

## Sense of Self

Written in a lively and powerful verse, Fry Bread cooks up a feast of identity, history, and family tradition. This book depicts a modern Native American family cooking together.

### CORE SKILL OBJECTIVES

### INTENTIONAL TEACHING PRACTICES

#### RELATE



#### Children will:

- ◆ Show awareness about self
- ◆ Understand characteristics of self and others

#### Teachers will:

- ◆ Embrace similarities and differences

### TEACHING TIP

Like all children, Native American children benefit from seeing books that reflect themselves, their families, and their community in positive ways. Unfortunately, many children’s books portray Native Americans in narrow and biased ways (e.g., exclusively wearing traditional clothing, as historical figures, or as being of one race/ethnicity). For this reason, Native American children need access to books that portray them and their communities in modern and authentic ways. When you share such books with Native American children, you are supporting them to develop a more positive sense of self. Exposure to those books is beneficial for children who are not Native American too! Sharing these books helps expand their worldview and develop cultural humility.

### 1. INTRODUCE

- ◆ “Have you ever cooked a recipe with your family at home? Show me a thumbs up if you have. This book is called Fry Bread and in it, a Native American family comes together to make fry bread, a special food from a recipe that people in their family have cooked for many, many years. Native Americans are people whose ancestors (e.g., great, great grandma) come from the land and the neighborhoods where we live now. Let’s look and listen carefully to see how they make and share fry bread together.”

### 2. READ THE BOOK

- ◆ Pause occasionally to highlight the nuances of this Native American family and to help children connect with the similarities and differences from their own family.

### Embrace Similarities and Differences



**Read:** “Fry bread is food...All mixed together in a big bowl”

**Comment:** “These people are all Native American. Notice how different they look. Some have black hair (pointing), red hair, and blond hair too. Their skin color is different too—(pointing) I see dark brown skin, tan skin, and beige skin too!”

**Ask:** “Does everyone in your family look exactly the same? What are some ways you look different than your family?”

**Embrace:** “People in the same family can look different and that’s wonderful!”

**Read:** “Fry bread is time... moments together with family and friends”

**Comment:** “Look at the picture. They are eating all together.”

**Ask:** “What types of food do you like cooking or eating with your family?”

**Embrace:** “We all spend time with our families, and we all love different foods. Some of us help cook and other simply enjoy meals together.”

**Read:** “Fry bread is nation... hundreds and hundreds of tribes”

**Comment:** “Native Americans organize themselves in tribes or small communities/nations across the country, each with their own language and traditions. All the names I just read are examples of tribes.”

**Embrace:** “Being a part of a group helps us feel included and loved. We can be ourselves even when we’re part of a group.”

### 3. REVIEW

- ◆ “In some ways, we are all different! Each of our families have a different history and we cook and eat different types of food. In other ways, we are all similar! All our families have a history and enjoy cooking and eating together.”

### 4. KEEP IT GOING

- ◆ Ask families to share their favorite recipe (or even cook it!) with the class. Additionally, make sure that your pretend play area includes diverse cooking supplies for children to make fry bread or their favorite family recipes.