

B is for Brave

JOY FUL

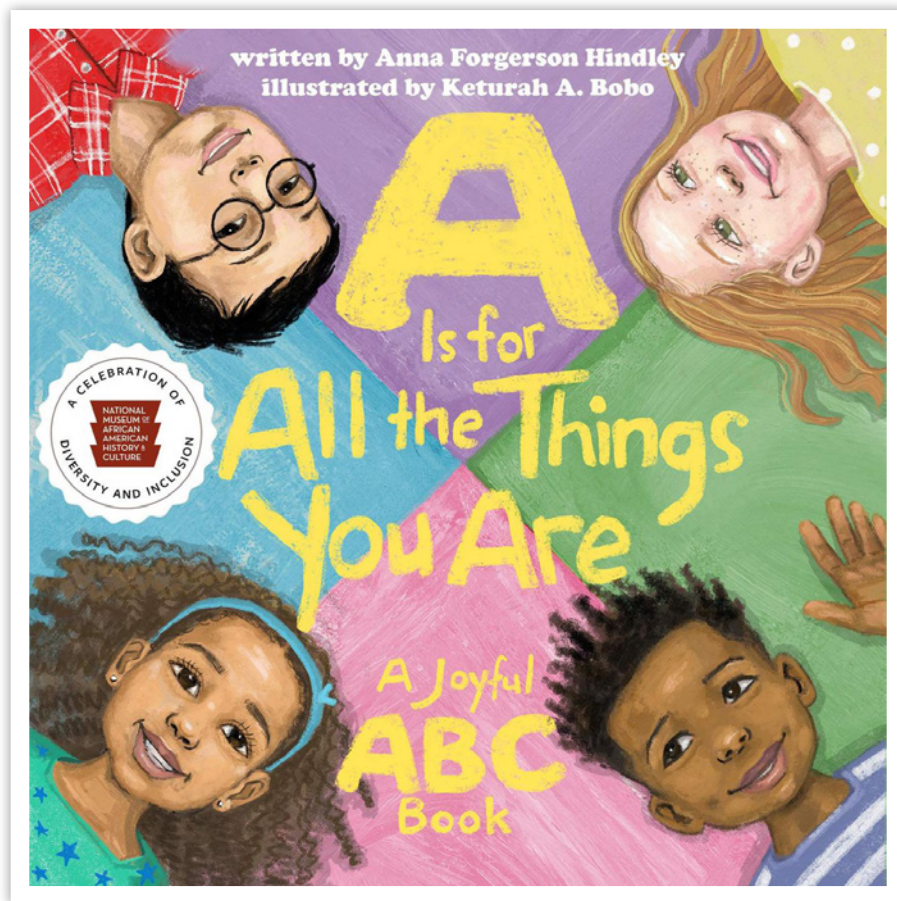


A NMAAHC KIDS ABCs ACTIVITY BOOK

EARLY LEARNERS EDITION - AGES 3 TO 5

Brought to you by the National Museum of African American History and Culture Early Childhood Education Initiative.
Inspired by the children's book, A is for All The Things You Are: A Joyful ABC Book written by Anna Forgerson Hindley
and illustrated by Keturah A. Bobo, ©2018 Art by Keturah Ariel LLC.

Funded by the W.K. Kellogg Foundation.



A is for All the Things You Are was written to affirm our children and empower them to see themselves as many things at once – daring and loving, creative and just, amazing and zany – and everything in between. The book offers wonderful opportunities for conversations with children to build their vocabularies, strengthen their sense of self and deepen their joy in and acceptance of human diversity. The illustrations allow them to see not only themselves but others in the same positive light as well. By seeing positive images of children of different colors, genders, abilities, classes, and other social identities, we nurture the child's comfort and joy in human diversity so deep caring connections can be made across humanity. In exploring ideas such as fairness, kindness, open-mindedness and being vocal, children begin the task of recognizing injustice and knowing how to stand up for themselves and others.

Each activity booklet offers suggestions of how to begin the lifelong work of having a positive sense of self and others with your early learner, how to support their language development and how to build the foundations of literacy.

