

YOU ARE NOT ALONE

BY THE ALPHABET ROCKERS

STORYTIME AND ACTIVITY KIT



It can be scary to feel like you're all on your own, especially in the face of prejudice. But always remember: you are not alone! Based on the Grammy award nominated hip-hop group Alphabet Rockers' empowering song, "Not Alone," this uplifting picture book reminds kids that they always belong. Encouraging words invite readers to love their beautiful selves, celebrate their identities, and use their voices against hate. *You Are Not Alone* asks us to step up for each other and have each others' backs, no matter what.

We hope this empathetic and inclusive book empowers you to love yourself and stand up to hate. Enjoy this activity kit based on the book.



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STORYTIME GUIDE

PRE-READING

Everyone sit in a big circle so you can face each other. Smile and wave at the people next to you!

Let's read the book together, and every time it says "You Are Not Alone," shout it loud!

Time to practice. Alright? On the count of 3, yell "You Are Not Alone."

1... 2... 2 and a half... 3!

YOU ARE NOT ALONE!

Wow! You did an amazing job! Let's read the book together now, okay?

AFTER READING

You Are Not Alone is a book about different feelings we can have about ourselves.

How did this book make you feel about yourself?

Did you have a favorite part of the book? What was it?

Did any part of the book confuse you? Let's talk about it together.

Now we can do lots of book activities together. Let's go!



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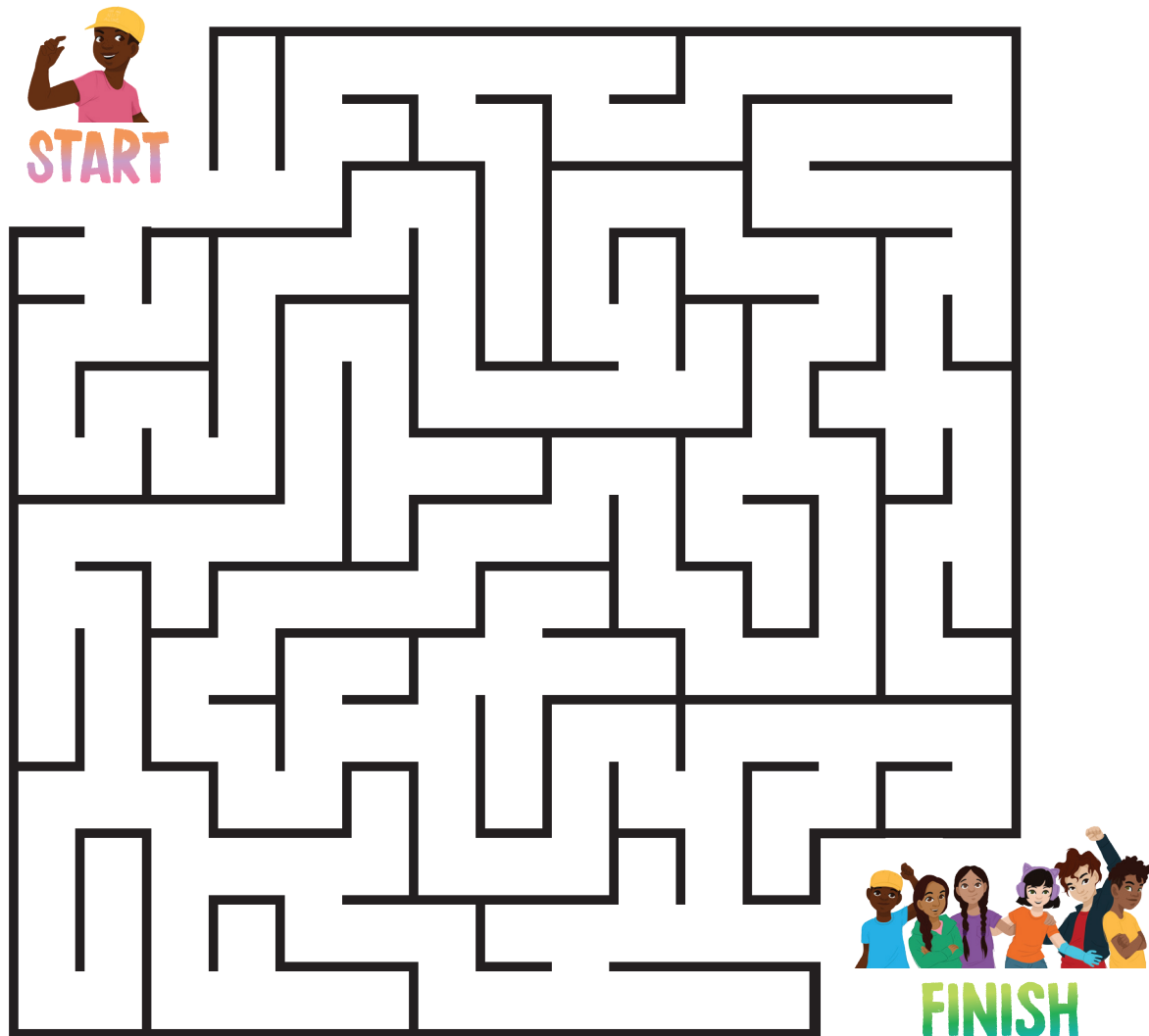


