

## Family Resiliency Reading Guide

# I AM RUBY BRIDGES

BY RUBY BRIDGES

After reading *I Am Ruby Bridges* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to resiliency characteristics, literacy tips and sample conversation starters for you and your child.

## SYNOPSIS

When Ruby Bridges was almost six years old, she became the first African American child to attend the all-white William Frantz Elementary School in Louisiana. This book is based on the historical events that happened in 1960 and is told from Ruby's point of view. Her experience changed history and the trajectory of the Civil Rights movement.

## LESSONS IN RESILIENCY

- ▶ Ruby was just a young girl who wanted to go to school to learn and play with her friends. She realized quickly that going to this new school was a big deal. Ruby's **self-awareness** gave her the ability to navigate difficult situations that impacted her life and those around her.
- ▶ Ruby could have easily given in to fear or given up. Instead, she demonstrated **self-management** by focusing on how she could govern her thoughts and actions so that she could positively impact others and succeed.

## RESILIENCY CHARACTERISTICS



### Self-Awareness and Self-Management

Understanding and governing our thoughts, actions and impact on others.

## RESILIENCY CONVERSATION STARTERS:



Have your child share about a time when he or she had to start something new and how he or she reacted to this situation.



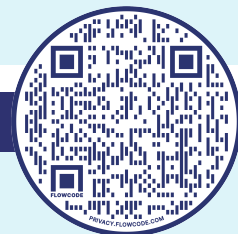
Discuss with your child the importance of understanding how his or her response to situations impacts others.



In order to make a difference, Ruby had to not give up and manage her actions. Ask your child how he or she can learn from Ruby when facing challenges.

## LITERACY TIP

Read a variety of different types of books to your child. Find books that spark your child's interest and use videos, magazines, websites and other resources to help your child connect with the topics in the book. Visit your local library to learn more about what books and resources your local community offers to help build literacy skills.



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