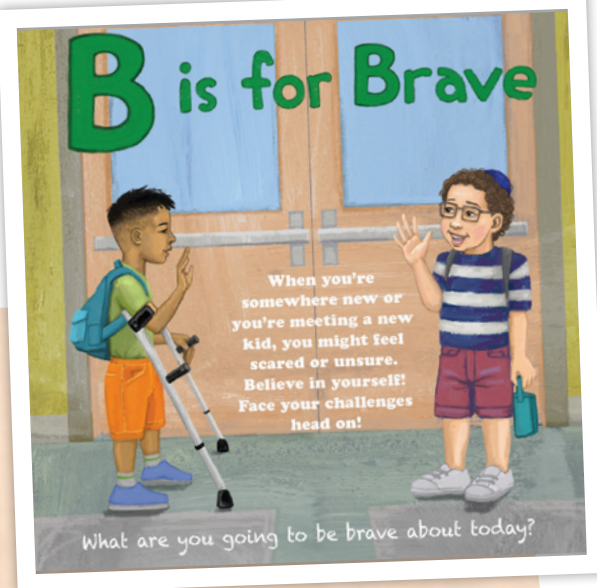
B is for Brave:

When you're somewhere new or you're meeting a new kid, you might feel scared or unsure. **Believe in yourself! Face your challenges head on!**

What are you going to be brave about today?

The opportunity to be brave usually happens when we are met with something new, unknown or challenging. Some children move into new experiences with delight. Some need to check things out and enter slowly. Letting children enter into a new activity or place at their own pace builds their sense of safety and their confidence.

If your child is slow to warm up to new experiences or has had a past frightening or hurtful experience, they may be reluctant to try anything new or even try things they've done before again. This sense of caution can be a healthy reaction that will help the child make good decisions in the future. When their trusted adults (that's you!) assure the child that you know they are brave at heart and will jump in to help when they are ready, the child comes to see themselves as capable and strong. Using the word "brave" when children show they are ready for what is new, helps them believe in their ability to face new things with both curiosity and caution – necessary skills for living in our ever-changing society.



A Is for All the Things You Are: A Joyful ABC Book
© 2018 Art by Keturah Ariel LLC (artwork)
© 2018 Smithsonian Institution (text)

What You'll Need:

The following supplies are suggested for the experiences in this booklet.

- Paper
- Markers or crayons
- Chairs, boxes or blanket
- 3-D materials (optional)
- Glue stick (optional)

Tip:

Build an at-home creativity kit full of all the supplies and recycled materials you'll need for future ABC art and play activities. Find the supplies list [here!](#)



EXPLORE

In early childhood, children learn best through doing! Explore this week's theme with your child by trying this engaging experience inspired by our museum collection.

Talk about it!

Look closely at the people in the photograph. Where do you think they may be going? How do you think they are feeling about the trip? How do you go places (walk, train, subway, car)? What do you like about that way of going somewhere?

Travel Play

Whether traveling by wheels, wings, waves or feet, it takes bravery to go to a new place. Sometimes when we travel, we aren't sure what might happen during our journey or are uncertain of what our destination will be like. One way to prepare for trips is through play.

Start your own imaginary adventure:

- 1 For this trip, imagine you will be travelling by train. Set up chairs or boxes, or lay out a blanket to sit on. Pick a new pretend or real place to travel to and put on your imaginary seatbelts!
- 2 Talk to your little one before this imaginary trip (and before any future trips you may really take). Ask: *What do you know about where we are going? What do you wonder? What do you think we will need?*
- 3 When the play trip begins: Make the sounds of the train. Look out pretend windows and imagine what you are seeing. Go to the dining car to get a snack!
- 4 Once you arrive at your destination, acknowledge the bravery that took! Where did you go? A museum? Pretend to look at art or create your own! A park? Climb an imaginary tree or build a mini-playground with household items. A new state or country? Take a walk around your neighborhood. What do you see in the "new" place?



[Woman and Child on Train](#)

CREATE

Create art inspired by this week's theme!

Mapmaking Art

When going to new places, we need bravery and a map! Maps help us get to our destination because they show us the roads, paths, train tracks and even waterways that people can use to travel. Try making your own map by following the directions below.



What You'll Need

- Paper
- 3D materials (optional)
- Markers or crayons
- Glue stick (optional)

- 1 On a blank piece of paper, use markers and crayons to draw a map of your home. A map is like a picture taken of a place from above, where everything is smaller.

Tip:

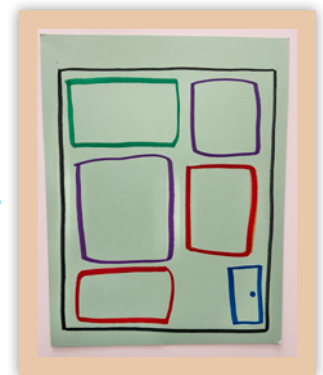
Younger children will need help creating a frame and where to place items on their map.

- 2 Add details of what is special to you. Where do you sleep? Where do you play?

- 3 Consider making your map 3D by adding materials like crumpled paper for furniture, string for walls or cotton balls for where you sleep.

