

INDIVIDUALS

ENGAGE YOUR INNER CIRCLE - FRIENDS, FAMILY, NEIGHBORS, AND COLLEAGUES

- ▶ Are there people in your life you've been wanting to discuss race or racism with, but haven't known how? Host a **dinner conversation or racial healing circle** in your home – and whenever possible, invite people from different backgrounds and cultures.
- ▶ Watch the livestream on January 21st and discuss how the show's topics relate to your locality.
- ▶ Use our **conversation guide** to create an open, non-adversarial environment.
- ▶ Hang up poster board with headings like “My Racial Healing Looks Like _____.” And ask people to fill-in their ideas.
- ▶ Host a “Walk for Racial Healing” and invite as many people as possible to participate. Be sure to make your event friendly to people of all ages and abilities.

SPARK CONVERSATION AMONG CHILDREN

- ▶ Get creative with the kids by making homemade racial healing signs. Help them find a prominent place to post them.
- ▶ Read books to the children in your life that affirm the identities and backgrounds of all children. Get ideas from the American Library Association's **Unity, Kindness and Peace Reading List**.

ACTIVATE YOUR SOCIAL NETWORK

- ▶ Show your support on social media by using the hashtags #HowWeHeal.
- ▶ Create a short video addressing why racial healing is important to you and post it on Facebook, Instagram, Twitter, Snapchat or other social networks. Be sure to use the hashtag #HowWeHeal.
- ▶ Setup an online fundraiser for organizations in your area that work towards racial healing.

GET YOUR TOWN TALKING

- ▶ Ask your elected officials about issuing a local proclamation naming Jan. 21, 2020 the National Day of Racial Healing in your community. (**Download draft proclamation text here.**)