

Why Is My Skin Darker?

A fun, science-based activity to show your little ones how we get our skin colour.



When Eli wondered why his skin was darker than all his friends, Toco the Toucan suggested they do a science experiment to find out. Would you like to know how you get your skin colour? Join Eli, Aimi and Toco as they explore how they get their skin colour.

Meet Melanin

The powerful pigment that protects you from the sun's rays and gives your skin its beautiful and unique colour!



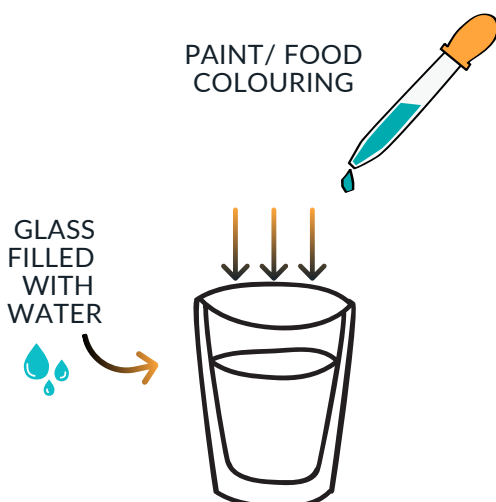
YOU NEED

- A clear glass
- Water
- Assorted Food Colouring or Paints
- A dropper or a spoon

DID YOU KNOW?

The more melanin in your skin, the darker your skin colour. The less melanin in your skin, the lighter your skin colour.

WHAT TO DO



1. Fill a clear glass with water.
2. Choose a paint or food colour.
3. Use the dropper or spoon to add a few drops of colour to the water.
4. Watch what happens next.
5. Does the water change colour?
6. What happens when we add more drops, does the water become lighter or darker?

Our skin is just like the water and melanin is like the colour that we add to the water.

Grown Up Talk

WHY DO THIS?

Our little ones notice differences in skin colour as early as 6 months. Internalised racial and colour biases can cause long-lasting impact on their self-esteem. Talk openly about your little one's skin colour. Let's empower them and open the door to future conversations.

WHAT TO SAY?

1. Everytime you talk about skin colour, use the word 'Melanin'. Vocabulary gives kids the tools to explain to other children why we all have different skin colours.
2. Let your little one compare and contrast. Extend the comparison to the rest of the family. "**Who has more melanin? You or me ?**"
3. Prepare them to answer questions about the colour of their skin.

Teach them to say:

'The colour of my skin comes from Melanin.'

' I'm proud of the skin I'm in.'

Say It
With Toco



[click here!](#)

for more books and resources on to raise confident kids

WATCH OUTS!

Our little ones are constantly watching and learning from us.

1. Avoid negative comments. "Look at how much I've tanned. I've become 2 shades darker."
2. Avoid labelling on the basis of skin colour only. "That black man forgot his wallet."

WHAT TO DO?

1. If your little one makes a surprising comment about skin colour, don't hush her. Take the time to explore her thought process. "What makes you say that?"
2. Point out differences in skin colour in the people around. Who has more or less Melanin?

MADE WITH LOVE FROM

indigrow[™]