Tip:

For older kids, try mapping your neighborhood or use your imagination to make a map of a new destination.



LETTERS & LITERACY

Invite your child to take part in the following experiences to support your child's literacy and language skills.

**Start your
early literacy
journey!**



First day of Memphis integration, TN by Dr. Ernest C. Withers

Literacy Building

After a trip, to somewhere close by or far away, invite your child to share a story about it. Developing narrative skills, like the ability to describe things and to tell events in order, is an important component of early literacy development. As they share you can support by asking questions like: *What happened first? What did you do next?* - or encouraging them to describe something in more detail. This week, be sure to point out moments of bravery during their storytelling!

Learn Letters

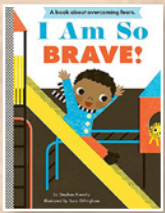
Take a walk around your neighborhood and pay close attention to the street signs you see! As you discover them, read the words and invite your child to point out letters that they recognize. Talk about how signs help us travel safely and find our way around familiar and unfamiliar places. This week, try to spot signs that have the letter B on them.

EXPLORE MORE

Continue learning with your little one using these recommended resources:

Books

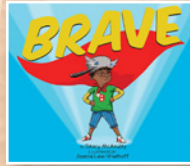
Support your little one to face new experiences, emotions and environments bravely with these suggested books.



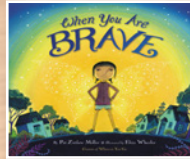
I Am So Brave!
by Stephen Krensky,
illustrated by Sara Gillingham



Tomorrow I'll Be Brave
by Jessica Hische



Brave
by Stacy McNulty,
illustrated by Joanne Lew-Vriethoff



When You Are Brave
by Pat Zietlow Miller,
illustrated by Eliza Wheeler

Tip:

Use your favorite search engine to find read-aloud videos online!

Online Resources

Discover more ways to support the development of your child's bravery with these online resources.



[11 Poses to Help Kids Feel Brave](#) - Medium



[Being Brave Song](#) - PBS Kids



[En Vogue Sing Adventure Song](#) - Sesame Street

CONNECT

A Guide for Families and Caregivers

Why do these experiences matter?

A child's identity is both internally constructed and externally imposed. They learn who they are and how they are valued from the words and actions of others and from the way they do or don't make sense of those messages. Their beloved adults (that's you!) are the most important people in their world. The words you give a child to describe themselves and others have lasting power in their lives. When a child has the words to think about their strengths and their worth, they can sort through negative messages and hold on to their sense of being loveable and capable. The experiences in this booklet are invitations for you to use objects, activities and words to support your child's positive identity development, their fascination with how people are both different and the same, and their ability to read emotions and build empathy. In time, experiences like these will also support your child's ability to recognize unfairness or unkindness and to stand up for themselves and others.

What about supporting language development and getting ready to read?

Alphabets, in and of themselves, are not particularly interesting to young children. However, learning letter-filled words to describe the world around them and inside of them (their feelings, experiences and senses) are very interesting to children! Discovering new words, new ways to say things and new ways to think is exciting and essential to a child's literacy and identity development.

The developmental path to reading is a child's understanding that, *"Anything I do or see, I can say! Anything I say can be written! Anything written can be read!"* Many booklet experiences will encourage you to engage in conversations about objects and during story times to deepen your child's connection to spoken and written words. Other experiences will invite you to build literacy skills by writing down what your child says, feels or thinks and reading it back to them aloud. Some booklets will introduce fun ways to boost fine motor skills that contribute to a child's writing and reading abilities. The booklets will also recommend books that intrigue children by illustrating the rich diversity of people in the world and providing them with a mirror to their own lives or a window into other lives.

Every child's path to literacy is different and valid - just like their identity. The experiences in these booklets aim to support you and your child along their unique journey to literacy and a positive sense of self. **Remember to have fun along the way!**

Credits

Objects

- Photographic print of a woman and child posing on the steps of a train, unidentified photographer, July 1938. Collection of the Smithsonian National Museum of African American History and Culture, Gift of Princetta R. Newman. [2014.75.18](#)
- *First day of Memphis integration, TN*, Dr. Ernest C. Withers, 1961. Collection of the Smithsonian National Museum of African American History and Culture, © Ernest C. Withers Trust. [2009.16.18](#)
- Tie pin worn by Pullman porter Philip Henry Logan, mid-20th century. Collection of the Smithsonian National Museum of African American History and Culture, Gift in Honor of Philip Henry Logan, from The Descendants of Garfield Logan. [2011.73.2](#)

Original Artwork

- Bluebird (cover, page 5); © 2018 Art by Keturah Ariel LLC