Hello, and welcome to The Imagine Neighborhood!

What is The Imagine Neighborhood?
The Imagine Neighborhood is an award-winning podcast that teaches kids and their grown-ups social-emotional skills like building friendships, practicing patience, and finding calm. Our show takes place in a special, magical neighborhood; a place where it sometimes rains rubber chickens or you have to hop on rocks to cross Lava Avenue. The Imagine Neighborhood lives inside everyone’s imagination, and every week we tell fun stories about the fun things that happen here.

Talking about race and identity with your kids:

In The Imagine Neighborhood, we strive to create a world where everyone is treated fairly. But it’s important to remember that a fair and equitable world is one that requires effort, focus, and conversation. Kids as young as five years old begin to notice racial differences and internalize biases. You can help equip your kids for these kinds of conversations by encouraging questions and by finding shows, books, and podcasts with strong diverse representation.

About “Food Fight!”
The Imagine Neighborhood team partnered with multiple esteemed researchers in the field of positive racial identity development to create a six-part series titled Imagine Equity. In this first episode, Food Fight!, a character with Korean heritage is teased for bringing “stinky ethnic food” to the pirate ship cafeteria. By choosing a real-life scenario, we hope to spark conversations about race, culture, and identity between kids and grown-ups.
Ethnicity can be defined as a part of who you are. Your ethnicity is something you share with other people who identify with the same parts of the world. It can include languages, foods, and traditions that make you special. What kinds of foods does your family eat? How does the food you eat together reflect your family’s ethnicity? Invite your kids to draw a dinner plate of all the foods that represent their culture. Post online with the hashtag #YourLunchboxIdentity to join with listeners from across the country and celebrate our delicious diversity!

**Is it okay to eat foods that are special to someone with a different ethnicity from yours?**

**Answer:** Sharing and enjoying different kinds of food is better than okay—it’s great! And some foods you enjoy may be special to someone else’s ethnicity, so it’s important to respect that.

**What can you do if you see someone making someone else feel bad about who they are?**

**Answer:** If you feel safe doing it, tell that person that what they did was not okay. You can also tell a grown-up. Go talk to the person who was picked on and make sure they’re okay.

**What’s something awesome about your ethnicity? What about your friends’ and family members’ ethnicities?**

**Additional resources:**

- [Cultural Relevancy in the Cafeteria](https://www.learningforjustice.org/cultural-relevancy-in-the-cafeteria); Learning for Justice
- **P.R.I.D.E.** (Positive Racial Identity Development in Early Education); University of Pittsburgh
- [Imagine Equity series](https://imagineequityseries.org); The Imagine Neighborhood