

## **Table of Contents**

Name Game  
Opening Song  
Rallying Kids  
Why Are We Here?  
Reading Tips  
Transition to Break  
Movement Stretches  
Activities  
Closing Song

### **Name Game**

Go around in a circle. Each person says their name and makes a movement/sound afterward. Then we all say “Hi [and repeat the name and movement/sound]”

### **Opening Song**

#### **Woke up this Morning with My Mind on Freedom**

<http://www.youtube.com/watch?v=sEtke0vBAPU>

*(short version)*

Woke up this morning with my mind

Stayed on freedom

(x3)

Hallelu, Hallelu, Hallelujah.

I'm gonna

Walk, Walk (x3)

With my mind on freedom

Walk, Walk (x3)

With your mind on freedom

We gotta

Talk, Talk (x3)

with our minds on freedom

Talk, Talk (x3)

with your mind on freedom

I'm walking and talking with my mind

Stayed on freedom

(x3)

Hallelu, Hallelu, Hallelujah.

\*Act out whatever feels good while singing\*

\*\*You can also stop the music and make up more verbs (shake, clap, dance) to sing in the verses.\*\*

\*\*\*Start and stop the music after each line and repeat it so that people who don't know the song can learn\*\*\*

### **Rallying Kids**

If you can hear me, clap once (wait a beat) \*Clap\*

If you can hear me, clap twice (wait a beat) \*Clap Clap\*

If you can hear me, touch your nose ... \*touch your nose\*

If you can hear me, wiggle your shoulders... \*wiggle your shoulders\*

If you can hear me, reach down and touch your toes .... \*reach down and touch your toes\*

.... make up more in the moment!

### **Why are we here?**

Why is it called Freedom School?

### **Reading Tips**

#### **Before you start reading:**

-Try to arrange kids so that the shortest ones are in front. Check to make sure everyone can see the pictures.

-Explain when you will show the pictures, for example, "After I read the page, I will show you the pictures."

-Try to read with the book facing the children.

- Let the kids know how to get your attention. Do you want them raising their hands, or can they just talk whenever they have a comment or question? Either way, expect some interruptions.

- Set out a big sheet of paper so that kids can draw what they're hearing about during the story!

#### **During the story:**

- Stop to ask questions occasionally. Ask the whole group or specific children. Ask children that haven't said much. Ask children that tend to interrupt (if you make space for them to speak, they may be less interested in interrupting).

- Try to give everyone a chance to speak. Think about race, gender, etc.

- Keep the flow of the story going. Too many questions and interruptions make the story hard to follow for young minds. It's ok to ignore questions or comments sometimes and then return to them later.

- Don't feel the need to respond to every interruption. If two kids in the back are whispering, you don't need to stop reading. Try asking them a question to draw them back into the story.

#### **If you want to discuss (this can happen after the story or before the craft):**

-- If caregivers are in attendance, you can ask the caregivers to start a conversation about the issues presented in the book with their kids. Sometimes providing prompts helps.

-- Be genuine/yourself. Believe your experience is valid while not taking up all the space, this is a

form of modeling behavior!

- Repeat key words or phrases said by the children or say "tell me more" because asking questions may be interpreted as trying to assert control over the conversation.
- Practice actively listening to children
- Share personal stories when appropriate.

### **Transition to Break**

#### **Group Pulse**

High 5 around a circle

#### **Passing Energy**

Ex. High Five 3 people

touch elbow to elbow with 5 people

Etc.

#### **Group Clap**

start slow and speed up until you all stop and everybody tries to clap at the same time.

Sometimes it's real helpful to identify a leader ahead of time who will conduct the unison clap.

