

**A RAINBOW OF KID-  
FRIENDLY ACTIONS  
FOR PALESTINE**  
**ALL AGES CAN FIGHT FOR A  
CEASEFIRE AND FOR A FREE  
PALESTINE**

@IMAGININGMOREJUSTFUTURES



**GREEN: LEARN MORE  
ABOUT PALESTINE**

The green level of The Power Rainbow represents the power of individual people. You can grow your power to make change learning more about the issues you care about!

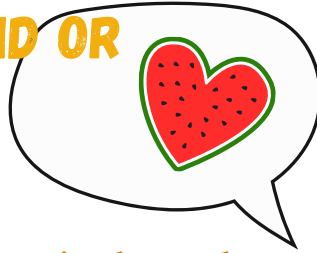
there are so many resources to help kids and families learn more about palestine.



@crescentmoonbookstore on instagram has curated lists of great picture books about palestine, for a range of ages! You can buy books from them too!

<https://padlet.com/ESTEinc> has educational resources about Palestine for all ages!

## YELLOW: TALK TO A FRIEND OR FAMILY MEMBER



The yellow level of The Power Rainbow is about the power that we have in our relationships with other people. Is there someone in your life who might not understand why it is so important to take action, or to fight for a free Palestine? Starting a conversation might help them to learn and take action too!

### Invite:

e.g., “Hey, can we talk about Palestine?”

### Ask questions:

e.g., “What have you been noticing and feeling? Are there any questions you have?”

### Share noticings and feelings:

e.g., “I recently learned more about what Israel is doing in Palestine. It makes me really sad and mad.”

### Offer up actions:

If they still need to learn more, can you recommend a resource you’ve learned from? Or can you invite them to join you for some of the other rainbow actions?

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## ORANGE: CONNECT WITH A LOCAL ORGANIZATION



The orange level of The Power Rainbow is about the power of groups of people working together. In your community, what groups are working in support of a free Palestine? Do they have intergenerational meetings or other events (like protests, teach-ins, or art builds) that you would be comfortable going to?

If you decide to go to a protest, check out the amazing resource from [@wokekindergarten](https://www.instagram.com/wokekindergarten) “So You Made it to a Protest” to learn more and prepare for the sensory environment.

In some communities, there are protests and events especially for kids! One good way to find events is to follow Palestine-focused accounts and organizations (e.g., **BDS** or **Jewish Voice for Peace chapters**) on Instagram, especially ones in your area!



## RED: CONTACT YOUR REPRESENTATIVES



The red level of The Power Rainbow represents the power of rules and laws. In the US, people in congress make laws, but all of us have the power to tell congress what kind of laws we want! You can find the names and contact info for your senators and representatives online. You can call, email, or mail a letter (and/or a picture)!

### SOME THINGS TO INCLUDE:

Who you (or your grown-ups) are, including the zip code of where you live, so that your call, email, or letter is counted.

Clear requests, like "call for a ceasefire in Gaza" or "vote NO on sending money or weapons to Israel."

Why it's important to you that your government supports Palestine.



## BLUE: CREATE AND SHARE ART



The blue level of The Power Rainbow represents the power of our beliefs and values. In order to create change, we need to help people believe in a better future. One powerful way to change how people think and feel is through art.



[@flyers\\_for\\_falastin](#) on Instagram has free Palestine coloring pages

[@birdsofgaza](#) on Instagram is collecting art from kids to honor kids who have been killed in Gaza



Once you've created something, can you make copies? Can you post them in your community, or share them through little free libraries?

The blue level represents the ideas and values that guide people.

The red level represents the rules and laws that people make and follow.

The orange level represents how groups of people work together.

The yellow level represents how people treat each other.

The green level  
represents a person  
experiencing justice or  
injustice.

# THE POWER RAINBOW



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