



Table Talk

Family Conversations about Current Events

Table Talk: Family Conversations about Current Events provides parents and family members with the tools they need to engage their families in conversations about important news stories and other timely discussions about societal events. Each guide includes a topic summary, questions to start the conversation and dig deeper, ideas for taking action and additional resources.

Draw Me Safe: Coloring and Conversation about a Pandemic

The global coronavirus pandemic has impacted every aspect of our lives. For educators, parents, family members and others who work with children, it can be challenging to talk with young people about what it means to stay safe, healthy and be physically distant from one other.

From Ricardo Levins Morales' "[What to Do in a Pandemic... Our Cousins Know](#)" series, use these coloring pages provided below to be creative, pass the time, relieve stress and engage in family conversations about how to stay safe and well. As you talk with children about this topic, ask open-ended questions that deepen the conversation, be mindful not to judge their responses, listen actively and be alert for signs of distress.

About the Artist

Ricardo Levins Morales is an artist who describes himself as a "healer and trickster organizer disguised as an artist." He was born in Puerto Rico and moved to Chicago with his family in 1967. These [coloring pages](#) come from Morales' "What to Do in a Pandemic... Our Cousins Know" series.

Ricardo left high school early and worked in various industries, and over time began to use his art as part of his activism. This activism has included support work for social activism groups and participating in or acting in solidarity with farmers, environmental, labor, racial justice and peace movements.

Increasingly Ricardo sees his art and organizing practices as means to address individual, collective and historical trauma. He co-leads workshops on trauma and resilience for organizers as well as trainings on creative organizing, social justice strategy and sustainable activism, and mentors and supports young activists.

Ricardo's art has won numerous awards but the greatest affirmation is the uses to which it has been put by grassroots movements and communities.

Rest



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Discussion Questions:

- What happens to your body when you feel tired?
- What happens to your body when you feel rested?
- Why is it important to get enough rest?



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Discussion Questions:

- What does it mean to be aware?
- How does being aware keep us safe, healthy and strong?
- What is something you are more aware of now since the pandemic began?

Support those most vulnerable



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Discussion Questions:

- What does it mean to be vulnerable?
- Who are the most vulnerable people during this crisis?
- How can we support people who are the most vulnerable and marginalized?



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Discussion Questions:

- How does limiting exposure help to keep us safe, strong and healthy?
- What's difficult about limiting exposure?
- What are some ways we can connect with people if we can't be physically close to them?



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Discussion Questions:

- Why is it important to wash frequently?
- Have your washing habits changed during this pandemic? How so?
- How can we let others know how important it is to wash frequently?

