

ANTI-RACISM CARDS

Activity cards for children to help them
learn about others, be kind and
adopt inclusive behaviours!



Parents, Caregivers, Leaders and Educators

What We Created –

These Anti-Racism Cards are an outcome of activities held during Anti-Racism Week in Winnipeg, held from March 21-27, 2021.

They were developed in support of anti-racism efforts, and are seen as a tangible outcome and legacy of Winnipeg's first-ever Anti-Racism Week!

Why We Created Them –

These Anti-Racism Cards were created by children aged 6-12 years old from Winnipeg, as a way to build on their knowledge and learn how to create inclusive environments for their peers.

The cards are intended to help children understand how not to contribute to racism, and encourage them to support others and be allies in their communities. Children have the opportunity to take action through a variety of activities and challenges.

The Process –

The Recreation Services Division developed and distributed a Children's Activity Toolkit and Art Project to various communities, children's Free Play programs and Spring Break Camps throughout Winnipeg. Children were led through a variety of activities and games that focused on supporting others and adopting inclusive behaviours. They also had an opportunity to learn about their rights!

Children were then asked to use what they learned from the games to inform artwork, and draw their answer to the question:

“What does Winnipeg without racism look like to you?”

In total, 44 Anti-Racism Cards were developed using a variety of the artwork created by children who participated.

The Outcomes –

In developing the artwork and challenges for these Anti-Racism Cards, children had the opportunity to have fun, be creative and increase their knowledge on topics such as racism, discrimination, equality and reconciliation. This final product can now be used as a tool or activity itself, to enhance program curriculums and encourage children to learn about one another and learn how to create inclusive spaces for all!

Instructions -

Each card has artwork and a challenge related to the promotion of inclusive behaviours and learning about one another. You can use these cards with children by completing the challenges as a group or individually. They can be used to facilitate discussions on what it looks like to promote anti-racist behaviours and values, such as acceptance, respect for diversity, responsibility, fairness and inclusion.

Before using the cards and completing the challenges, you are encouraged to discuss with your children what it means to be accepting and inclusive of others.

**The next card has a game
to help you get started!**

Exclusion by Numbers

(a game)

Age: 6-12 years old
Time: 15 minutes
Location: Indoors/Outdoors
Group Size: 6-20
Activity Level: Active
Materials: None
Principal Value: Inclusion
Other Values: Respect/Acceptance

Purpose of the Activity

To experience feelings of exclusion or marginalization and to think about:

- Why it is important to include everyone
- Ways to include everyone in the group

How to Play

1. Ask the children to move around in the play area.
2. Let the children know how you would like them to walk: hop on one foot, on tippy-toes, taking giant steps, etc.
3. After a certain length of time, shout out a number that is smaller than the number of players. The children must then quickly form groups containing that number of people. Children who do not succeed in becoming part of a group at this point are eliminated for the next step (step 4).
4. Now, ask the members of each group to form a huddle and to find something they all have in common. For example:
 - A sport that they all play
 - An activity that they all do
 - A food that no one likes
 - A colour that all the members of the group are wearing
5. Invite the children who were eliminated to rejoin the group and continue the game using a different number for forming groups.

Variations

Music

Use music to create atmosphere during the game. You may also want to stop and start the music throughout the game. For example, stop the music to let the children know when it is time to form groups.

Exclusion by Numbers

Group Discussion

After the game, have the children reflect on the experience. You can use the questions on the backside of this card as a guide.

Feel

- How did you like the game?
- How did you feel when you found a group that you could join?
- How did you feel when a group rejected you?

Think

- Have you ever been excluded at school, in a program or by your friends? Why?
- Have you ever excluded friends by telling them they could not play with you? Why?
- Can you think of some people who are often excluded?

Discuss the fact that some people are often excluded (such as people with disabilities, homeless people, etc.)

Act

- What can we do in our group to make sure no one is excluded?

Now Use the Cards!

