



"Princess Quest"

#ImagineEquity
Activity Page

Hello, and welcome to *The Imagine Neighborhood*™ podcast!

Our award-winning podcast helps kids learn social-emotional skills like building friendships, practicing patience, and finding calm. Our show takes place in a special, magical neighborhood 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 stories about the fun things that happen here.

Talking About Race and Identity with Your Kids

In *The Imagine Neighborhood* podcast, 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 begin to notice racial differences and internalize biases before they're even five years old.¹ You can help equip your kids for these kinds of conversations by encouraging questions and by finding shows, books, and podcasts with diverse representation.

About "Princess Quest"

The team at *The Imagine Neighborhood* podcast partnered with multiple esteemed researchers in the field of positive racial identity development to create a six-part series titled *Imagine Equity: Six New Stories About Race, Identity, and Making Things Right*. In this episode, "[The Princess Quest](#)," Princess Donnasaurus meets a few different kinds of princesses . . . and she has some questions. How can they all be princesses when they look different and have different kinds of identities? She learns that true princesses are brave and proud of who they are, and help take care of their neighborhood. And that it's just as important to celebrate their differences as what they have in common!

Help Your Kids #ImagineEquity

Your identity is made up of the things that shape who you are, how you think, and all the ways you belong in the world. Your identity is unique to you. At first, Princess Donnasaurus and Princess Tia don't think they can share an identity as princesses because they look so different. But what they have in common is even more important: how they treat other people.

As you listen together to "The Princess Quest," ask the kids to think about their own identities with questions like: *What are parts of your identity that you want others to know about? What's something awesome about your identity that you can see in the mirror? And what's something awesome that you can't see? What do you like about having friends with identities different from yours?*

Ask your kids to draw a picture about their identity. Encourage them to include both the parts of their identity that they see in the mirror and the parts that aren't visible on the outside (like something they care about or love to do).

More Discussion Questions

Question 1 What is your identity?

Answer Your identity is all the things that make you who you are.

Question 2 What makes you a princess? Do you have to have a crown or look a certain way?

Answer You don't need a crown, and you don't even have to be a dinosaur, or a human, or a girl. A true princess is kind, brave, and proud of who they are, and they take care of their neighborhood.

Question 3 Who are the princesses in your life? Do you know people who are kind, brave, proud of who they are, and who take care of their neighborhood? Could you be a princess?

Additional Resources

[P.R.I.D.E.:](#) Positive Racial Identity Development in Early Education (University of Pittsburgh)

[It's Okay to Feel Different:](#) Learning for Justice

[The Imagine Equity series:](#) *The Imagine Neighborhood*™ podcast

1 Sullivan, J., Wilton, L., & Apfelbaum, E. P. (2021). Adults delay conversations about race because they underestimate children's processing of race. *Journal of Experimental Psychology: General*, 150(2), 395–400. <https://doi.org/10.1037/xge0000851>