

# FEBRUARY IS BLACK HISTORY MONTH

While Black History should be studied/celebrated all year long, we have created a tribute calendar to commemorate the history & achievements of people of African descent in America. Download our Free Black History Month Calendar for Kids, featuring tips on celebrating with fun, creative activities & ideas, educational books and more.

## 1 Make a Handprint Heart

This activity honors the beauty of different skin colors and diversity. Using construction paper in various skin tones, trace your child's hand multiple times and cut it out. Cut a large heart out of butcher paper. Glue the hands in the shape of a heart using the butcher paper as a guide. Finally, make a wreath with your child's handprints to celebrate diversity.



## 3 Cook a special dinner together

Research and cook traditional African dishes from Nigeria, The Caribbean, and traditional Southern American cuisine.



## 5 Create a Collage

Using magazines, the internet, books, or newspapers, allow children to cut out, position, and paste images of African American influencers on a piece of poster paper. Include paragraphs about each figure and glue them near each person.



## 7 Read a Book That Celebrates Black History

Pick up award-winning, New York Times bestselling author Ibi Zoboi's book at your local bookstore. This picture book uses the principles of Kwanzaa to talk about the history of African Americans.



## 9 Watch a Series Together

Carve out a family movie night to watch a kid-friendly movie, series that explore Black culture! Rec: Hidden Figures, The Princess and The Frog, Selma, Akeelah and the Bee, ...



## 11 Study influential African Americans based upon your child's own interests

Does your child love music? Art? Or reading? For example, if your child is musically inclined, talk about jazz and listen to Ella Fitzgerald or Miles Davis. If your child loves poetry, read and discuss poems by Langston Hughes or Maya Angelou. If your child loves art/photography, check out works from Basquiat & Gordon Parks.



## 13 Check out local kid-friendly events in your town

Many public libraries, museums, and playhouses offer Black History Month classes, story time events or other activities. Go see a play, or view African American art.



## 15 Study stepping and traditional African American songs

You don't have to be a music teacher to teach students about the history and culture of stepping, but it would work perfectly for music class, too! Stepping is a traditional form of African American dance that engages the entire body to make sounds and rhythms.



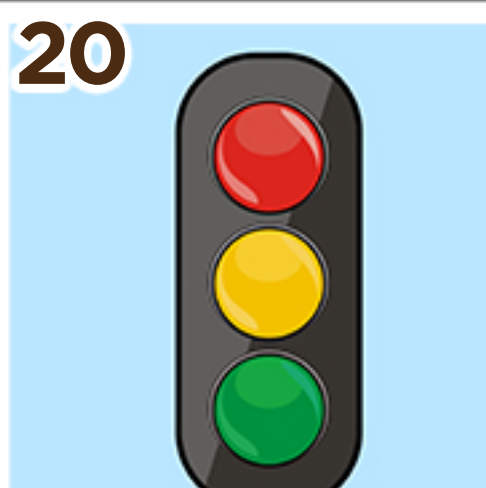
## 17 Make a Quote of the Day board for inspiration

Find some inspiring quotes from African American notables such as Maya Angelou, Malcolm X, Oprah Winfrey, MLK Jr., Nelson Mandela, etc... and create an inspiration board that your family can view daily!



## 19 Play Red Light, Green Light

Play the game & use it as a teaching moment to tell them about Garrett Morgan, an African-American inventor who patented the 3-position traffic signal.



## 21 Presidents Day

Read, Learn or Do some research about the first African American President- Barack Obama.



## 23 Create a "I have a dream" mobile

Have children create a mobile out of their hopes and dreams for a better world, free of racial division and inequality.



## 25 Eat soul food

Order a meal from a Black-owned soul food restaurant in your area or make a popular soul food dish with your kids, like collard greens or cornbread. While sharing the meal, talk to your children about the history of these dishes and their roots in slavery.



## 27 Teach & sing "Lift Every Voice and Sing"

Also teach them the history and meaning behind the Black National Anthem