1. Pick a day (it could be every day)!
2. Have a child choose a card.
3. Try to accomplish that challenge throughout that day within your group or classroom, or within the next week at school or at home.
4. If you did not complete the challenge as a group, ask the children to report on how it went. Did they complete the challenge? Have a discussion about it.
5. For more complex challenges that need adult support (events, excursions or challenges requiring time and materials/resources), create a plan for how your group can accomplish this challenge - then do it!

Additional “Challenges” –

These additional “challenges” can be used as activities at home, in your program or in the classroom.

1. Ask your teacher or parents/caregiver if you can plant a garden with your friends. Everyone chooses a different seed that means something to them.
2. Research some of Winnipeg’s diverse history. What does the name “Winnipeg” mean? Share what you learned.
3. Research the meaning of a Talking Stick. Share with your group. Make it! If appropriate, use it the next time you share stories about the challenges you completed in this deck of cards.
4. Try to make people laugh today. Count how many and share with someone. Turn this into a challenge of its own.
5. Have a birthday celebration for everyone in your group at once! Be sure to include everyone. Or, invite new friends to your own birthday celebration this year to help you get to know them.

THE GREATEST CHALLENGE OF ALL!

Create an anti-racism art activity or contest with your group, friends or family. Locate some resources, create some artwork and post the artwork at your school or community center for the community to see.

(Optional)

Select a contest winner or winners. They can be the **Ultimate Ally for the Day!**

PASSPORT

We have provided a PASSPORT at the back of the deck to use as you complete the challenges with your family, group or classroom. Each time you complete a challenge, you can mark it off on the PASSPORT. You will be able to identify the challenges you completed!

We hope that children in the community learn from these cards and participate in promoting and adopting behaviours that keep your community healthy and safe!

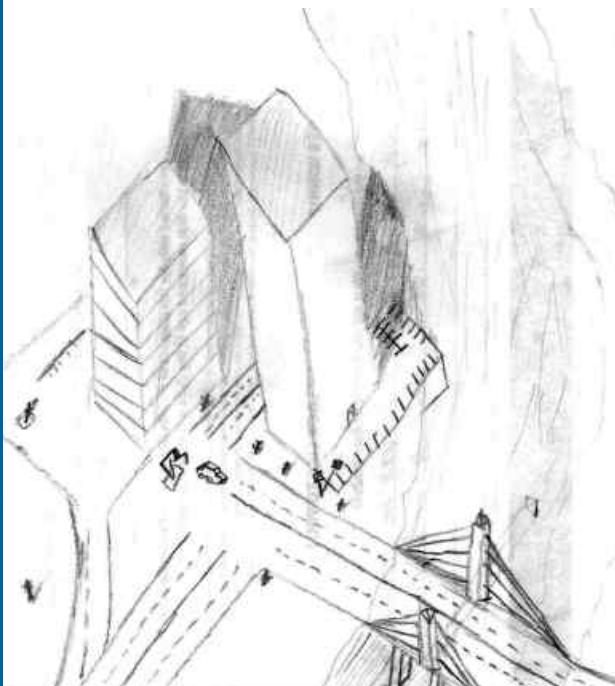
Acknowledgments

equitas

educate. empower. change.



...and many children in the community!

