NATIONAL DAY OF
RACIAL HEALING

ACTION KIT FOR SCHOOLS

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 K-12 SCHOOLS

- **Hold a special story time** focused on books with diverse characters and authors.
- **Invite a traditional storyteller** from your local Indigenous, Black, Asian or Latinx community to speak at a special assembly.
- **Make it a movie day** and watch "Coco," "Encanto," "Bao," "Raya and the Last Dragon" or "Soul."
- **Ask students to learn the origin of their names** and share the stories with the class. Encourage everyone to see each other's names as gifts from parents and ancestors and to practice pronouncing their peers' names correctly.
- **Help students write a land acknowledgment** for their school grounds.
- **Hold a visioning exercise** for students to imagine their community beyond racism. What would children, teens and families experience? How would people feel about the community?
- **Assign a group project** for students to explore how racism impacts members of the local community and propose possible solutions. Topics could include: access to education, health care, food or housing.



IDEAS FOR COLLEGES AND UNIVERSITIES

- **Bring together student organizations,** like fraternities and clubs, for a special event — perhaps a potluck, book discussion, poetry slam or performance.
- **Host a racial healing circle** in your dorm or another common space on campus using the Conversation Guide.
- **Host a movie night** or film festival that showcases stories about activism and racial justice.
- **Watch and discuss** past National Day of Racial Healing events and videos featuring racial healing in communities across the country.
- **Visit a local museum** that features the history of cultural groups in your local community.

COMMUNITY EXAMPLES

- One school organized a Harlem Renaissance night, drawing inspiration from the cultural flourishing of Harlem in the early 20th century. Students crafted original poems and stood proudly before their families, teachers and neighbors to perform them.
- A university held a week-long series of events including volunteer opportunities, workshops and a diversity resource fair. Students assembled winter care kits for those in need and wrote letters to policymakers advocating for equitable policies.