Check in with each other

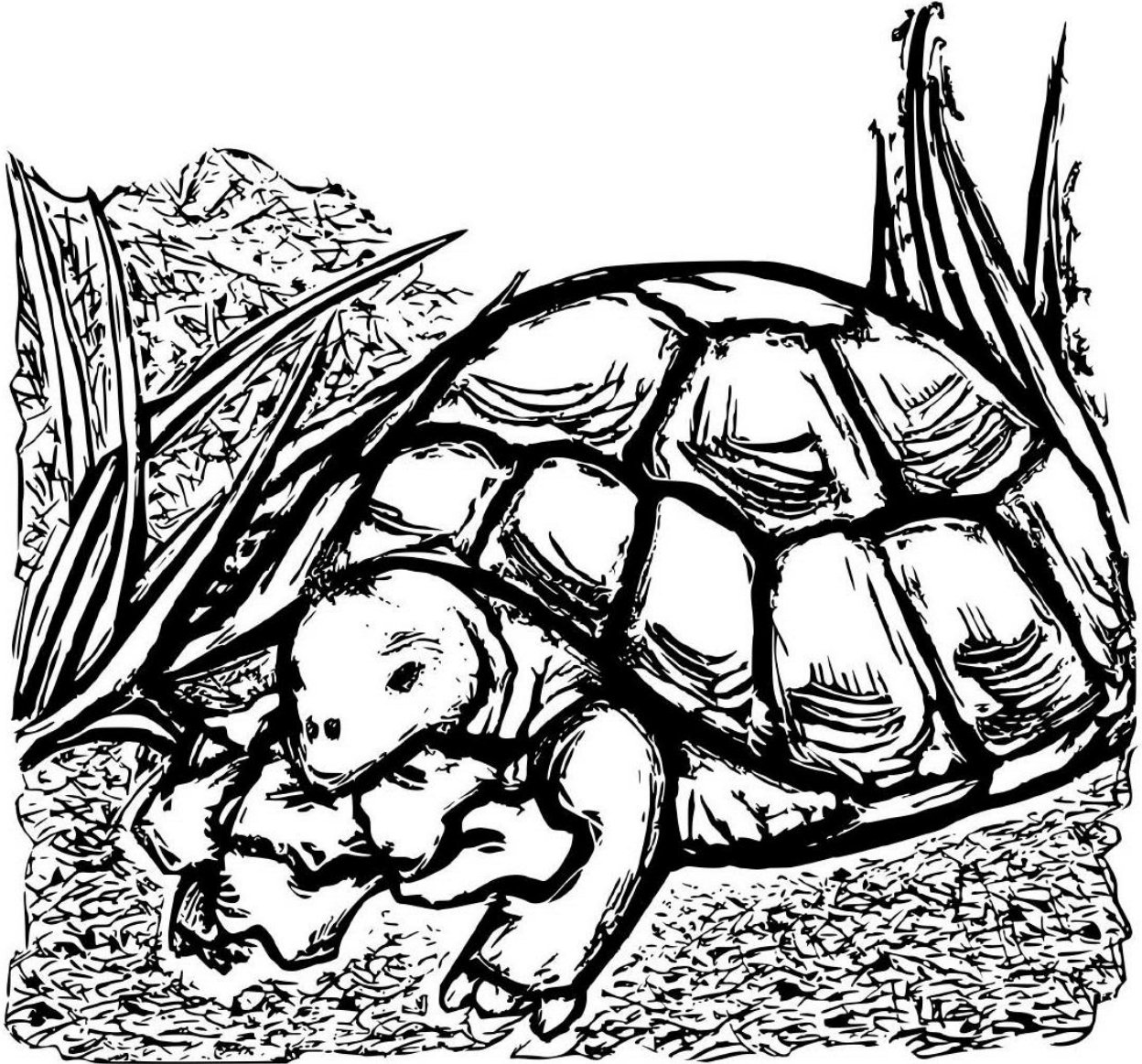


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Discussion Questions:

- How do you usually check in with family, friends, neighbors and others we know?
- Beyond our circle of family and friends, who else can we check in with, particularly people who may not have others checking in with them?
- What are the different ways we can check in?