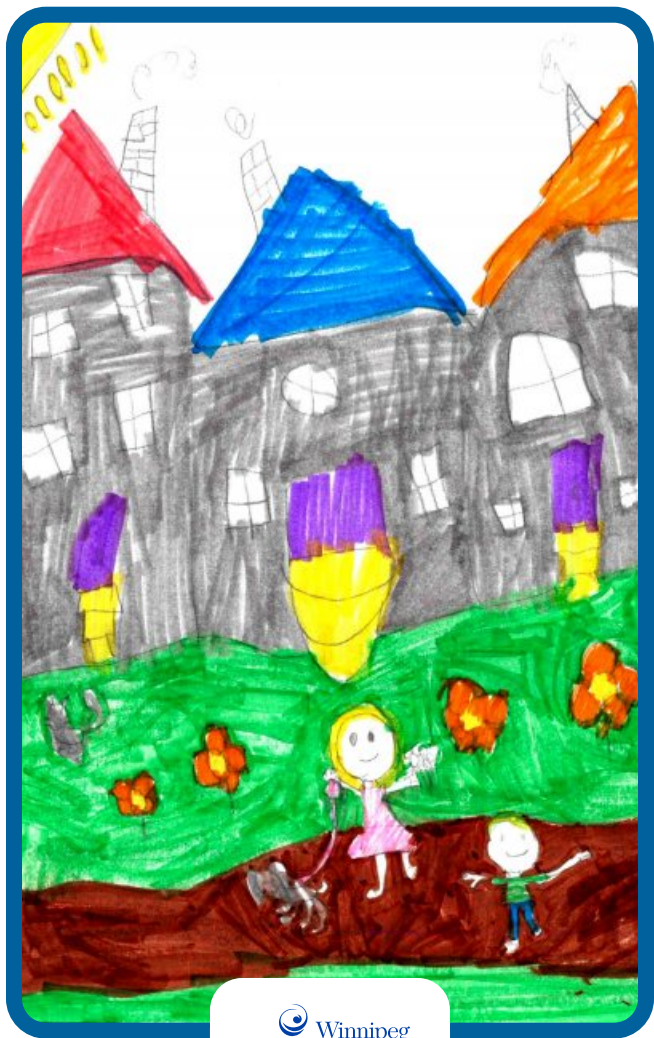


WINNIPEG

ANTI-RACISM CHALLENGE

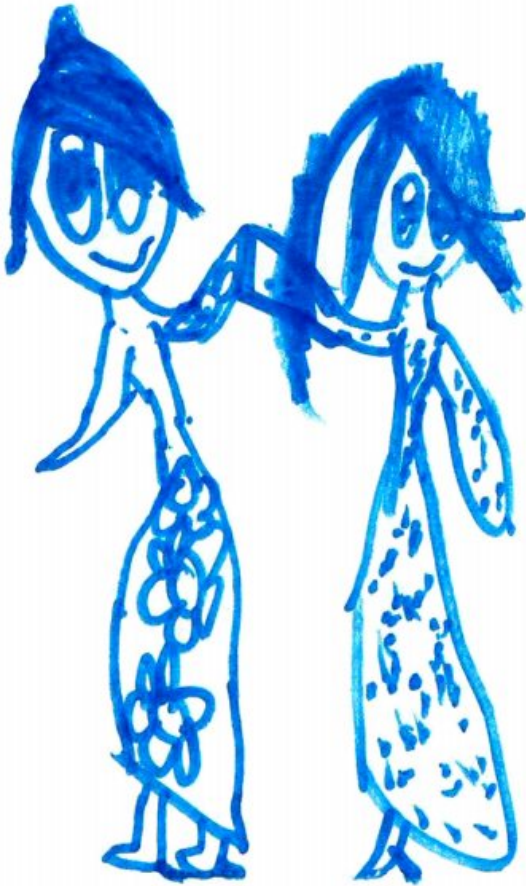
**Draw a picture of a special
safe place in your city - Winnipeg!
Post it somewhere.**

1



ANTI-RACISM CHALLENGE

Make a plan for how you would address racist comments in case you hear them from your classmates or people who work in your school. Share your plan with a trusted adult.



ANTI-RACISM CHALLENGE

**Talk to a new classmate or a student
you don't know yet at school.**

3



ANTI-RACISM CHALLENGE

**Write a song or a poem about
where you are from. Share it with
friends and your family.**

4



**Dance together even
if you look different**

ANTI-RACISM CHALLENGE

**Ask your parents/caregivers
to help you learn a dance
from a culture different
from your own.**

5



ANTI-RACISM CHALLENGE

**Organize a food drive with your
program, family or classroom.
Be sure to include items that
represent your ethnicity!**

Winnipeggers are kind



ANTI-RACISM CHALLENGE

**Try to do three positive things
for someone today so you can show
that you support and respect them.**

7



RESPECT the
earth Just like
YOU RESPECT Each other

ANTI-RACISM CHALLENGE

**Paint a rock with colours that
represent where you are from,
write a respectful message
and hide it for someone to find.**

