

**WORKBOOK-Interactive Exercise for Black Mother and Her Son.**



**Interactive Activity for Mama and Her Black boy- Excerpt taken from “A Guide For Black Women to Break the Generational Curse: Letters From Black Boys: Mama Please Hear My Plea!”- Amazon’s Best #1 Best Seller.**

This gift is an opportunity for mothers to interact with their sons to gain insight into their sons thought process as it relates to the questions below. Our suggestion is that the mothers give the questions to their sons in advance. Allow them a week or so to write their responses and then plan for an interactive discussion, a week later. Keep an open mind to receive the responses to these questions.

**1. Mother:** What are your thoughts about the statement “Big boys don’t cry?”

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Mother:** Please share your thoughts about the school you are attending?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Mother:** (Age appropriate of course) What are your questions about how a black male should treat a female?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Mother:** When you have fears, feelings of isolation or frustration, what can I do to help you?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. **Mother:** What does black masculinity mean to you?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. **Mother:** What can I do to help bring out the best in you?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. **Mother:** What are your thoughts about being told that you are the man of the house?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. **Mother:** What are your thoughts about how you are treated in school?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. What can I do to help strengthen your relationship with your father?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What are your thoughts about establishing a relationship with Jesus Christ?

**Son:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_