



KEEPING CONNECTED

RESOURCE FOR SUPPORTING SOCIAL EMOTIONAL LEARNING AT HOME



HOW TO CELEBRATE BLACK HISTORY MONTH AT HOME



BLACK HISTORY
AROUND THE WORLD
ACHIEVEMENTS & CONTRIBUTIONS

It's important to remember that the following ideas can be done throughout the year, and not just in February! As Americans, we should work to honor their contributions all the time. Sometimes, however, it's important to take time out to focus and remember the purpose of doing that, which makes February a great time, too. Try the following ideas to reinforce Black History Month and its importance with your kids

CHECK OUT THE LOCAL LOCAL KID-FRIENDLY EVENTS IN YOUR TOWN

Many public libraries, museums, and playhouses offer classes, story time events or other activities based upon topic. There's no doubt that there is something happening in your area to celebrate Black History in February. Go see a play, or view African American art. Use the web to check out your local venues and programming to plan your month!



STUDY INFLUENTIAL AFRICAN AMERICANS BASED UPON YOUR CHILD'S OWN INTERESTS

BLACK
HISTORY
MONTH

For example, does your child love music? Art? Or reading? Whatever it is your child is passionate about, honor Black History Month by using it as a catalyst to study black culture. For example, if your child is musically inclined, talk about jazz and listen to Duke Ellington or Miles Davis. If your child loves to read, find children's books authored by or about African Americans. For older kids, read and discuss poems by Langston Hughes or Maya Angelou.

Rachel Tomlinson's top tips to teaching kindness:



TEACH YOUR CHILDREN TO NAME AND UNDERSTAND THEIR EMOTIONS.

- By naming their emotional experience, they will be less frustrated or anxious about strong feelings and will cope better with distress.
- This skill also forms the early ability to empathize. If they understand where emotions come from and how they feel, they will start to be able to identify them in others.

CREATE OPPORTUNITIES TO SHOW INTEREST IN OTHER PEOPLE.

- *Ask questions about what people or characters are doing while watching television together or reading a book or sitting in the park people-watching.*
- *Can they identify other people's feelings or needs based on what they see?*
- *This builds great skills in being able to empathize.*



VOLUNTEER OR ARRANGE WAYS TO GIVE BACK TO YOUR COMMUNITY.



- *Donating old clothes to a local charity and taking old blankets to an animal rescue center are all ways to expand your child's circle of concern beyond your family.*
- *Explain to your child why you are donating or caring about others, ask them what it might feel like to be on the receiving end of such kindness and how does it feel to be kind to others.*
- *This really cements the learning and gets them thinking about what it means to be a kind person.*