8



ANTI-RACISM CHALLENGE

**Share something about your
culture with your friends.
Ask them to share something too!**

9

Always be friends



ANTI-RACISM CHALLENGE

**Sketch a friendship tree!
Include all your friends and classmates.**

10

It's time to start standing up
for one another.
#BLM #ALM #EQUALITY



ANTI-RACISM CHALLENGE

**Look up where your ancestors may
have lived and show others on a map.**

11



ANTI-RACISM CHALLENGE

**Research a new word
related to anti-racism.**

12

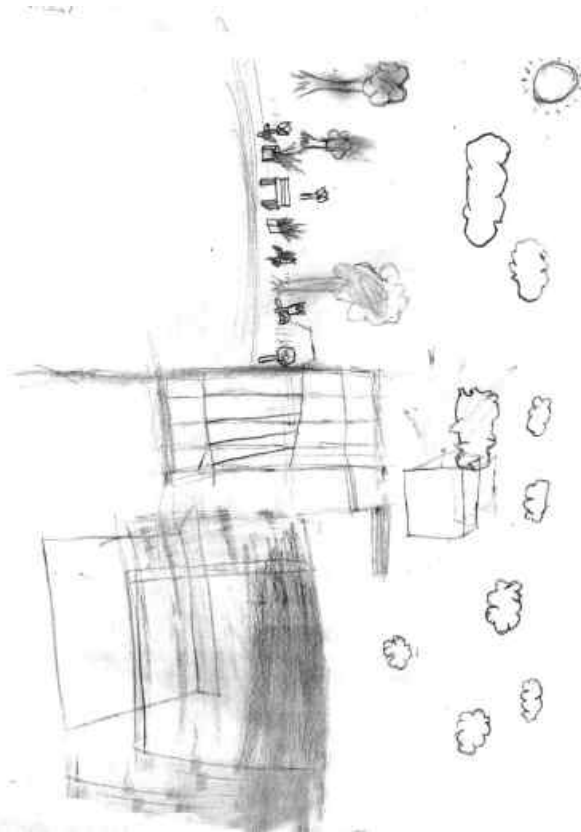
#BLM



ANTI-RACISM CHALLENGE

**Go to the library and take out
a book written by an Indigenous person.**

13



ANTI-RACISM CHALLENGE

**Invite someone you don't
normally play with to play outside.**

14

My world - no fighting

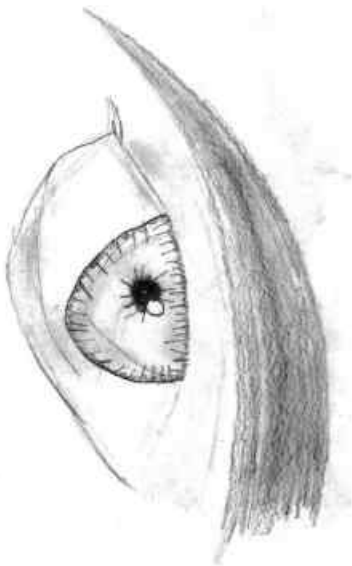


ANTI-RACISM CHALLENGE

**With a trusted adult or teacher,
create a plan for how you would deal
with discrimination or bullying online.
Share it with your classmates or
others in your program.**

Anti-Racism

I see what is going on?
Do you see me? My thoughts?

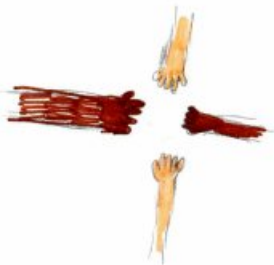
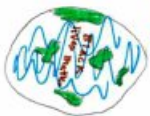