FRIENDSHIP MAZE

“My friends are cool with me being exactly who I am, in all the ways.

I am cool with me being exactly who I am, in all the ways.”

Complete this maze to meet up with your friends for a day of fun!



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AFFIRMATION WORD SEARCH

Each and every person is valuable and worthy! Find these ideas in the word search below.

F	P	Y	B	R	I	L	L	I	A	N	T	O	B	X	Y	F	A
R	H	O	P	E	B	F	C	B	D	P	T	H	J	R	V	U	S
I	O	Z	U	L	E	A	D	E	R	S	H	I	P	W	G	T	T
E	Y	O	U	A	R	E	N	O	T	A	L	O	N	E	C	U	O
N	J	U	S	T	I	C	E	Q	N	G	V	Z	W	T	M	R	R
D	N	L	O	V	E	E	W	K	L	R	A	E	E	D	O	E	Y
S	T	E	G	G	R	W	P	D	L	Z	H	R	V	B	S	R	S
H	H	C	E	Q	H	A	Q	M	U	B	X	R	X	J	S	R	U
I	O	V	Q	T	W	M	E	D	I	T	A	T	I	O	N	E	Y
P	T	E	M	I	R	M	G	Y	S	U	N	L	I	G	H	T	N
I	L	N	B	Z	P	D	A	D	F	J	L	G	T	D	R	G	P
E	D	B	O	V	W	H	M	Y	N	H	U	C	G	L	P	G	U

You Are Not Alone
Sunlight
Love

Story
Brave
Hope

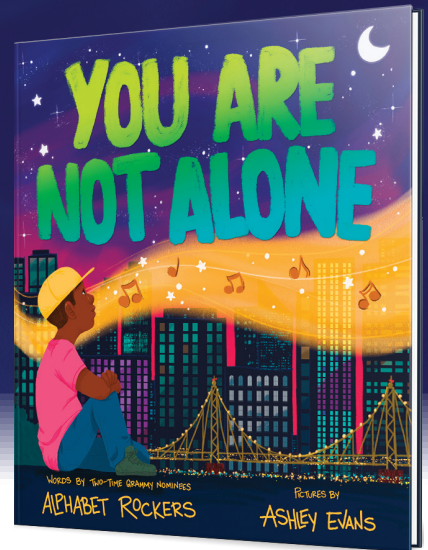
Friendship
Justice
Meditation

Brilliant
Leadership
Future

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AFFIRMATION WORD SEARCH

Answer Key



You Are Not Alone
Sunlight
Love

Story
Brave
Hope

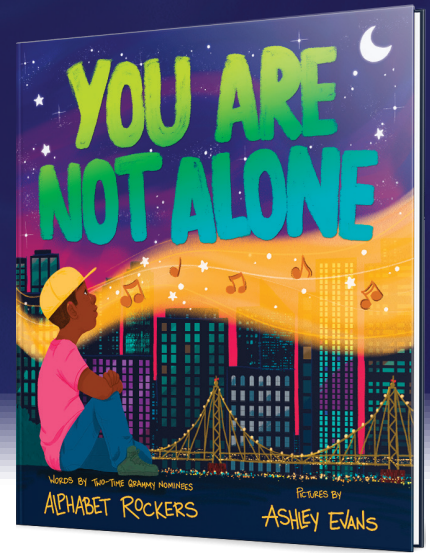
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ABOUT THE ALPHABET ROCKERS

Did you know that the authors of this book are also famous musical artists?

