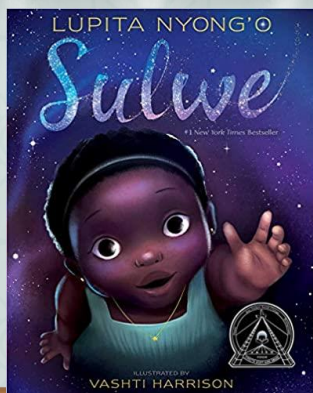


New York State  
**BOOK NOOKS**



# Sulwe

This story exhibits a deep portrayal of young Sulwe's emotions as she is shunned by peers because of the shade of her skin. This book brilliantly illustrates her journey to discovering her inner and outer beauty with the guidance and love of her family.

**Title:** Sulwe  
**Author:** Lupita Nyong'o  
**Illustrator:** Vashti Harrison  
**Publisher:** Simon & Schuster Books for Young Readers  
**Date published:** 2019

<b>Pyramid Model Skill or concept(s)</b>	Interacts with children to develop their self-esteem, promotes instruction to aid in the development of social skills, promotes identification and labeling of emotions in others, explores the nature of feelings
<b>Goal/Objective:</b>	Children will practice using positive self-talk. Children will practice using friendship skills.
<b>Emotional Vocabulary:</b>	Sad, hurtful, friend, lonely

## Story Time: (Show and Tell It)

<b>Name of Activity:</b>	Reading & Discussing the Book
<b>Supplies needed:</b>	A copy of the book
<b>Ideas of what to say or do.</b>	<p>Take your time to discuss what is happening in the book as you read it to smaller groups of 3-6 children. Sulwe is experiencing racism and is struggling with her emotions to feel good about herself. Have an open and honest conversation with the children about how and why Sulwe is feeling sad and lonely. Draw attention to how Sulwe plays by herself, the look on her face as she cries etc.</p> <p>Discuss how people all have different shades and colors of their skin and that is part of being a person. Ask the children to put their hands into the center of the circle and put your hand in too. Look at and celebrate all of the colors of skin that are represented. All skin tones are beautiful!</p> <p>Ask them what they think the other children in the book could have done to help Sulwe feel happy and part of the community. Make sure to point out what acceptance of people is and what friends do to be a friend.</p>
<b>What Pyramid Model skill or concept is covered?</b>	Friendship skills, positive self-talk, identification of emotions in others

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## Small Group: (Practice It)

<b>Name of Activity:</b>	We Are Bright and Strong
<b>Supplies needed:</b>	The book, paper, drawing materials, camera
<b>Ideas of what to say or do.</b>	<p>In small groups of 2-3 children, sit at a table. Talk with them about how sad Sulwe was when the children in the book were excluding her because of the color of her skin; use the book to help with the conversation as needed.</p> <p>After talking with her mom and having a vivid dream, Sulwe started to feel bright, strong and beautiful inside and out. Model what it means to feel strong inside. For example, "I feel really happy and powerful when I teach all of you." Ask and talk with the children about when they feel powerful and strong.</p> <p>Then, give the children a compliment about when you see them being bright, powerful or strong; try to relate it to being a good friend. (You may want to have these ready before you begin the small group. Try to have pictures of them doing what you are complimenting them on.) For example, "Mya, you are so strong when you offer to help your friends cleanup toys that you did not play with. You are a strong and helpful friend!" Discuss how the compliment made the child feel. Next, encourage children to give each other compliments on when they are being a strong friend. Ask them how they felt when giving and receiving the compliments. Take dictation of their discussion on giving and receiving compliments. Encourage them to act out the strong friend actions, take pictures of them doing them and create display boards and classroom books.</p> <p>After this small group, make sure to verbally highlight when you see children being strong friends. Take their pictures and add them to the classroom display.</p>
<b>What Pyramid Model skill or concept is covered?</b>	Positive self-talk, friendship skills & giving compliments