ANTI-RACISM CHALLENGE

**Create a collage with your friends.
Be sure to include what is unique and
what is similar between yourselves.**

16

EVERY LIVES MATTER



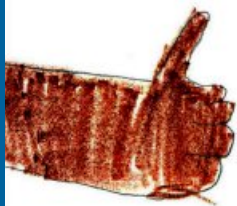
STOP THE RACISME

ANTI-RACISM CHALLENGE

**Create a fundraiser with your group/peers
in support of a newcomer organization.**

17

STOP



Racism



ANTI-RACISM CHALLENGE

**Give a “thumbs up” to a friend today
to show that you support them.**

18



ANTI-RACISM CHALLENGE

**Think of three nice things to do today -
for a friend, a parent/caregiver
or a teacher. Do them!**

19

Stop the

RACISM



ANTI-RACISM CHALLENGE

**If you notice someone
being made fun of because
they look different, safely stand up
for them, or tell a trusted adult -
so everyone can be happy!**



ANTI-RACISM CHALLENGE

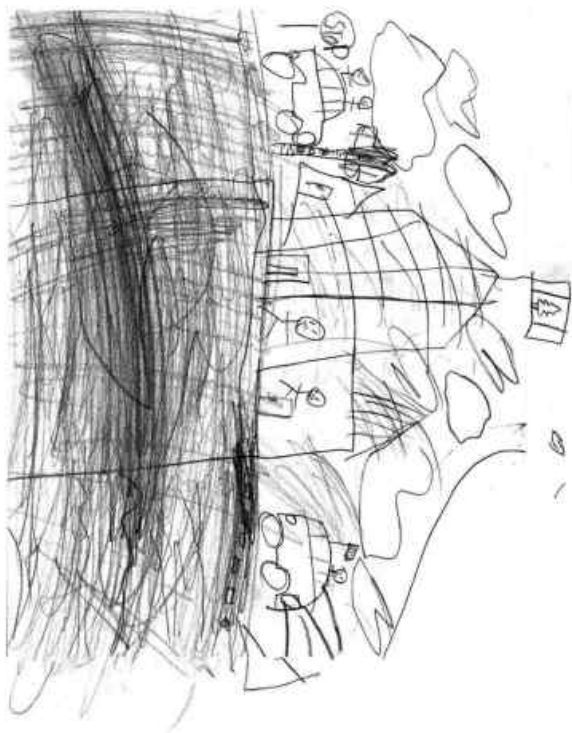
**In your program or with your family,
organize a game at a park and
include all kids in your neighbourhood.**



ANTI-RACISM CHALLENGE

**Create a game in your group
that includes an anti-racism theme.**

22



ANTI-RACISM CHALLENGE

**Be kind to people today and count
how many people are kind back to you.
Share the number with someone.**

23



ANTI-RACISM CHALLENGE

**Come up with a dance that you can
do with your friends. Perform it
for your family or group.**

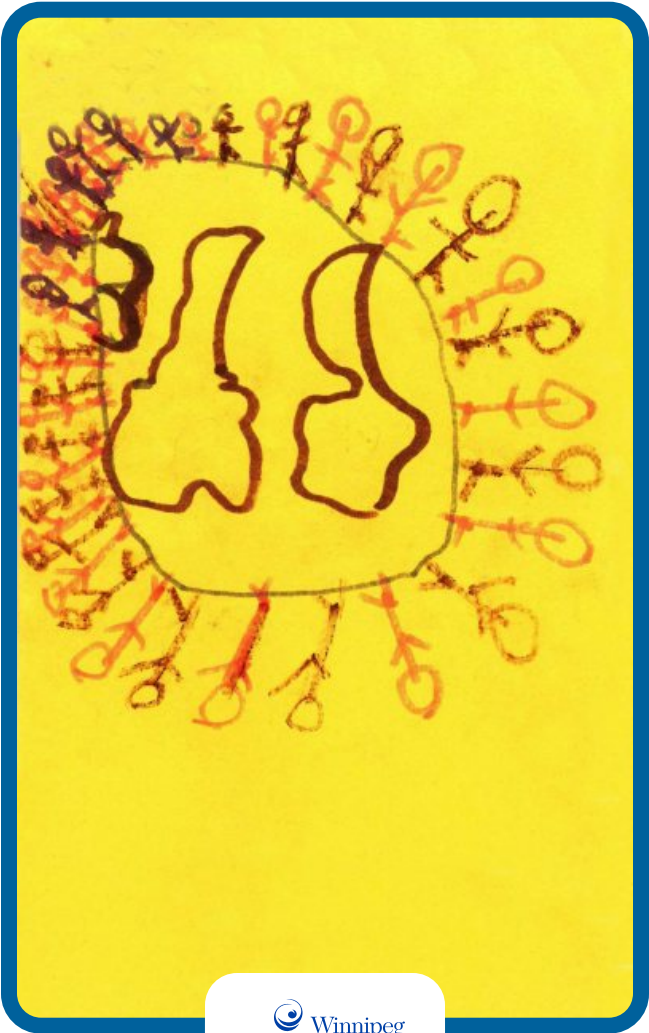
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ANTI-RACISM CHALLENGE