Alphabet Rockers make music that makes change. Led by Kaitlin McGaw and Tommy Shepherd, they create brave spaces to shape a more equitable world through hip hop, encouraging all of us to stand up for what is right. As two-time GRAMMY-nominees, Othering & Belonging Institute Fellows and industry leaders for change, they work in partnership with communities to create media that reflects the culture of belonging we want to see in the world. Reaching over three million families since 2007, Alphabet Rockers inspire kids and families to stand up to hate and be their brave and beautiful selves.

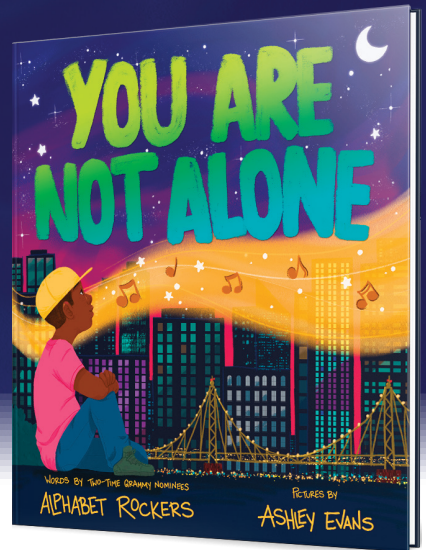


Do you have any favorite songs? Write down the songs that make you happiest!

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Alphabet Rockers creativity is inspired by many different things!

Can you name some of their inspirations below?

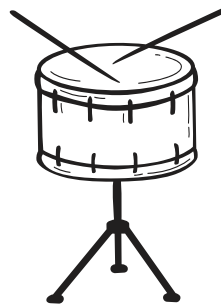
Color them in and write their names on the lines.



1. _____



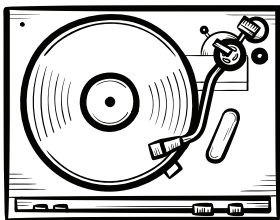
2. _____



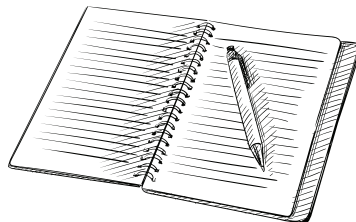
3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

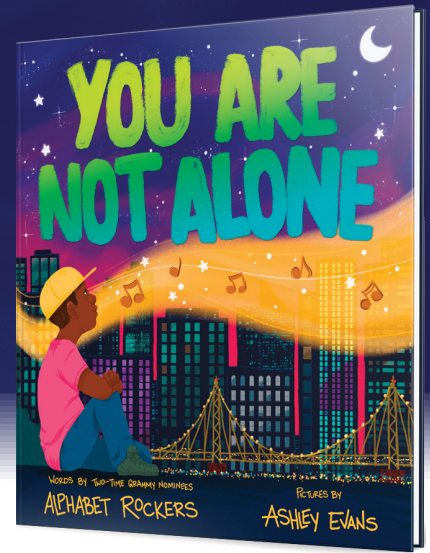
1. Electric Piano / 2. High-Five / 3. Drum / 4. Graffiti Art
5. Turntable / 6. Journal / 7. Microphone / 8. Breakdancer

Answers:

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YOU ARE NOT ALONE JOURNAL

Take some time to think about your life and answer the journal questions below. Have fun!

What is your name? What does your name mean?
(Ask an adult if you don't know!)

What's something you love about yourself that you want
people to know?

What do you do when you are sad to cheer yourself up?

What can you do to help cheer other people up when
they are sad?



