

123
SESAME STREET

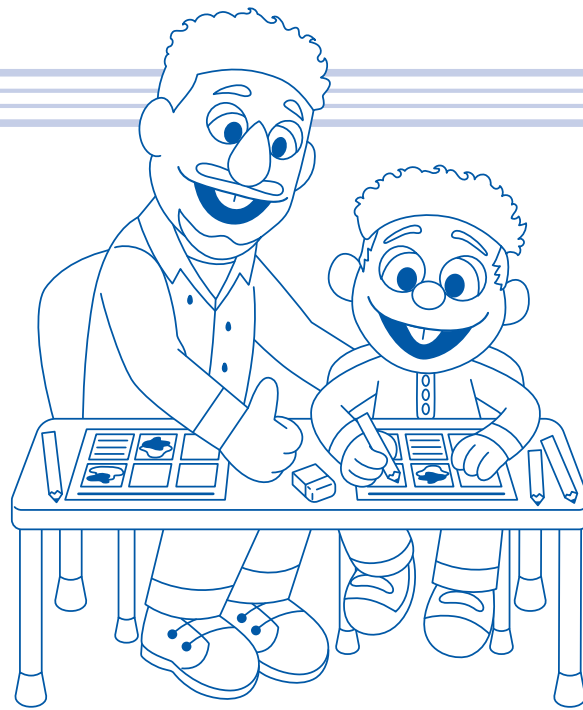
COMING TOGETHER

A MILITARY FAMILIES' ACTIVITY BOOK



YOUR FAMILY CAN:

- * Celebrate identity & diversity
- * Share your stories
- * Stand up against racism!



A creation of



Sesame Workshop is the nonprofit organization behind Sesame Street, the television show that has been reaching and teaching children since 1969. Sesame Workshop has a mission to help kids everywhere grow smarter, stronger, and kinder. We're active in over 150 countries, serving vulnerable children through media, formal education, and philanthropically-funded programs, each grounded in research and tailored to local needs and cultures. For more information, please visit sesameworkshop.org.

Produced in partnership with and funded by



Founded in 1922 by a group of military officers, USAA is among the leading providers of insurance, banking and investment and retirement solutions to more than 13 million members of the U.S. military, veterans who have honorably served and their families. Headquartered in San Antonio, USAA has offices in seven U.S. cities and three overseas locations and employs more than 36,000 people worldwide. Each year, the company contributes to national and local nonprofits in support of military families and communities where employees live and work. For more information about USAA, follow us on Facebook or Twitter (@USAA), or visit usaa.com.

WELCOME

As all military families know, military life is built on service, bravery, and the desire to protect your communities. The military experience also includes great racial, ethnic, and cultural diversity—and opportunities to appreciate our differences and our similarities.

This keepsake book was designed to help your family:

- * Talk about race as you explore and celebrate your own unique identities as individuals and a family;
- * Become upstanders against racism; and
- * Take care of yourselves along the way!

IN THIS BOOK

Meet the Walkers!	1
Here We Are!	2-3
Sharing What's Special	4-5
We're Upstanders	6-7
Joyful Moments	8

Meet the Walkers!

Hi! We're Wes and Elijah, the newest friends on Sesame Street. We're making a family book about ourselves and our community. Please join us and make a family keepsake of your own!

We are The The Walker family.

We live on Sesame Street

In our family, we try to be Respectful
kind and brave

We love to dance
stretch and go on
city walks together.

