

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 the National Day of Racial Healing and ongoing racial healing efforts.

ARTISTS AND CULTURAL INSTITUTIONS

- Artists, musicians, writers, filmmakers, actors, creators and cultural institutions are leaders in helping people and communities engage with challenging topics, history and truths. Art helps build community power. It also helps us [encounter parts of the world that are different from our own](#). Think about ways you may be able to use your art, content or your institution to engage people in thinking about racial equity and racial healing and ways you can use it to build local power. Gather with other artists (live or virtually) to start or continue this conversation.
- Musician Lizz Wright and Maia Sharp created the song [Painted Sky](#) for the National Day of Racial Healing. Think about ways you can express what racial healing means to you through your art. Is there a song, a piece of visual art, spoken word, film or theater that will share what's in your heart?
- Think about ways that you can help [decolonize your artform](#).
- Think about and talk with others about who owns the methods of production or curation of your artform. How can you build support for artists and storytellers of color? Who's behind the scenes? Check out [Pop Culture Collaboratives' resources](#) to learn about the impact of pop culture.
- Think about ways you can support the pipeline of artists and storytellers of color. You may want to encourage venues to adopt something like the [Inclusion Rider](#) in their productions.
- Explore how your cultural institution or museum can exhibit cross-cultural solidarity and collaboration to showcase our shared humanity. Read how the [International Museum of Muslim Cultures](#) is educating the public with curated exhibits in Jackson, Miss.
- Explore how art can be used to support racial healing and racial justice from the following videos, articles and websites:
 - Sarah Lewis (in her TED Talk [How Images Shape Our Understanding of Justice](#))
 - A [NYT Article](#) about art that confronts racism
 - Information about the [National Memorial for Peace and Justice](#)

MEDIA

- Think about the narratives being told in the media. Whose voices are at the forefront? Whose voices are missing? What are the complete stories that need to be told? Talk with your colleagues about how you can help create those stories. Think about ways you may be able to amplify the work of others who are sharing those stories. Are there news media, museums, cultural signs/markers or memorials that tell a missing narrative? How can you amplify those?
- Hold a racial healing conversation using the [Conversation Guide](#) within your local newsroom or media organization.
- Invite readers and community members to engage in conversations with reporters and editorial boards about promoting racial equity in local coverage.

- Conduct an assessment of your news coverage for shared learning across your media organization, using the resources on page 30 of the [Truth, Racial Healing & Transformation Implementation Guidebook](#).
- Explore professional organizations that provide programs and resources (including style guides) to enrich journalism and improve coverage of specific communities. These include associations like the [Multicultural Media Correspondents Association](#), the [National Association of Black Journalists](#), the [Native American Journalists Association](#), the [National Association of Hispanic Journalists](#) and the [Asian American Journalists Association](#) as well as organizations like [Futuro Media](#) and [Opportunity Agenda](#).
- For resources to acknowledge and honor the National Day of Racial Healing, held annually on the day after Dr. Martin Luther King Jr. Day, visit www.dayofracialhealing.org.
- Whatever you decide to do, share it and take to social networks with a show of support using the hashtag #HowWeHeal.