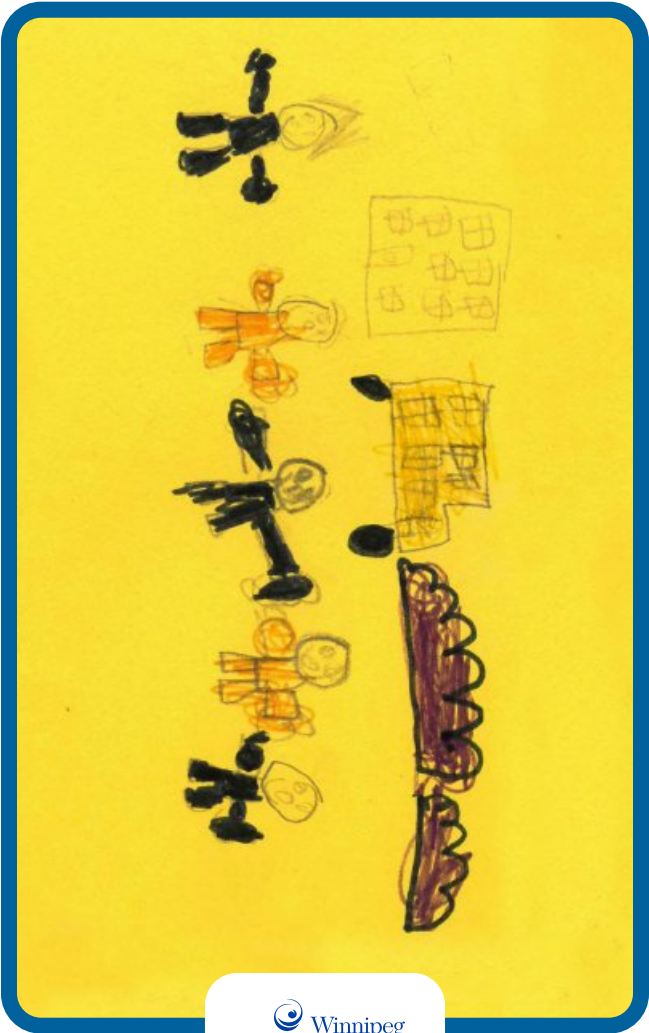
Say “Hi” to someone today that you don’t normally say “Hi” to. Ask them to play!

25



ANTI-RACISM CHALLENGE

Create a craft representing your culture or ethnicity. Share it with friends in your group, your family or classmates.



ANTI-RACISM CHALLENGE

**At recess, ask ALL kids to try to
play the LARGEST GAME EVER!**

27



ANTI-RACISM CHALLENGE

**Learn something new about
someone today - ask them what
their favourite food or animal is.**

28

Fun Friends.

A Story about being Friendly.