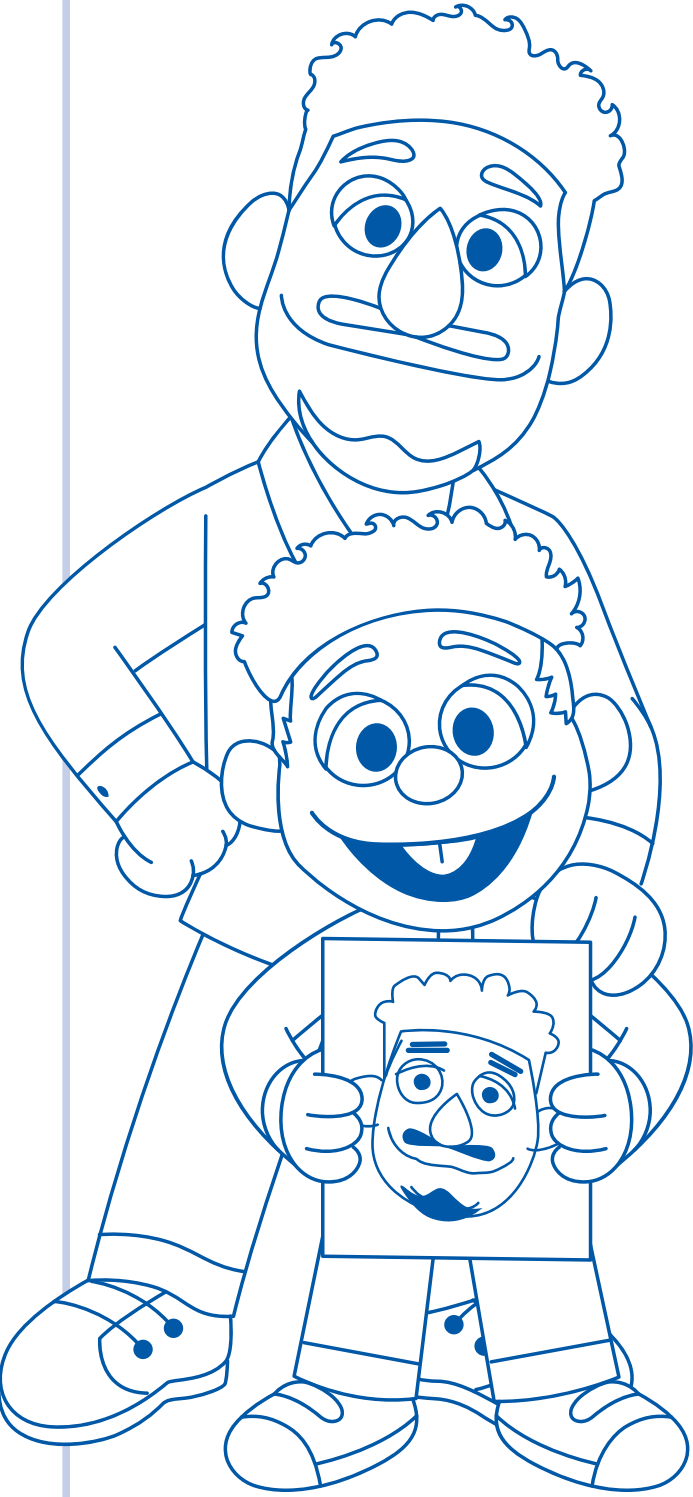
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