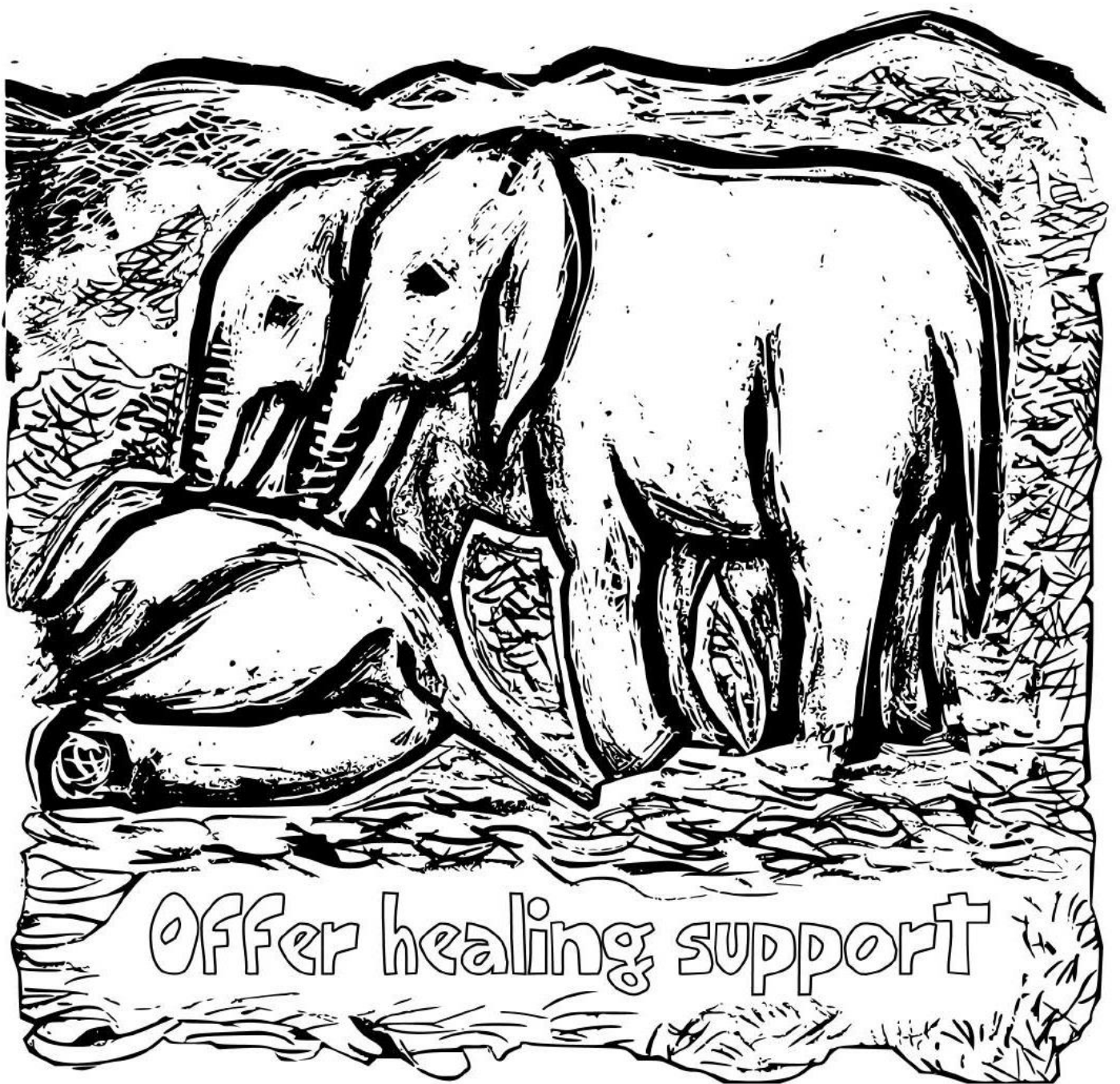
Spread calm



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Discussion Questions:

- What happens to your mind and body when you feel calm?
- What are strategies to help you feel calm?
- How can you spread calm to others?



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Discussion Questions:

- What does healing support mean to you?
- Who do you think most needs healing support right now?
- What are some ways we can offer healing support to others?



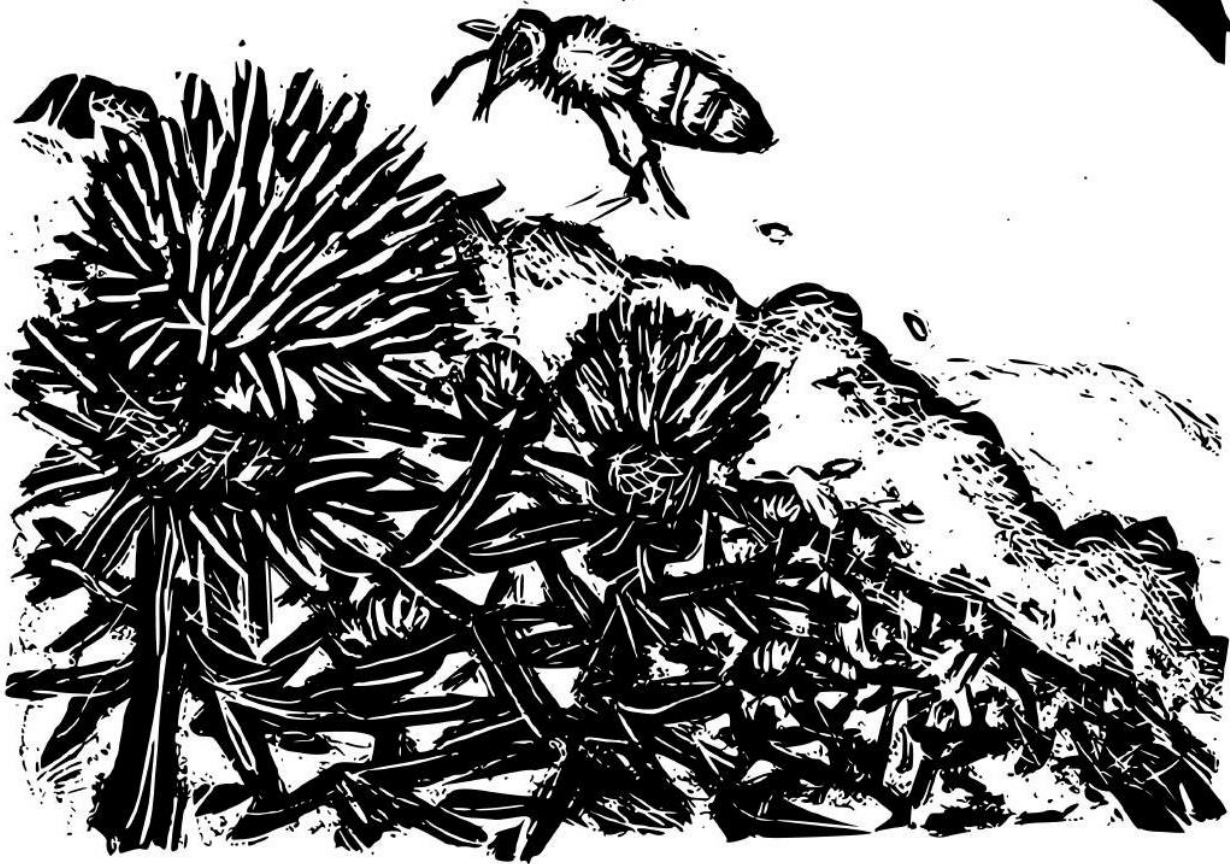
Accept your feelings

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Discussion Questions:

- What different feelings have you had during this pandemic?
- Have you noticed the feelings of others and are they different than yours?
- Why is it important to accept our own and others' feelings?

Organize for a better future



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Discussion Questions:

- What have you learned during this crisis that might help to make the world better?
- What does a better world look like?
- What's one thing we can do to organize with others to create a better world?