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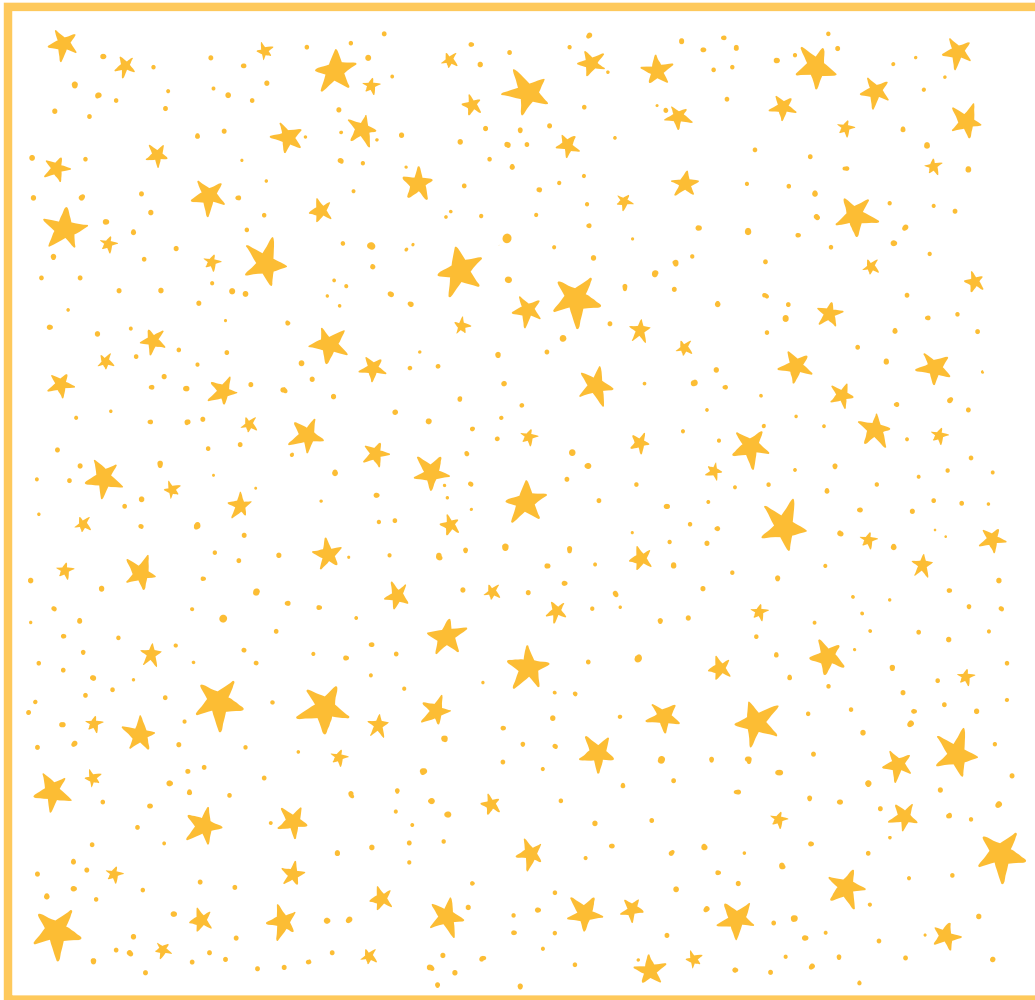
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CONSTELLATION DRAWING

Constellations are pictures created by drawing lines in between stars. Look at the night sky below. What pictures can you make by connecting the stars?



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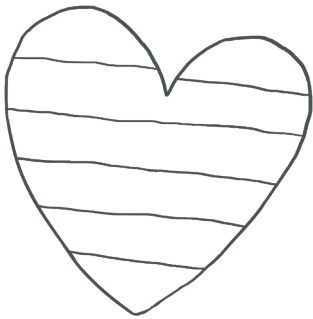
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COLORING SHEET

Color the buttons found throughout *YOU ARE NOT ALONE*, then create your own!

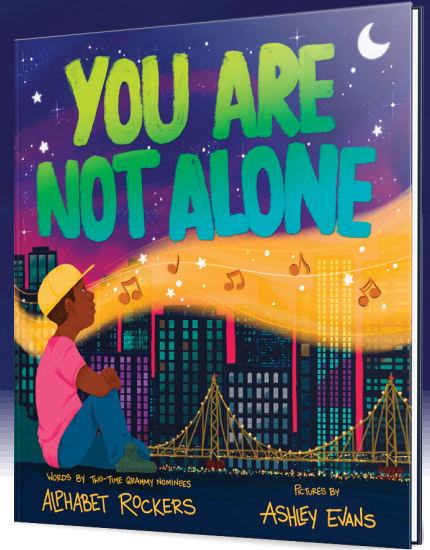
What message do you want to share with others?