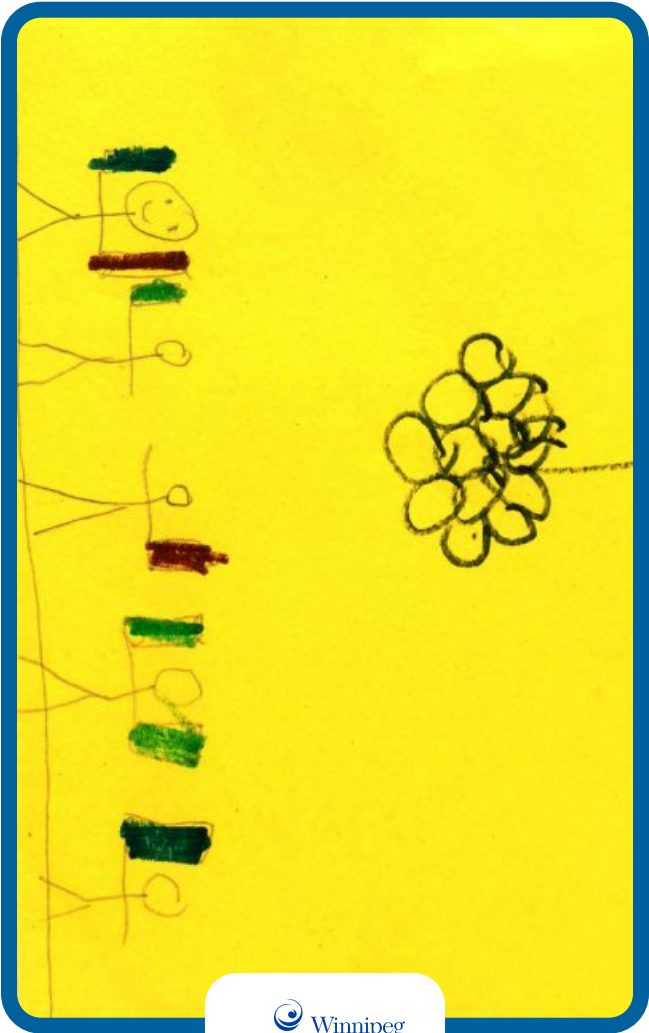


THE END

ANTI-RACISM CHALLENGE

**Write a story about how to be friends
with someone and be inclusive.**

30



ANTI-RACISM CHALLENGE

**Organize a sharing circle with
your peers/group and learn
about others' cultures and religions.**

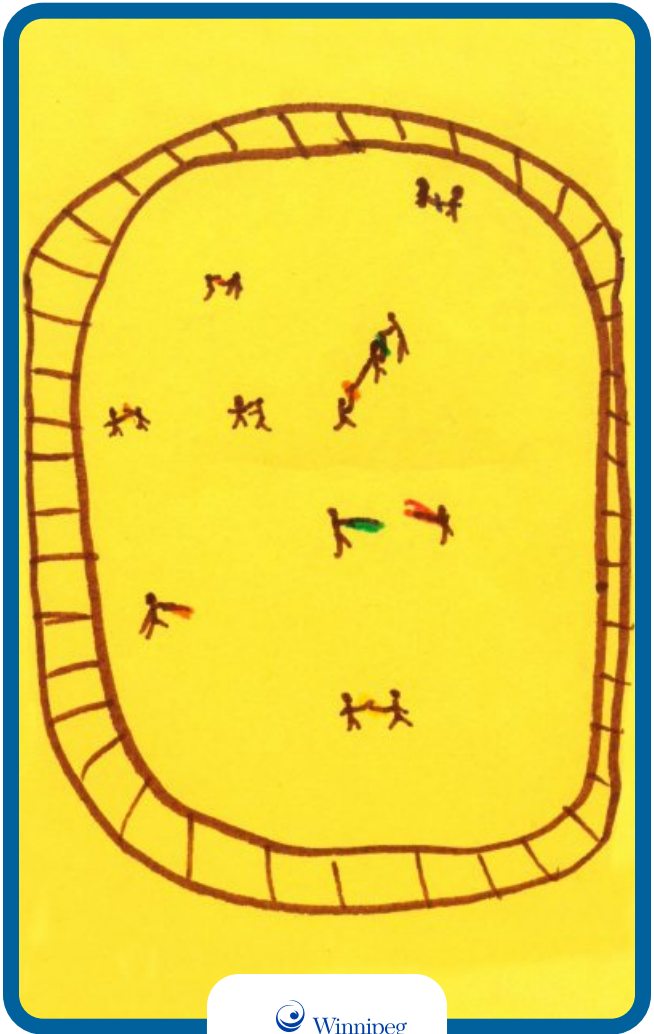
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Black Lives
Matter
don't forget



