

Special note for 2021: In the midst of the pandemic, the health and well-being of people remains our primary concern. There are many activities, tools and resources in this action kit that can easily be adapted as virtual experiences for participation in this year's National Day of Racial Healing.

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

- Are there people in your life with whom you've been wanting to discuss race or racism, but haven't known how? We've put together [resources](#) to help you host a conversation or racial healing circle from your home or in a virtual setting. Whenever possible, invite people from different backgrounds and cultures to join your conversation.
- Watch the YouTube Premiere of the National Day of Racial Healing virtual event together on Jan. 19, 2021 and discuss how the topics relate to your locality.
- Use our [conversation guide](#) to create an open, non-adversarial environment.
- Create posters 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 and follow CDC guidelines.

SPARK CONVERSATION AMONG CHILDREN

- Get creative with 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](#).
- Look for local and national organizations that help you learn to talk to your children about racism and review their websites.

ACTIVATE YOUR SOCIAL NETWORK

- Show your support for racial healing on social media by using the hashtag #HowWeHeal.
- Create a short video addressing why racial healing is important to you and post it on Facebook, Instagram, Twitter, LinkedIn, Snapchat or other social networks. Be sure to use the hashtag #HowWeHeal.
- Set up 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. 19, 2021 the National Day of Racial Healing in your community. ([Download draft proclamation text here.](#))