NATIONAL DAY OF
RACIAL HEALING

ACTION KIT FOR ARTISTS AND MEDIA-MAKERS

The National Day of Racial Healing takes place annually on the day after Martin Luther King Jr. Day. The observance is an opportunity for people to connect and imagine a better future together.

What is racial healing? Racial healing is learning how to better understand ourselves as individuals and the experiences of the people around us, as well as why things are as they are in our communities. It's an experience that addresses the harm caused by racism by strengthening the capacity to advance racial equity — so that every child has a fair shot and opportunity to succeed, no matter their background.

IDEAS FOR ARTISTS AND MEDIA-MAKERS

- **Team up** with a community center, school or other organization to create a mural or public art piece around themes of racial healing, belonging and connection.
- **Host a discussion** among fellow local artists about decolonizing art or reflect together on Sarah Lewis' TED Talk, "How Images Shape our Understanding of Justice."
- **Commit to hiring and casting people from all communities** by adopting an inclusion rider in your production company's policies.
- **Watch performances** from previous National Day of Racial Healing events, such as a version of Nina Simone's Civil Rights anthem, "I Wish I Knew How It Felt to Be Free," by John Legend and Detroit-based poet Reyes, or "Why," a song by hip hop artist and dancer Supaman.
- **Organize a community forum** to explore media coverage, and meet with local journalists to discuss: Whose voices are at the forefront and whose are missing? What complete stories need to be told?



- **Conduct an assessment** of your local news coverage, examining what communities are represented and underrepresented, and share the findings.
- **Explore resources** provided by professional organizations to enrich journalism and improve coverage of specific communities, such as the National Association of Black Journalists, Indigenous Journalists Association, National Association of Hispanic Journalists, Asian American Journalists Association and The Opportunity Agenda.

COMMUNITY EXAMPLES

- A dance center invited community members to enter the "lakou," a traditional Haitian shared space where art and healing came together. Participants found healing through dance, sound and expression.
- One community held an art installation at city hall where youth submitted artwork and poetry responding to the question, "What does racial healing look like?" Attendees connected over stories from community leaders, food and quiet reflection with two licensed social workers.