YOU ARE NOT ALONE

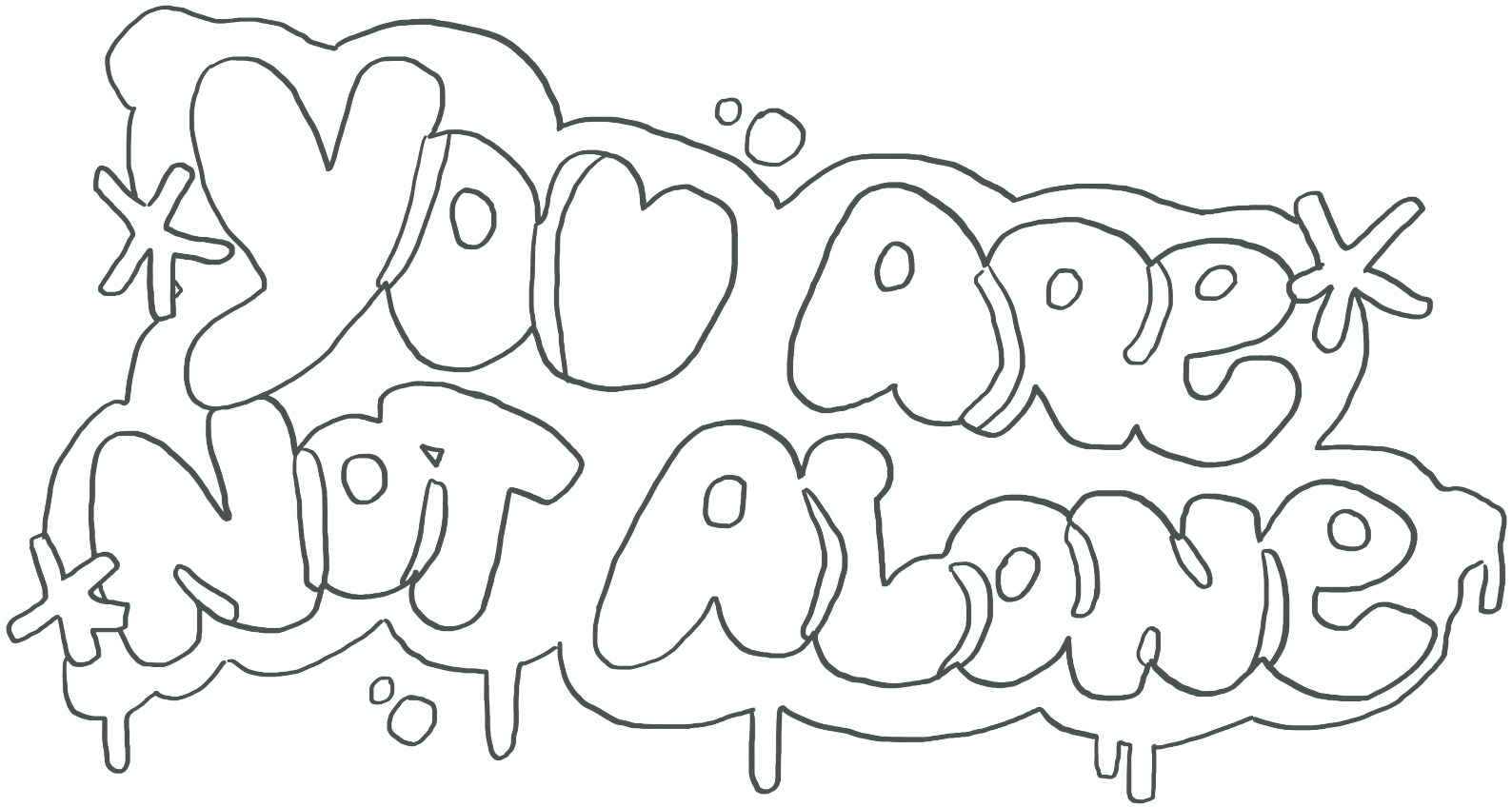
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COLORING POSTER

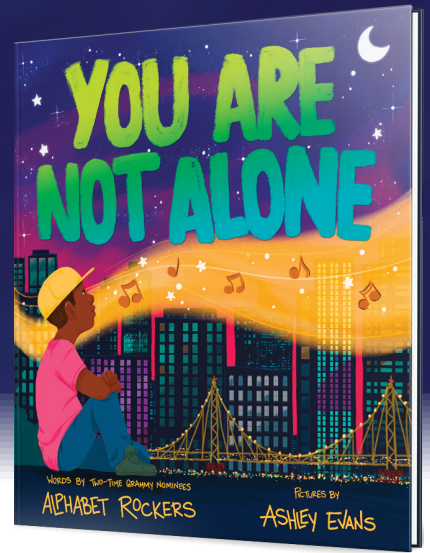
Color the poster and hang in a place where others who need this message will see it.



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DRAW A PICTURE OF YOUR FAMILY

Families come in many shapes, sizes, and colors.

Draw a picture of your family.



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WRITING PROMPT

Your story matters. What do you want others to know about you?
How can you stand up with others?

I AM

A GOOD FRIEND

IS

KINDNESS

IS

COMMUNITY

I WILL LET OTHERS KNOW THEY ARE NOT ALONE BY