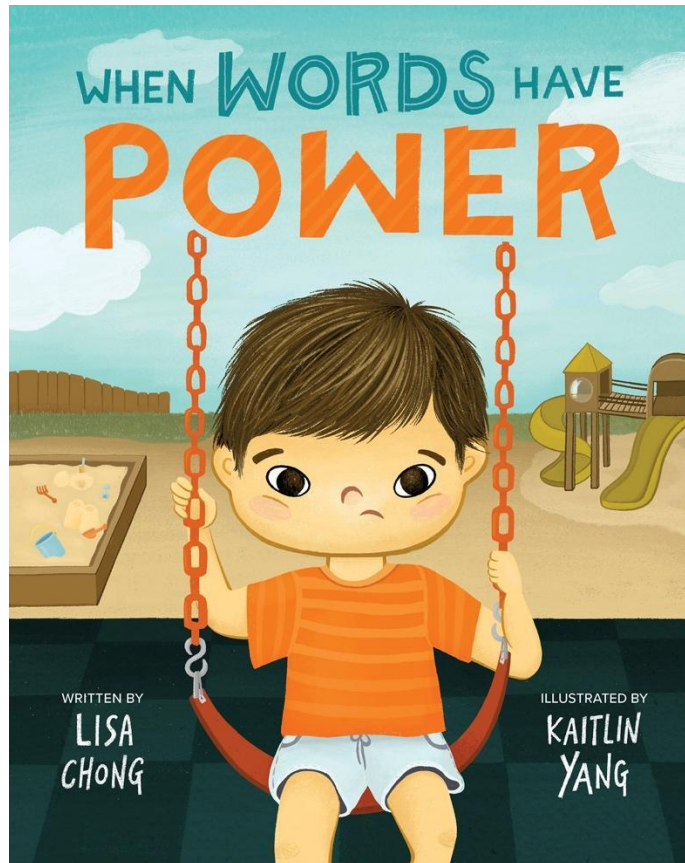


BOOK GUIDE FOR
When Words Have Power

Written by Lisa Chong
Illustrations by Kaitlin Yang



F&P Text Level: N
Lexile Measure: 560L
Ages 6–9, Grades 1–4

SUMMARY

Henry overhears someone calling his Chinese American mother a strange name at the market: "banana." But Henry doesn't understand. A banana is just a piece of fruit. What's the big deal? And what does the name mean?

With beautiful illustrations, *When Words Have Power* gently reveals the powerful effect microaggressions and name calling can have, and instead shows how a little kindness and respect can lead to bright, new friendships and stronger relationships with loved ones.

About the Author

LISA CHONG enjoys using her creative talents in a variety of ways in both her work and personal life. She is proud to use her creativity to make a difference through her writing. Lisa lives in the San Francisco Bay Area. [Visit her at lisachongbooks.com](http://lisachongbooks.com)

About the Illustrator

KAITLIN YANG is a children's book designer by day and illustrator by night in New York City. Born and raised in Taiwan, her international background prompts her to explore different cultures, emotions, and beliefs in her artwork. [Visit her at kaitlinyang.com](http://kaitlinyang.com)

WORD SEARCH: Powerful Words

A good friend possesses many—if not all—of the qualities listed below. Find seven of these qualities in the word search below.

K	Y	S	X	B	A	U	R	X	H
G	I	O	O	Z	N	E	E	E	T
A	L	N	H	E	M	Q	S	V	G
Z	A	A	D	P	R	W	P	S	N
H	R	T	A	N	P	K	E	M	E
S	F	T	C	J	E	C	C	X	R
Q	H	T	C	A	Z	S	T	O	T
Y	S	T	L	H	W	J	S	X	S
R	E	T	C	A	R	A	H	C	B
C	O	M	P	A	S	S	I	O	N

KINDNESS
RESPECT
EMPATHY

STRENGTH
COMPASSION

CHARACTER
INCLUSIVE

LANGUAGE ARTS & CREATIVE WRITING: A Day Planned with a Parent or Guardian.

