

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.

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 a [conversation guide](#) to help you host a racial healing conversation in your home or a virtual setting. This guide can help you create an open, non-adversarial environment. Whenever possible, invite people from different backgrounds and cultures to join your conversation.
- Watch videos from past National Day of Racial Healing programs and ongoing racial healing efforts in communities across the United States. Discuss how the topics relate to your locality.
- Gather friends, family or colleagues in person or virtually and watch short [videos about racial healing](#).
- 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, abilities and follows [CDC guidelines](#).

SPARK CONVERSATION AMONG CHILDREN

- Get creative with kids by making homemade racial healing signs with headings like “My Racial Healing Looks Like ____” and ask kids to fill in their ideas. 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](#) and at [PBS Kids](#). Also find a selection of multicultural and social justice books for children, young adults and educators from Teaching for Change’s [Social Justice Books](#).
- Look for local and national organizations – including faith-based organizations – that help you talk to your children about racism like [PBS Kids](#).

ACTIVATE YOUR SOCIAL NETWORK

- Show your support for racial healing on social media by using the hashtag **#HowWeHeal**.
- Promote the National Day of Racial Healing YouTube premiere event using the hashtag **#HowWeHeal**. Consider hosting a Facebook watch party on or after the day.
- Share the National Day of Racial Healing YouTube video after it airs and keep sharing it!
- Create a short video about why racial healing is important to you and post it on Facebook, Instagram, Twitter, LinkedIn, Snapchat, TikTok or other social networks. Use the hashtag **#HowWeHeal**.
- Set up an online fundraiser for organizations in your area that work toward racial healing.

GET YOUR TOWN TALKING

- Ask your elected officials about issuing a local proclamation naming the day after the Martin Luther King, Jr. holiday, the National Day of Racial Healing in your community. ([Download draft proclamation text here.](#))
- Create space for Affinity Groups for learning and action by racial identity, including anti-racist White learning and action groups.