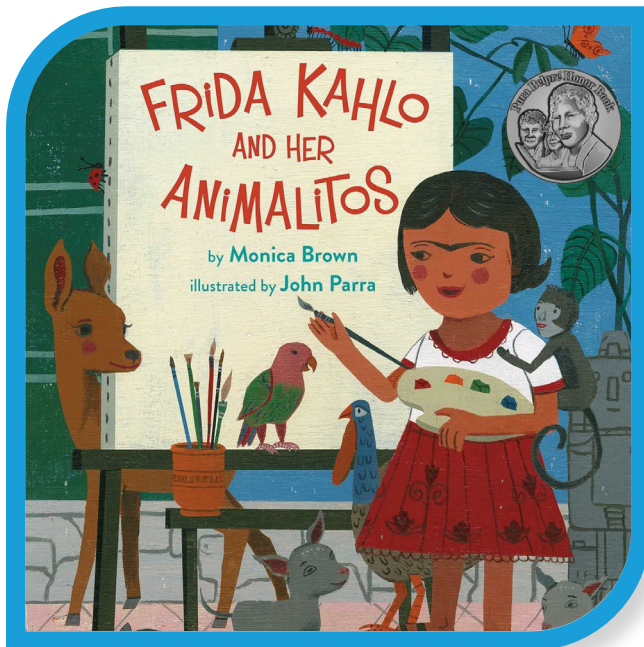




# Monthly Featured Book

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.



## Frida Kahlo and Her Animalitos

Authors: Monica Brown and Illustrator John Parra

Age Range: 4-8

Year Published: 2017

### Book Themes

Frida Kahlo, Women's History Month, Art and Artists, Personality Traits

## About the Book

This book is based on the life of one of the world's most influential painters, Frida Kahlo, and the animals that inspired her art and life. The Mexican artist Frida Kahlo is remembered for her self-portraits, her dramatic works featuring bold and vibrant colors. Her work brought attention to Mexican and indigenous culture, and she is also renowned for her works celebrating the female form. This story recounts Frida's beloved pets—two monkeys, a parrot, three dogs, two turkeys, an eagle, a black cat, and a fawn—and playfully considers how Frida embodied many wonderful characteristics of each animal.

## Conversation Starters

Whether you read the book aloud 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 did you learn about the Frida Kahlo? What do you want to know about her?

- What was your favorite scene or part of the book?
- Why do you think Frida Kahlo loved animals so much?
- The author describes Frida Kahlo by comparing her personality to her “animalitos,” her pets. What animal(s) do you share personality traits with and why?
- What happens when Frida has an accident when she is eighteen years old, and how does it im-pact her life?
- The first page of the book says, “Frida was special.” How do you think she was special?
- What does Frida do as an artist? Why do you think artists are important?
- Why do you think the author wrote this story?

## Talking Points

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

### 1. Who was Frida Kahlo?

Talk with your child about Frida Kahlo. Ask what they learned about her by reading the book. To-gether, read aloud parts of the “Authors Note” at the back of the book on page 32. Here are some other facts about Frida Kahlo:

- Magdalena Carmen Frida Kahlo y Calderón (1907-1954), usually known as Frida Kahlo, was a Mexican painter. She was known for her surreal (define) and very personal works. She was married to Diego Rivera, also a well-known painter.
- Frida was born in Coyoacán, Mexico. She had polio that left her disabled when she was 6 years old
- She studied medicine and planned to become a doctor. When she was 18, she was in a traffic accident that badly injured her. Frida began painting, using ideas about things that had hap-pened to her. Her paintings are often shocking in the way they show pain and the harsh lives of women.
- Fifty-five of her 143 paintings are of herself (self-portraits). She was also impacted by native Mexican culture, shown in bright colors, with a mixture of realism and symbolism.

If you are interested in learning more, you can look at some of Frida Kahlo’s paintings using [this website](#), which includes some of her paintings and the page is geared towards children. You can also learn more about her and her paintings using these online resources: [Britannica Kids](#), [Kid World Citizen](#) and [Kiddle](#).

### 2. Animals and Me

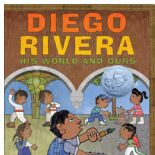
Talk with your child about how the book focuses on Frida Kahlo’s “animalitos” (little animals in Spanish). Remind them how Frida’s personality is described in the book by comparing her to her pets. Ask your child for examples of this and share the following: Like Frida, her parrot was colorful, her cat was playful and independent, her spider monkeys were mischievous, and her turkeys were intelligent and sensitive. Engage your child in a general conversation about personality qualities, describing them as characteristics that make up and reflect who you are. These characteristics can be positive, negative or neutral, and we all have a variety of personal qualities. Share with your child the words you would use to describe your personality qualities and then ask them what words they would use to describe their own personal qualities and the personal qualities of others (friends, family members, classmates, etc.). Some examples

include brave, moody, nice, strong, careless, hard-working, selfish, friendly, reliable, funny, mean, honest, polite, quiet, silly, and many more. Share with them that they may have parts of their personality that may feel opposite at times. For example, “sometimes I want to be around people like a dog and other times I want to chill by myself like a cat.” Talk with your child about how we develop our personality qualities over time as we grow up, interact with others and have different experiences. These all shape who we are, our personality traits.

### 3. Women's History Month

Talk with your child about how the book is about Frida Kahlo, an important and famous Mexican artist. Explain that March is Women's History Month—an annual celebration of the history, achievements, and contributions of women. Ask your child why they think we have a month dedicated to learning about women throughout history. Elicit/explain that the reason we have Women's History Month is to honor and commemorate women because sometimes when history is discussed and taught, girls and women are left out or only a few women are included. This is due to sexism, bias, and exclusion. The same is true for other themed months like Black History Month, Native American Heritage Month and others. It is important to note that while we have Women's History Month, women and girls' accomplishments and history should be part of our learning throughout the year. If interested, together engage in some additional reading (see below) or watch programming to learn more about Women's History Month, using [National Geographic Kids](#), [Fact Monster](#), and [History](#).

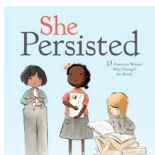
## Other Books You Might Like



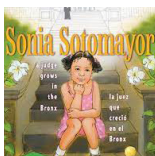
Diego Rivera: His World and Ours <https://www.adl.org/diego-rivera-his-world-and-ours>



Little Melba and Her Big Trombone <https://www.adl.org/little-melba-and-her-big-trombone>



She Persisted: 13 American Women Who Changed the World <https://www.adl.org/she-persisted-13-american-women-who-changed-world>



Sonia Sotomayor: A Judge Grows in the Bronx <https://www.adl.org/sonia-sotomayor-judge-grows-bronx>

## ADL Additional Resources

The following are curriculum and other resources on women's history, identity and Hispanic/Latin American people, identity and culture.

- 13 Picture Books to Read for Women's History Month <https://www.adl.org/resources/blog/13-picture-books-read-womens-history-month>
- Children's Books about Gender and Sexism <https://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?f%5B0%5D=topic%3A1577>
- Children's Books about Hispanic/Latin American People <https://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?f%5B0%5D=topic%3A1621>
- Early Childhood Frequently Asked Questions <https://www.adl.org/education/resources/tools-and-strategies/question-corner>
- Table Talk: Family Conversations about Current Events <https://www.adl.org/education/resources/tools-and-strategies/table-talk>
- Women's History Month Resources <https://www.adl.org/resources/tools-and-strategies/womens-history-month-resources>
- Why We Need Diverse Books <https://www.adl.org/resources/tools-and-strategies/why-we-need-diverse-books>