

# SUMMER SHELTER-IN-PLACE ACTION PACK

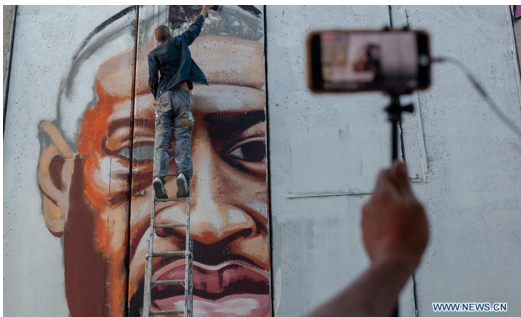
## WEEK 1: RACIAL JUSTICE

### INTRODUCTION

Things have come to a reckoning and there is an uprising among our people demanding justice. We have created the following activities to help prepare our families to support this movement as our principles call us to. We hope that the activities below can appeal to a wide range of ages and interests, getting more of our youth involved in the fight for racial justice. Please share the results of the activities with us and the wider UUCB community so that we can all be inspired to create change.

**QUESTION:** *How does what I look like impact how I am treated? How about how my friends are treated? Is this fair?*

### SELF AWARENESS - Paint a Self Portrait



An artist paints George Floyd, source: <https://www.globaltimes.cn/>

There is an old saying: “You can’t judge a book by its cover.” This means you do not know what a person is like based solely on how they look. Yet despite this, people make judgements on who people are by just a glance.

Think about who you are. What do you look like on the outside? What do you look like on the inside? Can someone tell who you are on the inside by what they see on the outside? Draw a portrait or make a collage of what you imagine you look like on the inside: what strengths, interests and passions that you have inside that make you you. For example, you may wear your love of trees on your clothes and jewelry, something easy for folks to see. However they don’t tell the whole story: for example, you may think of someone in a frilly dress as someone who is fussy and doesn’t like getting dirtied but then see them jumping into mud puddles! Consider most people don’t automatically see these things when they first meet you.

## ENVIRONMENTAL AWARENESS - Dive into Weeds

Like some do for race, many do for plants - labelling this one bad, this one good - often for unfounded reasons. Think of the plants called weeds. What makes them a “weed”? Ask your family. Ask your neighbors. Do they know what makes a “weed” a “weed”? Now start thinking about the plant group called Plantains. No not plantain chips you get in the store all yummy banana crisp-ness. I’m talking about the “weed” plantain (a picture is to the right).

In Braiding Sweetgrass, by Robin Wall Kimmerer, the author tells us that native peoples often called plantain “White Man’s Footprint” because it was an invasive plant introduced by Europeans wherever they went. However, plantain, or white man’s footprint, has its benefits and is often sought out by healers! **Did you know it can help soothe bug bites? It can help small cuts close quickly? You can even eat the young leaves in salads and such to gain lovely nutrients.** Go out into your garden, yard, or even your sidewalk - I bet there’s some plantain growing there. Can you identify it?

Take a picture or harvest a leaf and bring it back to your caregiver, tell them all about plantain and how wonderful it really is. If you’re interested in this, there are lots of resources online for medicinal herbs, and you’ll find that many of them are, in fact, “weeds”!

**“Weeds are flowers, too,  
once you get to know them.”  
-Eeyore**

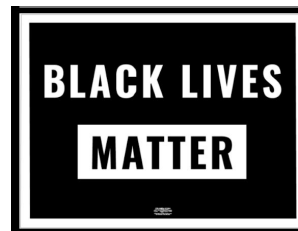


Source: Alice LeMieux

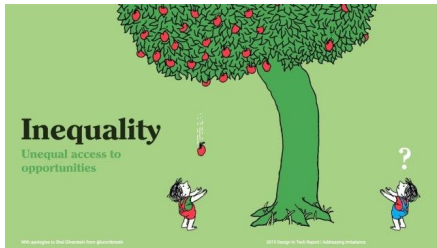
## LEARNING BY DOING - Make a Sign

What do you think when you hear “Black Lives Matter”? Our very first UU principle declares that all people are important. Make your own Black Lives Matter sign. Where can you put it so that everyone can be reminded of this truth? Where is this sign most needed?

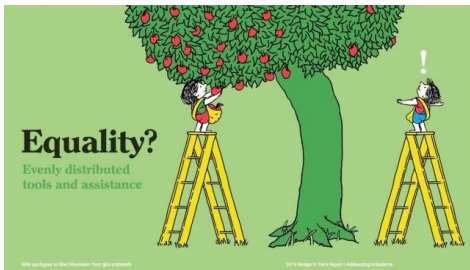
Share pictures of the signs you drew with us by emailing [family.ministry@uucb.org](mailto:family.ministry@uucb.org). We’d love to see your art for justice!



