



# Monthly Featured Book

Presented by ADL's Education Department

**About the Monthly Featured Book:** This collection of featured books is from Books Matter™: The Best Kid Lit on Bias, Diversity and Social Justice. The books teach about bias and prejudice, promote respect for diversity, encourage social action and reinforce themes addressed in education programs of [A World of Difference® Institute](#), ADL's international anti-bias education and diversity training provider. For parents, guardians and family members, reading the books listed on this site with your children and integrating the concepts into your interactions with them is an excellent way to help children grapple with and learn about these important principles.



## Lunch Every Day

Kathryn Otoshi (Author)

ISBN: 978-1734348200

Publisher: KO Kids Books

Year Published: 2021

Age Range: 4-8

## Book Themes

Acting as an Ally, Bullying, Bias, Feelings and Empathy

## About the Book

Every day Jimmy takes 'Skinny Kid's' lunch at school. No way will he be caught dead standing in that FREE LUNCH line. Even when he's called into the principal's office, Jimmy just shrugs. "Yeah. Whatever." Until a surprising act of kindness and allyship stops him in his tracks. For a split second a door cracks open into Jimmy's heart. Who knows? Maybe he'll just kick that door right open.

## Conversation Starters

Whether you read the book along with your child or your child reads it on their own and you discuss it later, you can use these open-ended questions to deepen the conversation. Remembering not to judge their responses, listen thoughtfully and engage in a give-and-take will help them expand upon their understanding of the book and its themes.

- What happens in the story?
- What does Jimmy do to the other boy, the one he calls "Skinny kid?" Have you ever seen something like that happen at your school? What happened?

- How do you think the boy feels when Jimmy bullies him? How can you tell?
- Have you ever seen bullying and name-calling taking place? Did anyone say or do anything?
- Why do you think Jimmy doesn't want to wait in the Free Lunch line? What do you think a Free Lunch line is? What is it like at your school when lunch is served?
- When you see a picture of Jimmy at his home, what do you think is happening there?
- How do you think Jimmy felt when the boy's mom wanted to talk to him? What happened? Why do you think the mom said she would make lunch for Jimmy every day?
- What does Jimmy mean when he says, "That's how I got lunch every day and a whole lot more?" What does it mean that he got "a whole lot more" than lunch? What else did Jimmy get?
- How did you feel when the book ended?
- Why do you think the author wrote this book?

## Talking Points

Below are some important considerations to highlight in order to make this a learning opportunity for your child and your family.

## What is Name-Calling and Bullying?

One of the main topics in the book is bullying. Ask your child what happens in the story and focus in on the behavior of Jimmy toward the boy he calls "skinny kid." If your child doesn't offer the word bullying, explain that bullying is "when a person or a group behaves in ways—on purpose and over and over—that make someone feel hurt, afraid or embarrassed." Stress that bullying takes place when it happens over and over like it did with the boy that Jimmy bullied. There can be other mean or hurtful behavior that happens once that isn't bullying, which should also be addressed. Ask your child the different ways that Jimmy engages in bullying (i.e., shoves the boy, takes his lunch, calls him names). Ask them if anyone says or does anything when they see this taking place. Ask your child if they have seen bullying at their school and if so, what happened. Share that when bullying happens, others around them can do different things. There are usually people observing the bullying and they can either not do anything (act as a bystander) or they can do something (act as an ally). To learn more about acting as an ally, see the next talking point.

## Acting as an Ally

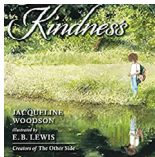
When bullying takes place, there are various ways that others around the target can respond. Talk with your child about the different ways someone can act as an ally in those situations, explaining that an ally is "someone who helps or stands up for someone who is being bullied or the target of bias." Ask them who acted as an ally to the boy in the story who was targeted (i.e., someone told the principal). Talk with your child about what other ways someone could have acted as an ally to the boy who was bullied. In addition, the mom of the boy who was bullied acted as an ally to Jimmy by trying to understand what was going on with Jimmy and helping and supporting him by making him lunch. Explain that some of the ways we can act as an ally are to support the target, whether you know them or not, (2) not participate in the bullying, which can make a big difference, (3) tell the person doing the bullying to stop, (4) tell a trusted adult and (5) get to know people instead of judging them. These ways are illustrated on [6 Ways to be an Ally](#). Share with your child

situations in which you have acted as an ally to others. Ask your child if they have ever seen ally behavior or if they have ever acted as an ally when someone faced bias or bullying or how they might in the future.

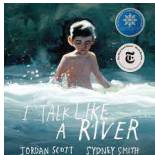
## Feelings and Empathy

Talk with your child about what happens when the boy's mom talks with Jimmy. Ask them what they think is happening there and explain that the boy's mom must realize that Jimmy doesn't have lunch and that is why she offers to make him lunch every day. Ask your child why they think the mom does this. Explain that she understands he's not getting lunch from his home and that she has empathy for Jimmy. Explain that "empathy" is when someone is able to imagine and understand the feelings and experiences of another person. Elaborate on that by sharing that when we have empathy, we try hard to understand what another person is feeling or experiencing, especially when they are having strong feelings. You can re-read the book together and as you read each page, think together about how the character may be feeling in that situation or moment. One way to help develop empathy is to ask about how people are feeling in different situations so you encourage that kind of thinking. Continue to ask about those feelings while you read other books and in real-life situations.

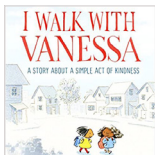
## Other Books You Might Like



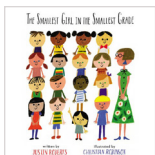
Each Kindness <https://www.adl.org/education/educator-resources/childrens-literature/each-kindness>



I Talk Like a River <https://www.adl.org/education/educator-resources/childrens-literature/i-talk-like-a-river>



I Walk with Vanessa <https://www.adl.org/education/educator-resources/childrens-literature/i-walk-with-vanessa>



The Smallest Girl in the Smallest Grade <https://www.adl.org/education/educator-resources/childrens-literature/the-smallest-girl-in-the-smallest-grade>

## ADL Additional Resources

The following are curriculum and other resources on bullying and ally behavior.

- Be an Ally: Six Simple Ways <https://www.adl.org/education/resources/tools-and-strategies/be-an-ally-six-simple-ways>
- Children's Books about Bullying Prevention <https://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?f%5B0%5D=topic%3A7238>
- Children's Books about Socioeconomic Status Bias [https://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?tid\[181\]=181](https://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?tid[181]=181)
- Early Childhood Frequently Asked Questions <https://www.adl.org/education/resources/tools-and-strategies/question-corner>
- Identity-Based Bullying <https://www.adl.org/education/educator-resources/lesson-plans/identity-based-bullying>
- National Bullying Prevention Month <https://www.adl.org/education/resources/tools-and-strategies/national-bullying-prevention-month>
- Table Talk: Family Conversations about Current Events <https://www.adl.org/education/resources/tools-and-strategies/table-talk>
- What Bullying Is and Is Not (Table Talk) <https://www.adl.org/education/resources/tools-and-strategies/table-talk/what-bullying-is-and-is-not>
- What Can I Do About Bullying Among Young Children? <https://www.adl.org/education/resources/tools-and-strategies/question-corner/bullying-among-young-children>