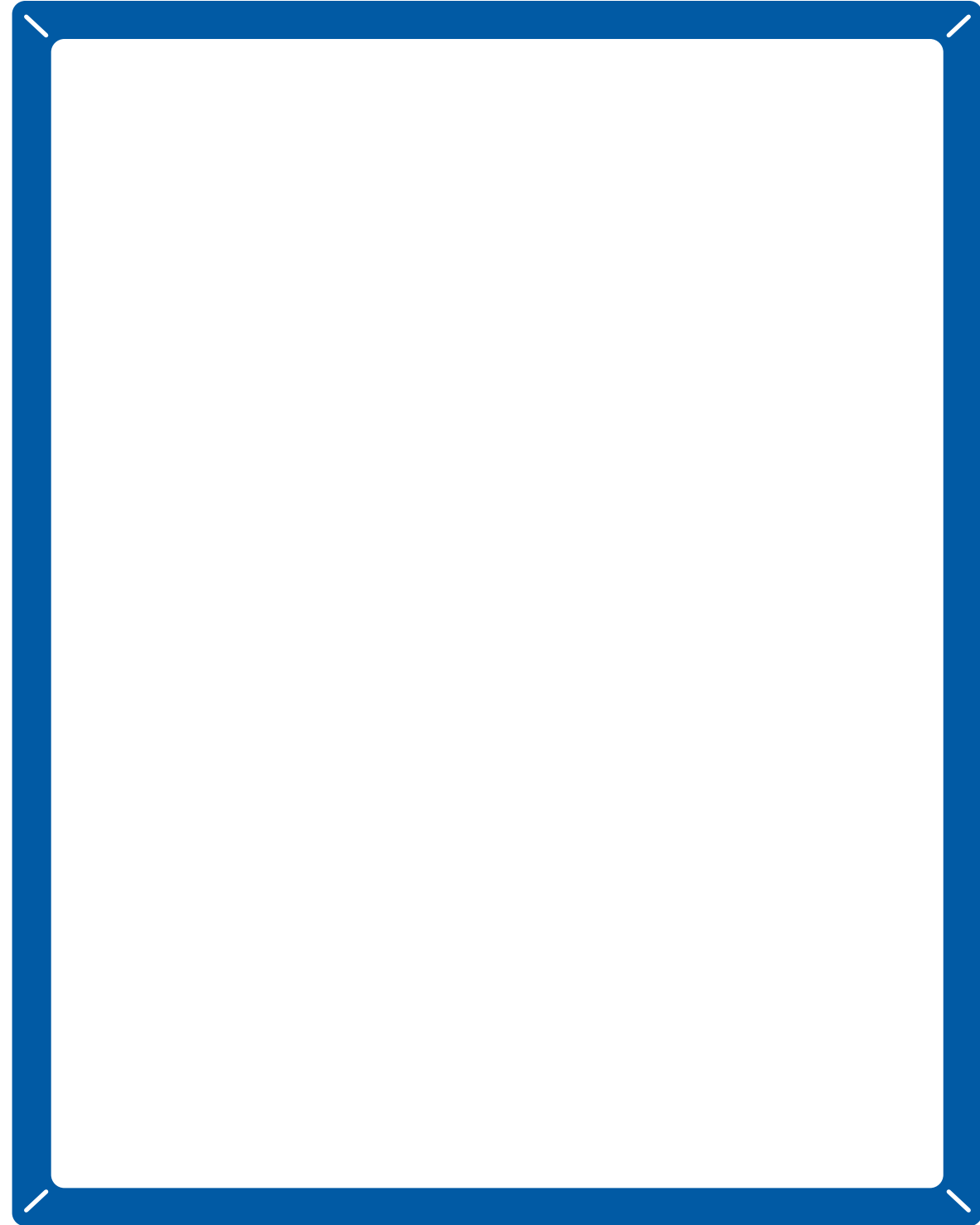
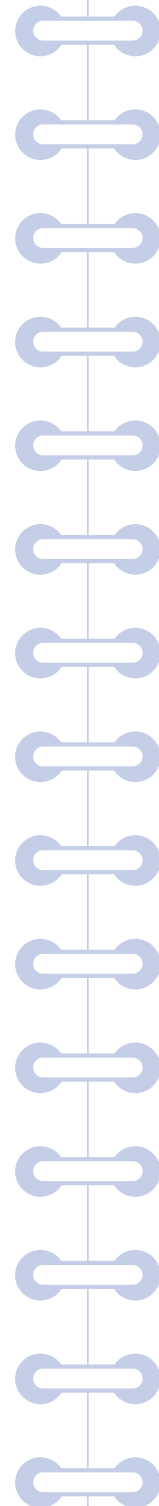
Here We Are!

