

# MOMENT 1

*Remember these core things as you do this work:*

1. You will make mistakes and the knowledge you have is growing. The same is for your child. Let yourself and them know that you are both human doing human things, and you are learning.
2. There will be surprises in the things your child says and the way they respond. Welcome them with love, gentleness, listen, and guide them.
3. Be brave. You got this. Then help your child be brave.

**Watch this song** [“The Color of Me”](#) from Sesame Street as a family.

**Afterwards, if your child is preschool and up:** ask them how they would describe the color of their skin and your skin - then talk about how wonderful it is that God created so many different colors of skin.

Explain to them that this can also be called someone’s race. This can include their hair, eye color, and other features that make them, them - this includes us too!

**If your child is younger, then narrate this time with them.** The more you practice having these conversations (even if they are a baby!), the more natural it will be for your family.

**Pray out loud:**

God, thank you so much for how you have made every person in this world. Thank you for all the different races, skin color, hair, eyes, and even the different ways people move and sing! Thank you God that we can learn about this as family and learn to love others. Lord, we ask that you would help our family as we continuously learn to become anti-racist and help us to love and do the work you are calling us to do. In Jesus’ name, Amen.