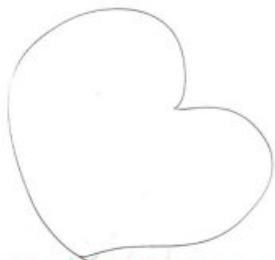
ANTI-RACISM CHALLENGE

**Research what BIPOC means.
Who is your favorite BIPOC musician
or athlete? Share the song you like
or play the sport with your
family or friends.**



ANTI-RACISM CHALLENGE

Ask your teacher or caregiver to attend a celebration or local cultural event you have not attended before. Or, design your own cultural celebration.



celebrate our differences



ANTI-RACISM CHALLENGE

**Have a party with others
to celebrate your uniquenesses.**

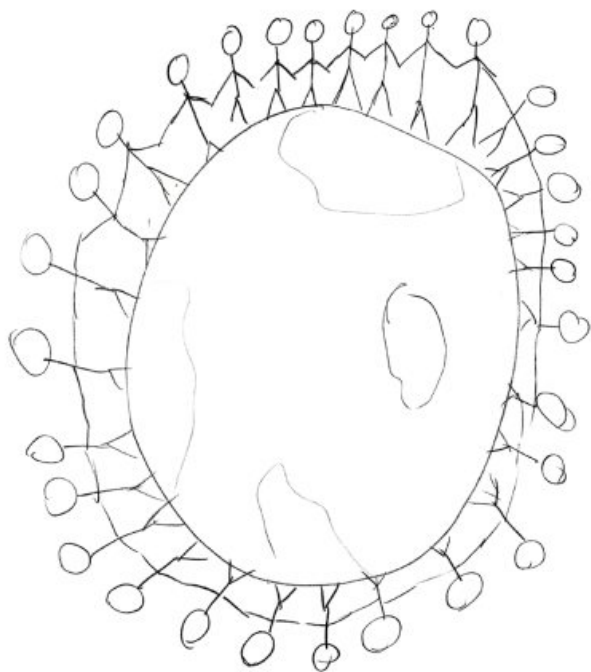
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ANTI-RACISM CHALLENGE

**With a friend, plan to dress the same
at school one day - showing that
you may like similar things.**

35



ANTI-RACISM CHALLENGE

**Learn to say “How are you?”
in five different languages,
showing that you can be inclusive
of other languages.**

We are all the same,
yet different



ANTI-RACISM CHALLENGE

**Be extra nice to someone
at school today. Smile at them
and help them with a project.**



ANTI-RACISM CHALLENGE

**Be kind to someone today
and compliment them
on something they do well.**

38



ANTI-RACISM CHALLENGE

Research a local organization that provides resources to people who come here from a different country. Share what you learned.



ANTI-RACISM CHALLENGE

**Learn about three flags
from Indigenous Nations in Manitoba
or from three different countries.
Draw them and show your family,
peers or leaders.**

40

Remember 

GEORGE FLOYD

**NO
MORE
STOLEN
SISTERS**

BLM

ANTI-RACISM CHALLENGE

**Create a fundraiser with your group/peers
in support of an Indigenous organization.**

41



ANTI-RACISM CHALLENGE

Make a “Anti-Racism Challenge Box”.
Have your classmates create their own
challenges and drop them into the box.
Have your teacher or leader
select a challenge to do as group.



ANTI-RACISM CHALLENGE

**Go to the library and take out a cookbook.
Cook a dish with your friends or family
from a different region of the world.**

celebrate our Differences



ANTI-RACISM CHALLENGE

Take a personal moment today to think about how YOU can promote acceptance, respect for diversity and create inclusive spaces for everyone.

PASSPORT

1**2****3****4****5****6****7****8****9****10****11****12****13****14****15****16****17****18****19****20****21****22****23****24****25****26****27****28****29****30****31****32****33****34****35****36****37****38****39****40****41****42****43****44**

**Check off
the boxes
after you
finish each
challenge.**

