

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 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 a [conversation guide](#) and other 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 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.
- Hang poster boards at school, in your homes or dorm rooms 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. There are some great [short videos](#) about racial equity and racial healing.
- Look for local and national organizations that can help you talk about racism and take action locally.
- 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, Latinx, AAPI, Native and all students of color in your school. If you’re White, see if there are opportunities to improve your ability to be an ally. Here’s an example of a resource for free [anti-Asian hate training](#).
- Create space for Affinity Groups for learning and action by racial identity, including anti-racist White learning and action groups.

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, TikTok or other social networks. Be sure to use the hashtag **#HowWeHeal**.
- Set up an online fundraiser for organizations in your area that work toward racial healing.

GET YOUR SCHOOL AND TOWN TALKING

- Talk to school officials about establishing official affinity groups and racial healing circles
- Ask your school and elected officials about issuing a local proclamation naming Jan. 17, 2023, the National Day of Racial Healing in your community. ([Download draft proclamation text here.](#))