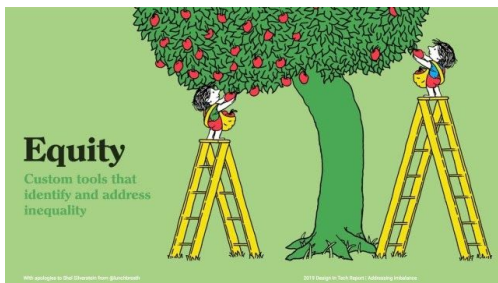
## ENGINEERING - Solve a Justice Challenge at Home



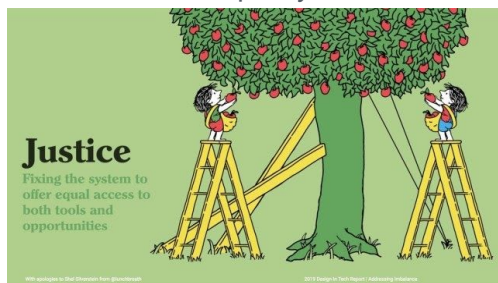
INEQUALITY: Unequal access to opportunities.



EQUALITY: Evenly distributed tools and assistance.



EQUITY: Custom tools that identify and address inequality.



JUSTICE: Fixing the system to offer equal access to both tools and opportunities.

Source: [Tony Ruth](#)

Racism is pretty rooted in our lives and the way things work. Take a look at the pictures to the right.

Which one seems the best?

How can we change things to make things more just?

Take one example in your home (the foods you eat, the way your furniture is set up, etc.) and find a way to make it more inclusive, more open to new ways of doing and being. Maybe one night you explore a different culture's food. Maybe you move the furniture so that if a differently abled person visited, they would feel welcome.

Consciously engineering your surroundings and demeanor to be inviting to others can be a form of creating justice.

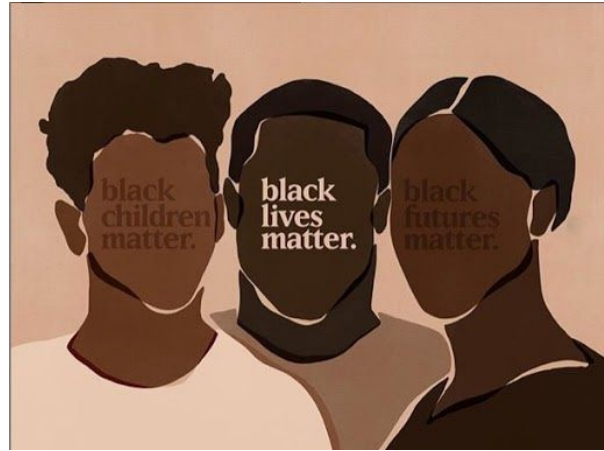
What other ways can you think of?

How does this make you feel?

How does this make your friends feel?

## SERVICE PROJECT - Write a Letter or Draw a Picture

Write a letter to your mayor or city counselor to express your feelings toward racial justice. Even a postcard with a drawing will do, just make sure your voice is heard loud and clear that all people are equal and the system must reflect that. What things could a mayor or person with power do to make sure black lives matter? What could a city or town do to ensure justice and liberty for people of color?



Source: Queen's University Magazine

## MEDIA

**Books:** All the Colors of the Earth by Sheila Hamanaka; Brown like Me by Noelle Lamperti; All the Colors We Are by Katie Kissinger; We are All Born Free; The Universal Declaration of Human Rights in Pictures (all ages); The Sneetches and Other Stories by Dr. Seuss (all ages); The Book of Black Heroes by Wade Hudson; The Hate U Give by Angie Thomas (young adult); You Don't Know Everything, Jilly P! by Alex Gino (middle school)

**Music:** "A Change is Gonna Come" by Sam Cooke; "Know Justice, Know Peace (BLM Protest Chant, video shows police brutality)"; "I rise" by Maya Anjelou; "One foot in front of the other and lead with love" by Melanie DeMore, "King for a Day" by Jason Shelton

**REFLECTION:** Which of our Seven Principles do you see in striving towards and fighting for racial justice?

### Seven Principles for Kids

- *Respect the importance and value of each person.*
- *Offer fair and kind treatment to everyone.*
- *Yes to spiritual growth and learning together.*
- *Grow by exploring ideas and finding your own truth.*
- *Believe in your ideals and voice your vote.*
- *Insist on justice, freedom and peace for all.*
- *Value our responsibility in the web of life.*