BLACK HISTORY MONTH 2022

READING & ACTIVITY CHALLENGE

Celebrate Black History Month! Learn about the history of Black health and wellness in the U.S. through book recommendations and activities. Log your reading and activities in Beanstack all month long to unlock digital badges!

READING LOG

Fill in a star for every 60 minutes that you read.



BLACK HEALTH & WELLNESS PIONEERS

Learn about Black doctors, nurses, and activists who changed health care in the U.S. and beyond. Choose a pioneer from the timeline below and learn more about their life and legacy by researching online or at your library.

James Derham (1762 – Early 1800s) was the first Black man to formally practice medicine in the United States. He was born into slavery in Philadelphia and once he received his freedom in 1783, practiced medicine independently in New Orleans where he specialized in throat medicine. Harriet Tubman (1822 – 1913) was an abolitionist and activist who, after escaping her own enslavement, helped other enslaved people gain freedom through the Underground Railroad. During the Civil War she also served as a nurse for the Union Army, caring for wounded soldiers and later established the Harriet Tubman Home for Aged in 1908. Jane Cooke Wright (1919 – 2013) worked at the Cancer Research Foundation in Harlem and made significant contributions to chemotherapy. She became the head of the foundation in 1952 and was elected as the first woman president of The New York Cancer Society in 1971.

-	1700s	 1800s	 1900s	(2000s	\rightarrow

James McCune Smith (1813 – 1865) was a physician, abolitionist and author in New York City. He graduated from the University of Glasgow in Scotland where he was the first Black person to receive a medical degree and was the first Black doctor to have his own practice in the United States. **Estelle Massey Osbourne (1901 – 1981)** was an American nurse and educator. She attended Columbia University where she was the first Black nurse to earn a master's degree. In 1946, she became an assistant professor and the first Black faculty member at what is now New York University Rory Meyers College of Nursing. She lobbied the American Nurses Association to accept Black nurses and created opportunities for Black nurses post-nursing school.



Black people still face greater risks for severe health issues. Describe one thing you can do now to impact our present and future.

Until the Civil Rights Movement in the 1960s,

hospitals in the U.S. were segregated. Even now,

ACTIVITY #1

beanstack

BOOKS TO READ

Here you'll find books celebrating and honoring the Black experience in the U.S. through history, poetry, science, and the arts. Find your age group and choose your next read below. Remember to log your reading in Beanstack to unlock digital badges!

AGES 0-6

- "Charlotte and the Nutcracker: The True Story of a Girl Who Made Ballet History" by Charlotte Nebres
- 🗌 "Antiracist Baby" by Ibram X. Kendi
- "Nina: A Story of Nina Simone" by Traci N. Todd
- "Your Legacy: A Bold Reclaiming of Our Enslaved History" by Schele Williams
- "Ambitious Girl" by Meena Harris
- "Aaron Slater, Illustrator" by Andrea Beaty
- "Overground Railroad" by Lesa Cline-Ransome
- "Nelson Mandela: Little People, BIG DREAMS" by Maria Isabel Sanchez Vegara
- "Baby Young, Gifted, and Black: With a Mirror!" By Jamia Wilson
- "Bright Brown Baby" by Andrea Davis Pinkney
- 🗌 "I am Strong: A Little Book About Rosa Parks" by Brad Meltzer
- "Steamboat School" by Deborah Hopkinson

AGES 7-12

- "Carter Reads the Newspaper" by Deborah Hopkinson
- □ "Martin's Dream Day" by Kitty Kelley
- "The Vast Wonder of the World: Biologist Ernest Everett Just" by Mélina Mangal
- "Midnight Teacher: Lilly Ann Granderson and Her Secret School" by Janet Halfmann
- "So Tall Within: Sojourner Truth's Long Walk Toward Freedom" by Gary D. Schmidt
- "A Man Called Horse" by Glennette Tilley Turner
- "Have I Ever Told You Black Lives Matter" by Shani King
- "Lifting as We Climb: Black Women's Battle for the Ballot Box" by Evette Dionne
- "The 1619 Project: Born on the Water" by Nikole Hannah-Jones and Renée Watson
- □ "Stitch by Stitch" by Connie Schofield-Morrison
- Song for Jimi" by Charles R. Smith Jr.
- "African Icons" by Tracey Baptiste

AGES 13-17

- □ "Accused! The Trials of the Scottsboro Boys: Lies, Prejudice, and the Fourteenth Amendment" by Larry Dane Brimner
- "Infinite Hope: A Black Artist's Journey from World War II to Peace" by Ashley Bryan
- □ "A Few Red Drops: The Chicago Race Riot of 1919" by Claire Hartfield
- "Black Birds in the Sky: The Story and Legacy of the 1921 Tulsa Race Massacre" by Brandy Colbert
- "Defiant: Growing Up in the Jim Crow South" by Wade Hudson
- "Revolution in Our Time: The Black Panther Party's Promise to the People" by Kekla Magoon
- "One Last Word: Wisdom from the Harlem Renaissance" by Nikki Grimes
- "Black Enough" by Ibi Zoboi
- "Buried Beneath the Baobab Tree" by Adaobi Tricia Nwaubani
- Claudette Colvin: Twice Toward Justice" by Phillip Hoose
- The Awakening of Malcolm X" by Ilyasah Shabazz
- "Across the Tracks: Remembering the Tulsa Race Massacre and Black Wall Street" by Alverne Ball

ACTIVITY #3

Write a short summary of the book you read.

