NATIONAL DAY OF
RACIAL HEALING

ACTION KIT FOR FAMILIES AND CAREGIVERS

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 FAMILIES AND CAREGIVERS

- **Visit a local museum** that features the history of various populations in your local community.
- **Host a play date** that focuses on community connection and relationship-building.
- **Make it a movie day.** Watch and discuss movies that show teens making a difference, such as "The Hate U Give" or "Freedom Summer."
- **Plan age-appropriate cooperative games** that help children from different backgrounds work together.
- **Read a book** about race, racism or culture together, such as "Girls on the Rise" by Amanda Gorman, "Parenting for Social Change: Transform Childhood, Transform the World" by Teresa Graham Brett, "All Are Welcome" by Alexandra Penfold or "Our Differences Make Us Stronger" by La June Montgomery Tabron.



- **Collaborate with your child's youth sports team,** theater group, band or other after-school program to create an event or host a discussion about racial healing.
- **Engage in a community sing-along** around themes of play, joy and common ground.
- **Invite elders from the community to share stories** with your children about the cultural history of your neighborhood. For example, consider inviting Indigenous elders to talk about the land and their history.
- **Help children plan a service project,** especially one that benefits younger children in their community. Consider painting a mural with an encouraging message or stocking a little library with books featuring diverse characters and authors.

COMMUNITY EXAMPLES

- A local park invited children, teens, neighbors and community members to gather for a conversation and learn about each other's backgrounds, cultures, perspectives and lived experiences.