



# A WATCH & PLAY TOGETHER GUIDE



*The Power of We: A Sesame Street Special* centers on four friends: Elmo, Abby Cadabby, Gabrielle, and Gabrielle's older cousin, Tamir. With other *Sesame Street* neighbors and celebrity guests, the friends explore their own identities and skin and fur colors and come to understand what it means to be color-proud—to have pride in your own culture, identity, and race.

In age-appropriate ways, the friends learn what each of us can do to stand up to racism for ourselves and one another through one powerful little word: **we**.

## WHY TALK ABOUT RACISM?

Unfortunately, most of us can show bias or racial prejudice sometimes, but racism is more than that. It is a system of advantages and privilege based on race. Racism is learned. Talking about racism helps to answer children's often hard questions about race and unfair treatment of people based on the color of their skin. It can help us all learn what we can do to make our diverse world equitable and fair for all. *The Power of We* celebrates every child's unique identity and sense of belonging to a caring community and inclusive world.

For additional resources, visit  
[sesamestreet.org/powerofwe](https://sesamestreet.org/powerofwe)

## WATCH & PLAY TOGETHER ACTIVITIES

Included in this resource are three playful learning resources to help guide the conversations with your child about racism and coming together through the *power of we*.

- Talk & Sing Together
- Breathe Together
- Celebrate Together



# TALK & SING TOGETHER

Today is a very special day on Sesame Street! Elmo, Abby, Tamir, and Gabrielle are planning a virtual community sing-along to help make sure that all people are treated fairly and kindly. Along the way, they explore and ask questions about how we can treat one another with kindness, fairness, and respect.

## TALK TOGETHER

Here's a list of questions your child may ask while watching *The Power of We*. Follow your child's curiosities as you answer. You may want to continue the conversation over a meal or other everyday activity.

### What's racism?

Racism is treating people unfairly just because of the color of their skin. That's wrong and unfair.

### What's an upstander?

An upstander is someone who uses their kind words and actions to help themselves and their friends.

### Why talk about our feelings?

Our words are powerful. Talking helps us use our words to share how we feel and what is happening. Sharing can help us feel better.

### What color are we?

There are many different skin colors. All skin colors are beautiful. In our family, we call our skin color \_\_\_\_\_, and like other colors ours is beautiful!

## SING TOGETHER

Teach your child the words and gestures to the song, "Listen, Act, Unite!" Then, sing and dance along with your Sesame Street friends.

### Listen, Act, Unite

You plus me makes the power of we.  
Build a better world for you and me.  
Let's stand up for up for what is right.

Listen, (hand over heart)

Act, (superhero pose)

Unite! (both hands clasped)

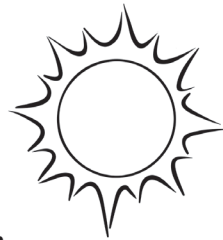




## BREATHE TOGETHER

- Let's pretend we're smelling the flowers. Then, let's take a deep breath in through our noses and out through our mouths. Let's do this 2 more times.
- Now, let's color. Which flower should we color first? What color should we use?
- Who would you like to give flowers to? Who would you like to get flowers from?

SESAME STREET  
**THE POWER  
OF  
WE**  
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\_\_\_\_\_ is an upstander!

Celebrate being an upstander as you and your child talk about color, and showcase your “Power of We” certificate.