin. I wanted to focus on both the micro (me and my skin) and the macro (our shared experience of being human). I decided to write a sort of zippered poem. The left side can be read on its own, as can the right. But together it offers a fuller picture. I also wanted to create imagery connected to the rose, since it's part of my skin shade name that I chose. This is represented in the first two numbered lines. But I also wanted to play with language in describing my freckles and my veins that can easily be seen through my light skin. I also wanted this poem to honor all of us as incredible living body universes. Our bodies do so much for us! So, that's why I brought in words like universe, stars, constellations and celestial.





## TRY THIS!

If you like, use the pattern from Jess' poem to create your own.

1. \_\_\_\_\_

*In this Living Body Universe*

2. \_\_\_\_\_

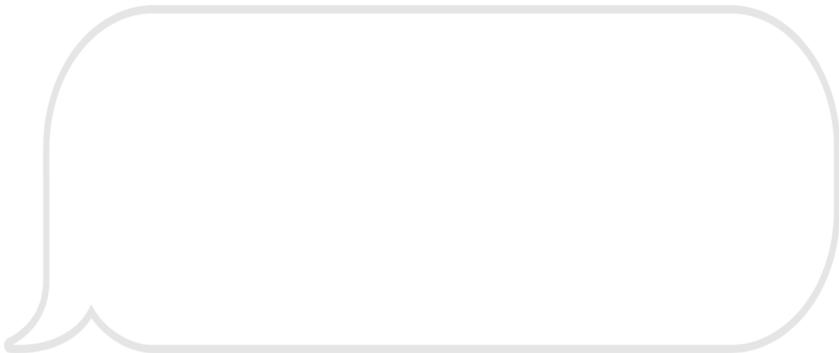
*Every Shade True*

3. \_\_\_\_\_

*Every name honored.*

4. \_\_\_\_\_

*Born out of a celestial embrace,  
spanning centuries and continents.*



You can draw your face here and write something  
to explain your poem here if you want.





# FAMILY "TRUTHS" MOBILE

Together with your family, create a balanced hanging mobile that shows what you've learned and want to remember about humanity, skin tone, race and racism.



## MATERIALS



inner ring of an embroidery hoop  
(this one is 8" diameter)



paper



string



crayons, markers,  
or colored pencils



wood circles



beads  
(paint these if you wish)



scissors  
tape  
hole punch



beading needle



ceiling hook

Other items to decorate or hang from your mobile, such as pompons



# WRITE YOUR TRUTHS

1

**Cut the paper** into smaller pieces (at least the size of index cards, with enough space to write on) into whatever shapes you like. Punch a hole in the top of each shape.

2

**Think and talk with your family about "truths" that you learned, or think are important to remember,** from the information you heard in the video, the Let's Talk about Race book, or from things you already know.

You can use the prompts below to help get you started.

On each piece of paper, write down one of the "truths."

It's up to you and your family to decide whether everyone works together to come up with your "truths" collectively, or whether you each individually write down your own truths.

**What do you want to remember about what you have learned?**

**What are some truths that you can remind yourself and each other of?**

**What makes you feel hopeful?**

**I learned that...**

**I want to remember...**

**I hope...**

**I used to think ...., but now I know ....**





## ASSEMBLE THE MOBILE

3

**Find a place where you want to hang the mobile.**

Attach the ceiling hook to the ceiling.

Determine how far down you want the mobile to hang.

4

**Create the hanger for the mobile:** One way to make the mobile is to cut double the length of thread that you want, and loop it around the hoop, tying it where the ends meet. Once you have at least three threads to hold up the hoop, tie them together in two places at the top so that there is a loop that can hang from the ceiling hook. Then place one of the wooden rings over the threads on the top and push it down until you like the way it looks. There are many ways to create the hanger - do it in the way that you like!

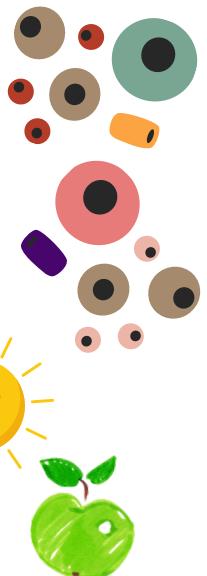
5

**To make strings of beads,** first tie a wooden ring onto the end of a new piece of thread so the beads don't fall off the end of the thread. Then use the beading needle to add beads to the string. You can make plain strings of beads or add beads to your truths. **Feel free to use other craft supplies you have around the house, or draw pictures to add to your mobile.**

6

**Tie the beads and truths onto the mobile.** You may need to experiment a bit by moving bead strings, and adding or removing beads to get the mobile to balance properly. Work together and encourage each other!

**You can keep adding to your "Truths Mobile" as you continue to learn!**



HERE ARE SOME WORDS TO HELP YOU FIGURE OUT  
YOUR FEELINGS. WHAT OTHER FEELINGS DO YOU HAVE?

wondering

sad

trapped

amazed

confused

thoughtful

brave

HOPEFUL

embarrassed

inspired

open

empowered

HURT

important

sick

eager

CURIOUS

SERIOUS

DEFENSIVE

angry

disappointed

thoughtful

APPRECIATED

OVERWHELMED

responsible

surprised

uncomfortable

