Help children pick crayons or colored pencils that accurately show their skin, hair, and eye color, and draw themselves. Ask, “What makes you, you?” Around their drawing, help children write:

- Descriptions of their racial, ethnic, and/or cultural identity (for instance, “Japanese-American,” “Black,” “White,” “Jewish and Puerto Rican,” “Mexican-American,” “Brown,” “Irish,” “Cherokee,” or “a quarter Chinese, a quarter Filipina, half White”);
- Words that describe their skin color (for instance, coffee, peach, pink, caramel, cinnamon, beige);
- The part of the world their family is from;
- and things they’re good at or what makes them special.