

Thoughtful Transformations

Here's a cool trick: you can help change the world by paying attention to your thoughts and habits. We all have prejudices, and eliminating them is a skill that takes practice, like skateboarding.

Skaters transform their abilities by focusing on each new move. They think about how it went and how they can improve. With perseverance, they can learn amazing grinds, grabs, and flip tricks!

You can use the same technique with prejudiced ideas. When you reflect on your thoughts about someone, ask if they're fair. Does your thought match the facts? How would it feel to be the other person? What's another way to think about them?

Kicking prejudice takes time and determination. But when we stick with it, we can leap to new heights of justice and unity.

Practice transformation by matching each prejudiced thought to a welcoming one that can replace it.

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| 1 FOREIGN KIDS—AS IF WE'D HAVE ANYTHING IN COMMON. | A MAYBE I CAN LEARN SOME WORDS IN THEIR LANGUAGE. |
| 2 IT'S SUMMER. WHY IS SHE WEARING A HEAD SCARF? | B I HOPE THEY SKATE OVER HERE SO WE CAN MEET THEM. |
| 3 THEY AREN'T SPEAKING ENGLISH. HOW CAN WE EVEN TALK? | C WE ALL LIKE SKATING. MAYBE WE'LL BE FRIENDS. |
| 4 EVERYBODY KNOWS GIRLS ARE BAD SKATEBOARDERS. | D HIS BOARD LOOKS LIKE IT GETS A LOT OF USE. HE MUST PRACTICE EVERY DAY! |
| 5 WHY DID THEY MOVE TO AMERICA? WHY DIDN'T THEY STAY IN THEIR COUNTRY? | E THOSE SHIRTS HAVE AMAZING COLORS! |
| 6 THAT SKATEBOARD IS SO OLD. CAN'T HE BUY A NEW ONE? | F SHE SKATES IN HER HIJAB—HOW COOL! |
| 7 I HOPE THEY STAY AWAY FROM OUR SIDE OF THE PARK. | G IT'S FUN TO SEE MORE GIRLS SKATING. |
| 8 CAN'T THEY WEAR NORMAL CLOTHES? | H HOW CAN I HELP THE NEW KIDS FEEL WELCOME AT SCHOOL? |
| 9 THOSE KIDS WILL NEVER FIT IN AT SCHOOL. | I MAYBE THEY HAVE DIFFERENT TRICKS THEY CAN TEACH US FROM THEIR COUNTRY. |