Have you ever spent a full day with a parent or guardian where you planned out a schedule of activities to do together? Think back to that day and see if you can answer the following questions.

Where did you go?

What did you do?

Why did you pick what you did?

What was the best part of the day?

If you haven't had this experience, why not make plans with a parent or guardian!

What things do you and your parent or guardian both like?

What activities would you do?

Do you have any brothers or sisters, and would you want them to come along? Explain why or why not.

THINK BIG: Foods of the World

In the story, Henry and his mom go to a Chinese market to buy some food. Have you ever been to a Chinese market? What about a Mexican supermarket or Japanese supermarket?

Many dishes from around the world use the same ingredients. What makes them different is the way things those ingredients are cooked. For example, one ingredient can be fried, boiled, or baked. Spices also help make dishes taste unique.

Here are some common foods you can buy at most cultural food markets.

Can you name two different dishes that share more than one of the ingredients below, but taste completely different from each other?

Chicken

Fish

Lettuce

Beans

Corn

Rice

Dish #1

Dish #2

MAKE IT: Chinese American Fried Rice

In China, rice is usually served plain to balance the flavors of the other dishes, but fried rice is a common Chinese American dish that is delicious!

INGREDIENTS:

Rice

- 2 cups water
- 1 cup Jasmine or long grain white rice
- ½ teaspoon salt

Egg Pancake

- 2 eggs
- ½ teaspoon water
- 2 teaspoons vegetable oil

Vegetables for Fried Rice

- 1 tablespoon vegetable oil
- 1 garlic clove, minced
- 1-inch piece peeled and minced fresh ginger
- 1 carrot, grated or cut into match sticks
- 1 zucchini, chopped
- 1 ½ cups cabbage, chopped
- 2 tablespoons soy sauce
- 1 cup frozen peas
- 1 green onion, thinly sliced

INSTRUCTIONS:

1. In a saucepan, bring the water for the rice to a boil over high heat.
2. Add the rice and salt, return to a boil, and cover. Reduce heat to low and cook rice, covered, until all the liquid has been absorbed, about 20 minutes.
3. Let the rice sit for at least 5 minutes.

4. In a bowl, make the egg pancake by whisking together the eggs and water.
5. Heat a large skillet over high heat and add 2 teaspoons vegetable oil.
6. Pour the eggs into the pan. Cook over medium-high heat for about 2 minutes.
7. Cover the pan and continue to cook 1 minute more, until the egg pancake is set.
8. Turn the pancake out onto a cutting board and cut into strips.
9. Finish the fried rice by heating a large skillet over medium high heat, adding 1 tablespoon vegetable oil.
10. Add the garlic, ginger, and carrots and cook for about 1 minute.
11. Add the zucchini, cabbage, and soy sauce. Cover and cook about 3 minutes more.
12. Stir in the peas and green onion, reduce the heat to medium and stir in the rice.
13. Place the strips of egg on top of the rice and stir gently. Serve immediately.



Recipe from
Cooking with Kids. A
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LET'S TALK ABOUT IT: Empathy

Empathy is the ability to understand and share the feelings of somebody else. For example, in the story Henry expresses sadness when he sees his mom feeling bad. Henry is showing empathy for his mom. Have you ever felt empathy towards someone?

“Always stop to think whether your fun may be the cause of another’s unhappiness.”

—Aesop

“Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”

—Alfred Adler

Discuss the questions below with a parent or other adult. You can also write down your thoughts and feelings about empathy.

Think back to a time when someone was using unkind words or teasing a friend or family member.

- How did you feel?
- Did it make you feel bad inside, even though the person was saying unkind things to someone else and not you?

Think back to a time when you felt a strong emotion. Has someone ever shown you empathy when you felt this emotion?

- What happened?
- What were you feeling?

Henry learns that “banana” can mean more than just a yellow fruit. Do you think it’s okay to tease someone if you’re not using “bad” words?

- What if the other person doesn’t like it?
- What would you do if someone you cared about felt hurt?

- What if it was someone you didn't know?