### ***\*\*5-10 Minute Break\*\****

#### **Transition from Break**

##### **Movement Stretches!**

*(short version)*

stretch high to reach our goals,

bend low to touch our roots,

stop out oppression

and blow in the winds of change

\*repeat LOUDER or quieter or *funner*\*

*(long version -- credit to FIERCE)*

We're in this work because we have goals, things we want to achieve so let's reach for our goals  
(stretch to the sky)

But we can't do this work without the people, so let's bring it down to the grassroots (touch down to the floor)

Make sure though that while we are working, we are stomping out the oppression we face everyday! STOMP OUT THAT OPPRESSION! (stomp on the floor)

Sometimes while doing this work, we can't do it by ourselves, so we look for our allies (look

around and high five your neighbor)

And other times we are the allies, working to hold space for those most affected at the center of struggles (make sweeping motion w arms and hold a circle in front of our bodies)

We know that our struggles have long histories, and so we remember those who came before us... (put hands above eyes and look behind you to the horizon)

As well as those who will come after... (put hand above eyes and look in front of you to the horizon)...through time and space, we are all in this together!

There are also times while doing this work that we need to engage in legislative change, so reach for the policy (stretch arms up to left and right)

And remember that this work gets hard, so don't forget to take care of yourself! (stand still, give yourself a big hug and take a deep breath)

But keep stomping out oppression, (stomp)  
and don't forget about our goals (reach up)  
or the grassroots (reach down)  
or finding allies (high five neighbor)  
or being allies (hold arms in a ring in front of you)  
or those who came before us (look back)  
or those who are coming up after us (look forward)  
while you're doing that policy work! (stretch arms up to left and right)

And remember: when the target doesn't give us what we want, we gotta head to some direct action work (move your arms and head, shaking all over the place) LOL!

### **Activities**

- Don't be afraid of coloring outside the lines!
- Let the kids know how to get your attention. Do you want them raising their hands, or can they just talk whenever they have a comment or question?
- Try to make part of the craft collaborative, so kids work together. Find a balance between whole group, small groups/pairs, and individual tasks.
- Open ended activities are good if there's space for discussion.
- Don't put all the supplies out at once unless you want the kids to experiment. If there's a step by step process try to bring out one material at a time.
- If one person who is leading the activity can be aware of the group as a whole, then they can move the activity along from step to step as they see kids are ready.
- Support people can then address individual questions or needs of kids.
- If a kid doesn't understand your directions you can ask questions to figure out how they are approaching it. They will probably bring a fresh perspective!

- If possible, let the kids do it themselves. Do an example yourself to show them how instead of working on their project for them.
- Consent! Ask before touching kids to “guide them.”
- Try to make space at the end for each kid to reflect and talk about what they did or made and what they learned with the group as a whole (if they want to). Talking circles are good for this.

### **If you're doing a craft:**

- Having a pre-made example of a craft helps to show the kids what's expected at the end, but creative interpretations are always welcome. Doing the craft in front of the kids is also helpful.
- Highlight the important steps and also open up room for kids to make the craft theirs (personalize it).
- Not all kids need to end up with a craft that conforms to the model you set forth.

### **Closing Song**

#### **Ella's Song**

<http://youtu.be/U6Uus--gFrc>

Lyrics and music by Bernice Johnson Reagon

Sung by Sweet Honey in the Rock

We who believe in freedom cannot rest  
We who believe in freedom cannot rest until it comes

Until the killing of black men, black mothers' sons  
Is as important as the killing of white men, white mothers' sons

The older I get the better I know that the secret of my going on  
Is when the reins are in the hands of the young, who dare to run against the storm

To me young people come first, they have the courage where we fail  
And if I can but shed some light as they carry us through the gale

Struggling myself don't mean a whole lot, I've come to realize  
That teaching others to stand up and fight is the only way my struggle survives

I'm a woman who speaks in a voice and I must be heard  
At times I can be quite difficult, I'll bow to no man's word

We who believe in freedom cannot rest  
We who believe in freedom cannot rest until it comes

Not needing to clutch for power, not needing the light just to shine on me  
I need to be one in the number as we stand against tyranny

We who believe in freedom cannot rest  
We who believe in freedom cannot rest until it comes

That which touches me most is that I had a chance to work with people  
Passing on to others that which was passed on to me

We who believe in freedom cannot rest  
We who believe in freedom cannot rest until it comes