

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 OTHER STUDENTS

- 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 livestream of the National Day of Racial Healing together on Jan. 19, 2021 and discuss how the show's topics relate to where you live.
- Hang up poster boards 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 be sure to follow CDC guidelines.

SPARK CONVERSATION AMONG FRIENDS

- Read books and watch movies that affirm the identities and backgrounds of all people. Learn about your own culture and history – and the cultures and histories of other people in your area.
- Look for local and national organizations that help you learn to talk about racism and take action locally.
- If you are in school, see if there's an organization at your school that's trying to stop racism. There might also be organizations set up to support Black students, Latinx students, AAPI students and Native students in your school. If you're white, see if there are opportunities to improve your ability to be an ally/accomplice. Learn about being an active bystander.

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 SCHOOL AND TOWN TALKING

- Ask your school and 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.](#))