

Black History Month

BINGO CHALLENGE

Watch the ABCs of Black History Month Video

Time to brush up on your Black History facts! This kid-friendly video uses colorful graphics, music and narration to showcase a Black history fact for each letter of the alphabet.



Draw a learning map

Frederick Douglass said “learning can take us anywhere”. Together with your child, draw a map of where they want their learning to take them. Who will they meet along the way? What idea will they share? What do they think they will need to learn to stay on their path?



The Learning Challenge | Xavier Riddle and the Secret Museum Videos

In 1830, the kids meet Frederick Douglass, someone who really valued learning. Frederick was born into...

PBS KIDS

Create a bravery badge

Harriet Tubman knew that real courage is bravely moving forward even when you're scared. Your child can practice being more courageous by making a courage badge they can wear. Using construction paper, crayons, markers and scissors, they can draw and cut out a symbol that makes them feel brave.



Explore Black history through art

Through exploration, children can uncover the stories behind the works of Black artists. Talk about the art with your children by asking: What stands out to you first and why? Are different materials used? What shapes do you see?

***We will be highlighting famous Black artists on Fridays.**



How Black Art Can Spark Conversations With Children | Parenting Tips...

Learning about Black art and artists can help children resist race-based negativity as well as learn about Black history.

PBS KIDS for Parents

Make it equal family activity

Rosa Parks worked her whole life so that all people could be treated equally. Using your child's favorite snack or several small toys, divide the piles unequally. Discuss with your child what they could do to make all the piles equal. How would they make it equal if the number was odd? Can they think of a time when they or their friends were not treated equally? What could they have done to make things equal?



Rosa Parks Rides the Bus | Xavier Riddle and the Secret Museum Videos

Xavier, Yadina and Brad join Rosa Parks on the bus, where they learn that dark-skinned people like her...

PBS KIDS

Read book(s) discussing

Black culture

"Something Happened in Our Town": A Child's Story About Racial Injustice. Published by the American Psychological Association's Magination press, the book follows a White family and a Black family as they discuss a police shooting of a Black man. The book includes many resources for parents and educators including child-friendly definitions, sample dialogues, and discussion guides.



Addressing Racial Injustice with Young Children

EmbraceRace talks to the three child and family psychologists who collaborated to write the children's book, "Something Happened in Our Town": A Child's...

EmbraceRace



Do Your Best! | Xavier Riddle and the Secret Museum Videos

Xavier, Yadina and Brad travel to a track field to see Jesse Owens participating in a race. There, they fi...

PBS KIDS

Focus on doing your best

Jesse Owens focused on doing his best in order to go for the gold, despite being discriminated against throughout his life and his training. Play a game of Simon Says with your child while reminding them to do their best. Afterwards, talk with your child about supporting whatever goals they want to accomplish. Help them practice focusing on doing their best, despite what others might be saying or doing nearby.

Practice being yourself

Ella Fitzgerald built her music career by being herself. Support your child in being comfortable being themselves by practicing at home. Dance, sing, or draw together, focusing on what makes each of you yourself in whatever activity you're doing. Point out the unique moves your child makes or the special way your child draws a picture. Compliment them on what makes them special and praise them for bringing something different to their group of family and friends.



A Musical Voice and a Special Dance! | Xavier Riddle and the Secret Museum...

Brad, Yadina and Xavier listen to Ella Fitzgerald singing in the studio. They are amazed at her voic...

PBS KIDS



We hope you had fun together! Snap a photo of your family doing the activities and share it with us by using the hashtag #kydinnertableproject #BlackHistoryMonth2024.

Resources

- PBS Resources: <https://www.pbs.org/parents/black-history-month>
- They're Not Too Young to Talk About Race – The Science: <https://www.embracerace.org>
- Educator Resources: [teachstarter.com](https://www.teachstarter.com)



thedinnertableproject.org