We are a beautiful and proud African American family. We love drawing pictures of each other.

DRAW YOUR FAMILY, TOO.

Use crayons, markers, or colored pencils in the skin tones of people in your family. Chat about:

- * What words describe your family's race, culture, or ethnicity? (for instance, "Japanese-American," "Black," "White," "Jewish and Puerto Rican," "Mexican-American," "Brown," "Irish," "Cherokee," or "a quarter Chinese, a quarter Filipina, half White")
- * What other words describe your family? (for instance, kind, brave, caring, patient, flexible, curious, determined, honest) You can write them around your art.
- * What makes you special? How are you the same as or different from the other people in your family?
- * What are you most proud of as a family? What is your favorite thing to do together?

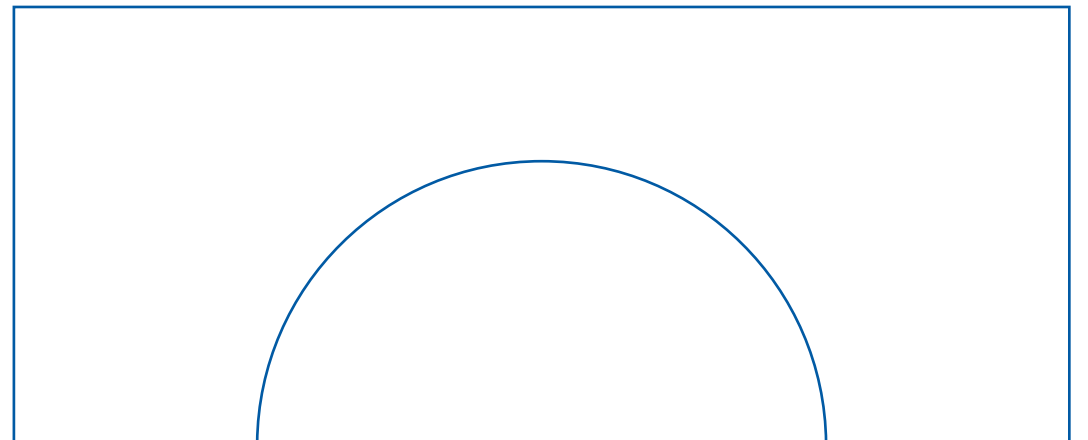
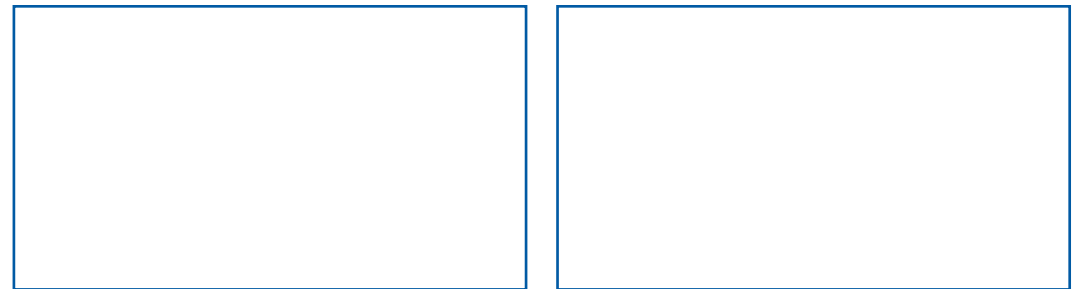
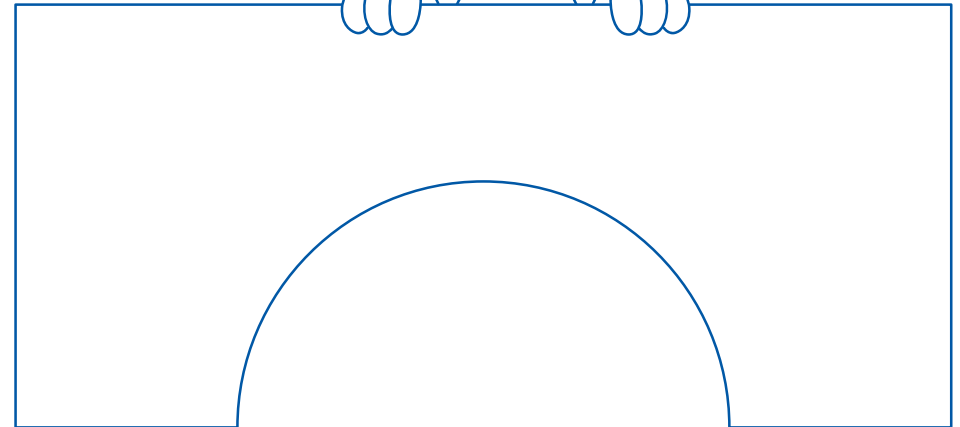
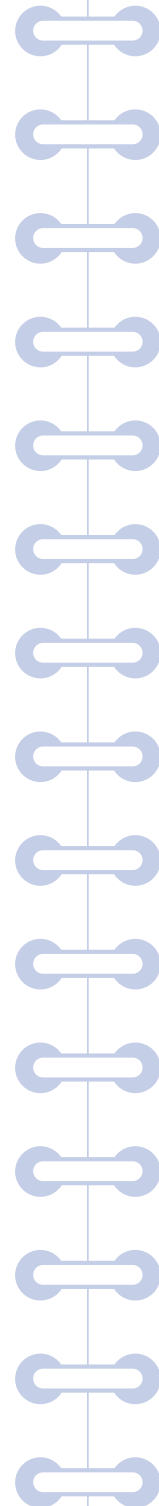
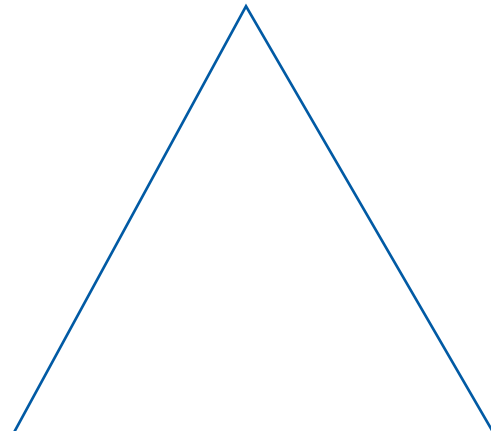
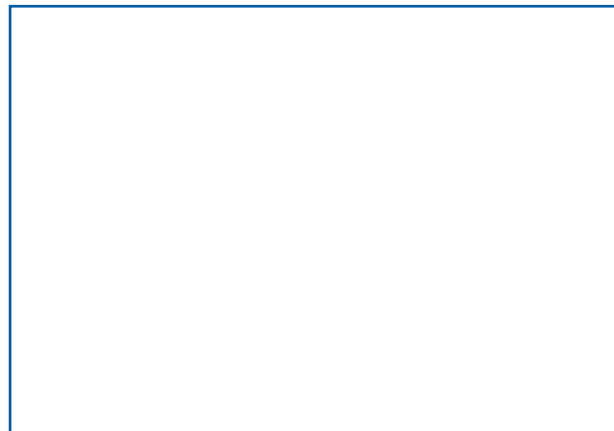
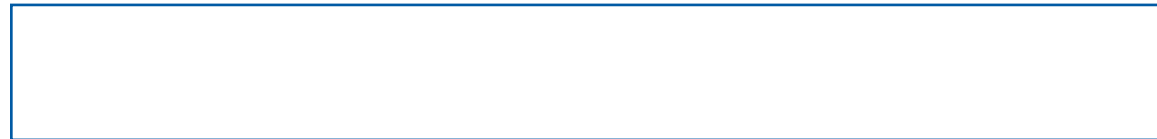


