

# ANTI-RACIST EDUCATION

“Education is the most powerful weapon which you can use to change the world.”

– Nelson Mandela



#EDUCATIONSPEAKSOUT

To show our solidarity against injustices faced by black people globally, we ASK EDUCATORS to set work which allows students to reflect on and demonstrate how they want the world they LIVE and LEARN in, to be anti-racist.

## ask your students to:



paint

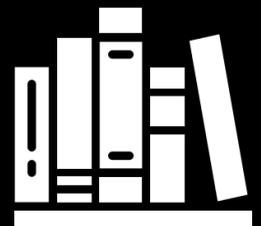


research



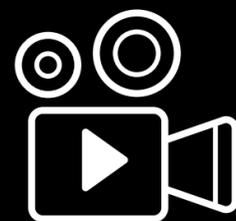
write

read



compose

create



record

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Parents and Guardians, your support is needed so that all work researched is age appropriate. Let's start having some of these conversations even if they are difficult ones!

**Choose a task below to help you reflect on and demonstrate how you want the world you LIVE and LEARN in to be anti-racist.**



*'It's not enough to be non-racist, we must be anti-racist'*  
*Angela Davis*

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**#EDUCATIONSPEAKSOUT**

**Research into Black inventors.**

**Write a newspaper article detailing your findings.**

**Find spoken word poetry by Black British poets. For example: George the Poet, Caleb Femi.**

**Record your own spoken word piece inspired by their work.**

**Find out about Black jazz, blues and classical composers and musicians.**

**Compose a musical piece inspired by their sound.**

**Find poetry by Black writers. For example Grace Nichols, Benjamin Zephaniah.**

**Write your own poetry inspired by their works.**

**Research into the amazing contributions that Black British people make to our society daily.**

**Record your own news segment detailing your findings.**

**Read an extract or a book by Black British Children Authors. For example: Malorie Blackman or Sharna Jackson.**

**Draw your own illustrations of the main characters.**

**Research into Black British visual artists. For example Sonia Boyce or Frank Bowling.**

**Create an art piece inspired by their work.**

**Research into Black British Children Authors. For example: Malorie Blackman or Sharna Jackson.**

**Write an opening of your own short story.**

**Find a Black British photographer. For example: Raphael Albert or James Barnor.**

**Create a picture collage or gallery of their photographs .**

# BLACK

# MENTAL HEALTH

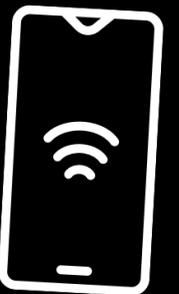
# MATTERS

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**Images and videos of black people facing injustices can leave you feeling hopeless, angry and overwhelmed. As these issues continue to escalate, it is important to practice self-care. Here are some things you can do to get a bit of relief.**

## 1. Social media breaks.

Social media is full of triggering images and you can easily spend hours online consumed by it. Log out and put down your phone if you start to feel overwhelmed. Try and have a routine and stick to it. Whether that's taking out an hour a day to read or to just listen to music.



## 2. Accept your feelings and reactions.

Pushing away negative feelings is not always healthy. It is okay to feel angry or frustrated with injustices. A good way to deal with your feelings is to channel it into an activity. For example: going for a walk or a run outside.



## 3. Channel your frustrations.

You can spread awareness from home on social media. Avoid sharing graphic images. You can sign petitions online as a way of doing your bit for the Black Lives Matter movement. You can channel your frustrations creatively through art or even making music.



## 4. Talk to trusted family, friends and teachers.

Talking with others can help! Share your thoughts and feelings with trusted people in your life. You can also email teachers who you feel will understand you. However, remember to have boundaries - you do not have to engage with people who do not understand you.



## 5. Read, listen to, or watch what celebrates blackness.

Read books, articles online and research things that celebrate the positive and amazing contributions that Black people make to our society daily!

