



National Center on
Health, Behavioral Health, and Safety

February 2022 | Issue No. 7

What's the Word, Big Bird?

Learning About Race

We live in a big world with lots of different people. Helping young children learn to love and appreciate themselves and the differences in others is an important part of the work that we do as caregivers. Research explains that children begin to notice differences in skin color and the way others look at a very young age. Talking about race and diversity can be a first step toward building a better world for everyone. This month, **Sesame Street in Communities (SSIC)** is sharing a set of resources to help kids think, ask, and talk about race.

Featured Resources

Save your favorite resources, complete activities, and participate in free professional development offerings, such as webinars, trainings, and courses, by [registering for an SSIC account](#).



[Explaining Race](#)

Just like leaves on a tree in autumn, friends come in all shapes, sizes, and colors, and that's pretty cool! In this video, Elmo's new friends Wes and Elijah talk about melanin and why people have different skin (and fur!) colors.

[I Am Somebody](#)

Children are so many things — brave, important, resilient, and much more. Repeating positive affirmations can build confidence and a strong identity. Use this printable activity page to share encouraging messages with children, and even have them create some of their own.

[Outside, Inside](#)

We might all look different, but we also share lots of similarities! In this interactive storybook, Wes and Elijah explore the many things that all children have in common. Children can read

along with their new Muppet friends and see themselves and their friends reflected in the photographs.

What's New

Check out the latest resource from SSIC to support children and families in your program.

[Bert and Ernie Reuse and Reinvent!](#)

Caring for the earth is important for the future of our children, and even the smallest projects can inspire little ones to join the cause. Share this interactive game with young children and invite them to help Ernie and Bert in their upcycling adventure!

Stay Connected

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics. The **Health, Safety, and Wellness** community currently has more than 1,500 members who are networking, sharing, and learning from one another. Find it under "All Communities" and select the blue "Join" button.

Please share this message with colleagues who may be interested in this topic.

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We Want to Hear from You

Send your questions or comments to health@ecetta.info or (toll-free) 888-227-5125.

Sesame Street in Communities is a partner in the Office of Head Start's National Center on Health, Behavioral Health, and Safety.

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