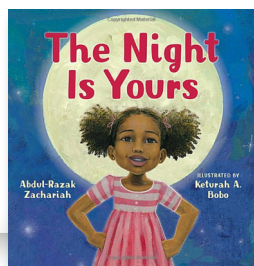


THE NIGHT IS YOURS written by Abdul-Razak Zachariah



Abdul-Razak Zachariah (he/him/his) is a youth worker and children’s book writer from West Haven, Connecticut currently completing a Master’s in Education (Ed.M.) in Prevention Science and Practice at the Harvard Graduate School of Education. Abdul graduated from Yale University in 2017 where he majored in Sociology and was part of the Education Studies program. He was a recipient of the Mellon Mays Undergraduate Research Fellowship and the Nakanishi Prize. Abdul’s first children’s book, “The Night is Yours”, was released in July 2019 by Dial Books for Young Readers, an imprint of Penguin Random House; it centers children of color playing in an apartment community much like his own from childhood.

>> BEFORE READING

It is best to read together, often. Plan time to read this book to your children or class a few times over the next week.

Pre-read the book by looking at the pictures together and ask children things they notice about the illustrations. Any and all observations are great.

Day and Night concepts to teach:

- The Earth spins. When it turns, we have day and night. It takes 24 hours to turn one time. When one side of the Earth faces the Sun, it is daylight. On the opposite side of the Earth, it is night.
- Daytime is from sunrise to sunset.
- The Sun is the closest star to the Earth. It produces light and heat.
- The moon and stars are in the sky during the day too but we do not see them because the Sun is so bright.
- The moon is Earth’s only natural satellite. That means it orbits (goes around) the Earth.
- Only one side of the moon is visible from Earth.

WHILE YOU READ:

Language Acquisition: Talk about these new words.

Embrace: an act or instance of holding someone closely in one’s arms; hug. Give children time to embrace themselves and one another.

Extend: to make something longer in size; make something last longer.

Appreciate: to value or admire.

Ask children to think about how Amani’s parents feel about her? Ask children how we know? Listen for their answers, provide help if needed. Her name means wishes. Her father is the storyteller and calls her brilliant. When she cannot find her last friend, he sends her silent strength when she is getting upset. The father says, “show everyone how to embrace the night like you.” Give children time to embrace themselves and one another again.

Ask children to share how they can tell that the author appreciates the children for who they are? Listen for answers. Share that the night is an extension of their skin. The darkness of the night is theirs like the darkness of their skin is too. Amani follows the moon’s light to see the last friend who is hiding, her hair is described as a “wonderful bundle of brown curls.”



AFTER YOU READ:

Extend learning at home with these day and night activities:

1. Go outside during the night and look at the starry sky.
2. Catch the sun with a suncatcher.
3. Draw shadows. Take a small table out in the sun. Place a white paper sheet onto the table and a toy on top of the paper so that the toy's shadow falls upon the paper. Draw its shadow.
4. DIY lantern. Glue colored tissue paper onto a jar, place a flame-less tea light inside and take your lantern outside at night.
5. Use glow sticks or flashlights to play with at night.
6. Additional tips for reading this story and companion activities can be found [here](#).

» ACTIVITIES

ACTIVITY ONE: SENSORY MOTOR

(Infants)

NOTE: Children can do these sensory activities while you read the book or play the recorded version.

Why Sensory play?

- Babies learn to freely explore and investigate
- Infants learn sensory attributes (i.e. hot, cold, wet, dry, soft, hard)
- Babies develop motor skills
- Infants develop the skills of focus

Sensory Bag

Supplies needed:

- Ziplock bags
- Hair gel, glue or shaving cream
- Glitter, metallic stars, glass globules or marbles
- Food coloring
- Duct tape-patterned tape is fun

Directions:

1. Fill a resealable plastic bag.
2. Zip the bag shut, tape over the zip to ensure nothing spills out.
3. Let babies explore the sensory bag on the floor during tummy time or tape it to a wall or window to encourage strengthening the torso or pulling up to stand and play.

ACTIVITY TWO: DAY AND NIGHT CRAFT

(Ages 2+ years)

Supplies needed:

- Two paper plates, cut a window in one half of one of the paper plates ahead of time for all children, use the hole puncher to make a hole in the middle of the plate
- Paint: black, white, blue
- White construction paper, cut into ¼ sheets, or precut cloud shapes ahead for younger children
- Yellow construction paper, cut into ¼ sheets, or precut circles and small triangles for suns and crescent shapes for moons for younger children
- Paint brushes
- Scissors
- Pencil
- Glue
- Hole punch
- Paper fasteners
- Water cups
- Bottle caps, one for each child
- Paint palettes

Directions:

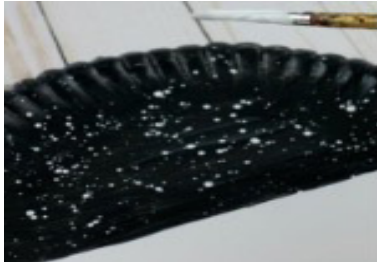
1. Prepare paint palettes with the paint ahead of time. Children can draw a line in the middle of a paper plate, or adults can draw the line ahead of time for younger children.



