

**Lesson Plan**  
**Helping Young Children Understand and Stand Up Against Racism**  
**Dr. Shu-Chen Jenny Yen**

**Objectives:**

1. Raise awareness of racism and anti-Asian racism
2. Teach children how to respond when encountering a verbal racism attack
3. Condemn racism and teach children the values of kindness, love, and peace
4. Teach children to appreciate everyone's differences, be inclusive, and embrace diversity

**Ages:** 4- to 10-Year-Olds

**Book:** *A Scary Trip to a Grocery Store*. A social story to teach young children how to stand up against the Anti-Asian Racism by Shu-Chen Jenny Yen. Free Download at <https://socialstorycenter.com>

**Procedures:**

1. Tell the child that you will read a storybook about two girls' grocery trip.
2. Ask the child to guess what might have happened in the book.
3. **Discussion starters:** Ask the child if they have gone to a grocery store? What was their experience? Was it pleasant or scary?
4. Read the book with the child: Use **Dialogical Reading**- try having a conversation/dialogue with the child when reading the book instead of just reading the book directly to the child.
  - a. Ask open questions and comment on the pictures,
  - b. Ask if the child can relate their experiences with the pictures or text in the book, and
  - c. Pause for discussion for important concepts such as racism, bystanders, etc.
5. After reading the book, choose appropriate questions for discussion:
  - a. For 4- to 7-year-olds
    - Do you think Emily and Mei Mei were treated nicely?
    - Why was the man angry at them?
    - What is racism?
    - Have you had any similar experiences being treated unfairly?
    - What are your feelings when you were treated unfairly?
    - What can you do about such feelings?
    - What can you do to fight against racism?

- b. For 8- to 10-year-olds
- Do you think Emily and Mei Mei were treated nicely?
  - Why was the man angry at them?
  - What is racism?
  - What does bystander mean?
  - Have you had any similar experiences being treated unfairly?
  - What are your feelings when you were treated unfairly?
  - What can you do about such feelings?
  - What can you do if a grown-up is mean to you? What can you do?
  - What can you do to fight against racism?
  - What can you do to help your Asian-American friends?

**Follow-Up Activities:** After reading the book, you can do the activities below with the child or let the child complete the activities based on their age and developmental level.

#### Art Activity

- Draw pictures of their emotion when they were treated unfairly.
- Draw pictures about how they can stand up against racism.

#### Writing Activity

- Write a letter to Emily and Mei Mei.
- Write a letter to the Lady who helped Mei Mei and Emily.
- Write a letter to the racist.
- Create a storybook for individual child if they have experienced an unfair treatment and would like to write about it.

Practical Life Activities: Gather all the ingredients and make an All-American salad together.

#### Make a pledge

I can do \_\_\_\_\_ to help fight against racism.

### **Talking to Young Children about Racism Resources**

- **NPR:** <https://www.npr.org/2021/03/23/980462478/how-to-talk-to-kids-about-anti-asian-racism>
- **PBS:** <https://www.pbs.org/parents/talking-about-racism>
- **Liz Kleinrock's Ted Talk:** <https://smithsonianapa.org/learn/learn-archives/2020-04/>
- **Sesame Street:** <https://www.youtube.com/watch?v=OUuSbZ1to6A>
- **Dialogical Reading:** <https://www.youtube.com/watch?v=34lojHNdqLo>