Sharing What's Special

I love building things. I want to be an architect when I grow up. I feel proud of myself when I make tall towers from blocks. I plan and take my time. What are some special things you can do?



**DRAW SOME IN THE BLOCKS,
OR A GROWN-UP CAN HELP YOU
WRITE THEM DOWN.**





We're Upstanders

An upstander is someone who uses their voice and their actions to help others. Upstanders make their communities—and the world—better for everyone. We added these words to our family book because we try to help our friends and be upstanders.

COLOR IN EACH WORD AND THINK OF A TIME WHEN YOU OR SOMEONE IN YOUR FAMILY DID THESE THINGS, OR WHEN YOU MIGHT DO THEM.

FOR GROWN UPS

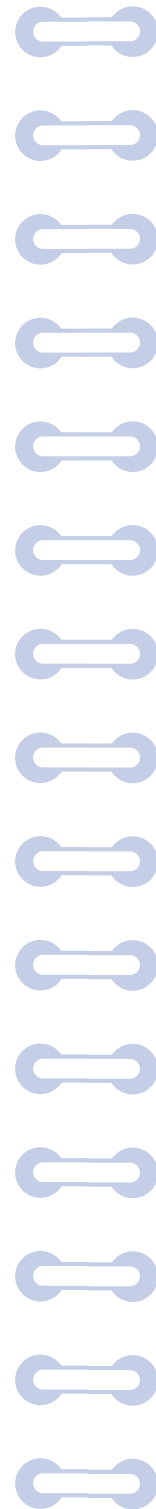
If your child has experienced racism, explain that “upstanding” also means standing tall and proud within yourselves. As you color, discuss each word:

Listen: It's good to listen to others when they talk about their feelings (such as if they were the target of racism).

Act: If someone treats someone else unfairly, we can say: “I don't like when you say/do that,” “That's not true,” “That's unfair and not okay,” and so on.

Unite: Lots of people want to be upstanders, and it's good to work together. An upstander can also play with someone who has been excluded, and ask others to join.


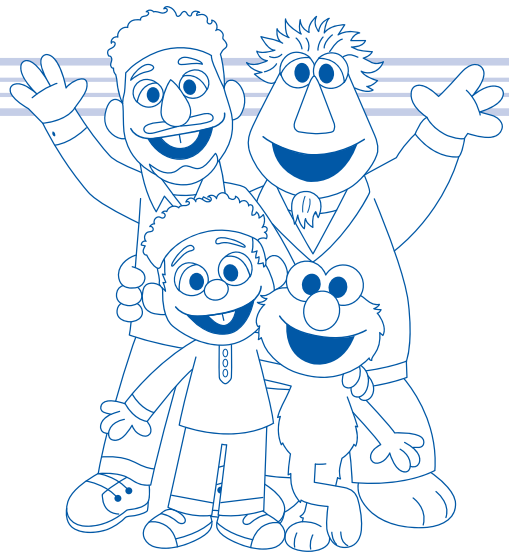
And let children see you speaking up or taking action when you notice something unfair! Talk about how you feel about it, and model respectful ways of communicating and standing up for others.



Joyful Moments

Sometimes taking care of ourselves—and making room for joy—is the best way to stand up against racism. Elmo and his Daddy taught my family a fun way.

CLOSE YOUR EYES AND PUT YOUR FINGER DOWN ON THIS PAGE. THEN DO THE THING YOU LANDED ON!




Tell a story that is important to your family.

Tell a joke or make silly faces at each other! It feels great to laugh together.

**Dance party!
Dance around to a favorite tune.
See who can come up with the best moves.**

**Sing a song. Music can help you express how you feel.
Take turns picking your favorite song to sing, hum, or listen to together.**



Big hug! It almost always helps you feel good.

Look in the mirror together and say something that's important to remember, such as "I'm smart," "I can do hard things," or "I'm beautiful inside and out."