

# Family Resiliency Reading Guide

## ROSA PARKS

BY ELOISE GREENFIELD

After reading *Rosa Parks* 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 Rosa Parks was growing up in Montgomery, Alabama, some people thought that African Americans should have less rights and be treated differently than white people. This is called "discrimination." Years later, Rosa Parks helped to change the lives of African Americans in her community and across America by refusing to give up her seat on the bus for a white person. Her bravery inspired countless others to stand up against discrimination and helped to change history forever.

### LESSONS IN RESILIENCY

- ▶ Rosa Parks was open about her experiences with discrimination and the courage needed to face significant challenges. Rosa Parks **mentored** others through her example of refusing to leave her seat on the bus and helping to lead nonviolent protests against discrimination. Rosa Parks taught the importance of standing up for people's rights even when it is difficult.
- ▶ Rosa Parks supported her community by helping others understand that laws at that time treated African Americans differently. Rosa Parks **mentored** people in her community by sharing her experiences and advocating for change at numerous events, schools and community gatherings.

### RESILIENCY CHARACTERISTIC



#### Mentorship

Giving or asking for support, guidance, training or expertise.

### RESILIENCY CONVERSATION STARTERS:



Rosa Parks was a **mentor** during the Civil Rights Movement because she gave guidance to other Americans who wanted to advocate for change. She taught them that they could influence others to effect positive change. Talk with your child about giving or asking for support and discuss ways both you and your child can **mentor** those around you.



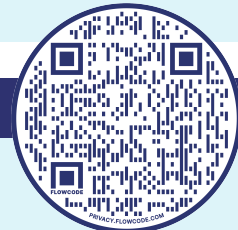
Rosa Parks believed in protecting all people's rights. She met with city leaders, including Dr. Martin Luther King, Jr., to help raise awareness about African Americans being treated differently. One way they accomplished this was by encouraging people to walk or use other transportation rather than ride the bus. Rosa Parks lost her job and received threats, but even through these challenges, she continued to demonstrate resilience – coming back after challenges or setbacks. Ask your child to share another example of Rosa Parks' resilience.



Sometimes standing up for others and what is right requires courage and can be difficult. Discuss with your child what values you believe in and stood up for even when it was difficult.

### LITERACY TIP

While reading with your child, stop often to discuss the text. Encourage your child to ask questions about the text and explore the answers together. Ask your child what he or she thinks about something you read together, and then ask what part of the text prompted that thinking. Switch roles with your child by letting him or her ask you questions about the text and use evidence from the text to support your answers.



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