- Children paint half of the plate black. This will be the night sky.



- Add a few water drops to white paint and dip the paint brush into the paint. Make stars by tapping the paint brush gently to splatter the white paint on the black sky.



- Allow the night sky to dry completely.
- When it is dry, then show children how to mix a tint of blue by starting with white paint and mixing a tiny bit of blue into it. Then, children will paint the other half of the paper plate light blue and allow it to dry. This is the day sky.
- Each child can then cut out a free form cloud shape from white paper. For younger children, pass out prepared clouds.
- Next, children trace the bottle caps to make a circle on the yellow paper and cut them out for a sun. Children can cut small triangles for the rays. For younger children, pass out prepared shapes for the suns.
- Glue the sun and white cloud onto the blue half and the moon and another cloud on the black half. Help children so that the sun and moon face each other.



- Punch a hole in the middle of the night and day sky plate.



- Give children the paper plates with the windows cut out, they can place it on top of the painted paper plate and use a pencil to mark through the hole in the middle of the painted paper plate. Use the pencil to make a second hole.
- With or without help, children can connect the two paper plates with paper fasteners.

ACTIVITY THREE: GROSS MOTOR

(Ages 2+ years)

Supplies needed:

- Glow necklaces

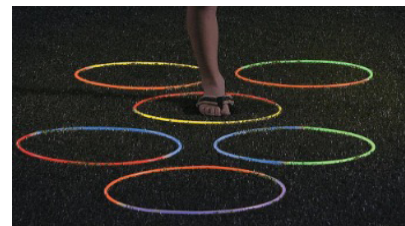
Directions:

After dark outside or in a dark room, place necklaces close together so children can hop into them and from one to the next. Allow this to be a free play rather than traditional hopscotch.

ACTIVITY FOUR: MATH, LANGUAGE & SCIENCE VIDEOS

(Ages 2+ years)

- Visit [PBS Kids](https://www.pbskids.org/) to watch Sesame Street
- Practice rhymes: teach children to touch their nose every time they hear rhymes when they watch: "Astro Team Alpha"
 - fast/blast
 - seem/team



3. Learn about skin, melanin and sunscreen.
Watch: “Sunny Days with Naomi Osaka”
 - a. Practice language acquisition by saying ‘melanin helper’ 3x fast with the video!
4. Watch full episodes of Sesame Street and other shorts that are both educational and fun.

- Tempera or acrylic paint
- Rectangular plastic tote
- 2 buckets
- Rags
- Dish soap

NOTE: Prepare a warm soapy bin of water. Keep it close for a quick clean up when children are done. Prepare a warm soapy bucket of water with several rags in it and place the empty bucket beside this one. Before starting the activity, demonstrate how to gently drop the slinky in the tote, then clean hands with a rag, and leave the dirty rag in the empty bucket.

Directions:

1. To do this activity inside, tape the paper on the floor to keep it in place and to keep a cleaner work area. Children can do this individually and/or as a group. You may want to set up several papers for the class and/or 2-3 for individuals.
2. Do the activity outside on a warm day. You can still tape the paper down if you choose, use the duct tape and cut it off the edges when paint is dry.
3. Adults or children can squeeze paint around the paper.
4. Then, allow children time to explore with the Slinkys.



ACTIVITY FIVE: SUN MELTING EXPERIMENT

(Ages 2+ years)

Supplies needed:

- Ice cube trays
- Water
- Food coloring
- Fruit
- Plastic cups

Directions:

1. Make ice cubes for your children or class. To make it even more fun, freeze fruit inside to observe and eat or make ice cubes different colors with food coloring. Children can help with this earlier in the day and then do the experiment in the afternoon at outside play time.
2. Remove the ice cubes from the freezer and place them outside in the sun on the sidewalk, in the dirt or if they have fruit pieces, in a cup.
3. Have a discussion with children, asking them about what happens with the ice? Ask them what they notice when they touch and/or eat the fruit pieces if you are using those types of ice cubes.

ACTIVITY SIX: ART ACTIVITY

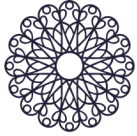
(Ages 3-5+ years)

Supplies needed:

- Large roll of white paper
- Large piece of white construction paper, at least 1 per child
- Painter’s tape or duct tape
- Slinkys



>> THANKS TO OUR CREATORS:



CAT Scratch Studios

“It is with gratitude that we are able to work with other outstanding resources already available and I am truly happy to share those in this set of activities with you.”

-Cary A. Thrall