

## Black History Month 2022 (U.S.)



### CHALLENGE DESCRIPTION

Celebrate Black History Month! Learn about the history of Black health and wellness in the U.S. and explore mental, emotional, and physical health resources created by and for the Black community. For further reading, check out book recommendations honoring the Black experience. Log your reading and activities to earn badges all month long.

### CHALLENGE STRUCTURE

- 1 Registration Badge**
- 1 Completion Badge**
- 10 Minutes Logging Badges**
- 4 Activity Badges**

### ACTIVITY BADGES

**Activity Badge Title:**

History

**Badge Description**

Until the Civil Rights Movement in the 1960s, hospitals in the U.S. were segregated. Even now, Black people still face greater risks for severe health issues. Learn more about the Civil Rights Movement and the organizations that are working toward better health outcomes.

### Activities

- Visit the National Civil Rights Museum virtually. Learn more about the movement through storytimes, e-learning activities, oral histories, and other educational resources at the student page below.
  - [Civil Rights Museum: Students](#)
- What are three things you learned? **(text box)**
- How can understanding our history impact our present and future? **(text box)**

### Activity Badge Title:

Pioneers

### Badge Description

Learn about Black doctors, nurses, and activists who changed health care in the U.S. and beyond.

### Activities

- **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. Read more about his life and legacy by researching online or at your library. What else did you learn? **(text box)**
- **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. Read more about his life and legacy by researching online or at your library. What else did you learn? **(text box)**
- **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. Read more about her life and legacy by researching online or at your library. What else did you learn? **(text box)**

- **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. Read more about her life and legacy by researching online or at your library. What else did you learn? **(text box)**
- **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. Read more about her life and legacy by researching online or at your library. What else did you learn? **(text box)**

### Activity Badge Title:

Black Wellness

### Badge Description

There's a growing number of organizations, apps, and programs dedicated specifically to destigmatizing mental health care and providing support to the Black community. Check out a few of these awesome organizations, podcasts, and other resources below!

### Activities

- Check out these mental health resources:
  - [Therapy for Black Girls Podcast](#)
  - [Therapy for Black Men](#)
  - [Black Mental Wellness](#)
- GirlTrek is a public health nonprofit organization for Black women and girls in the U.S. They encourage pursuing a healthy lifestyle through fitness, finding safe spaces to walk, community building, and activism. Check out their website to learn more, and even join a fun monthly challenge!
  - [GirlTrek](#)
- There are many organizations that provide healthcare resources for the Black community. Here are a few to check out:
  - [Black Health](#)
  - [Black Mammals Matter Alliance](#)
  - [The Center for African American Health](#)

- [Center for Black Women's Wellness](#)
- Has there ever been a time when you did not feel welcome in a community space? How did you feel? What do you wish could have been different? **(text box)**

### Activity Badge Title:

Book Recommendations

### Badge Description

Here you'll find book recommendations 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.

### Activities

#### 0-6 years old

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

#### 7-12 years old

1. "Carter Reads the Newspaper" by Deborah Hopkinson
2. "Martin's Dream Day" by Kitty Kelley
3. "The Vast Wonder of the World: Biologist Ernest Everett Just" by Mélina Mangal
4. "Midnight Teacher: Lilly Ann Granderson and Her Secret School" by Janet Halfmann
5. "So Tall Within: Sojourner Truth's Long Walk Toward Freedom" by Gary D. Schmidt
6. "A Man Called Horse: John Horse and the Black Seminole Underground Railroad" by Glennette Tilley Turner

7. "Have I Ever Told You Black Lives Matter" by Shani King
8. "Lifting as We Climb: Black Women's Battle for the Ballot Box" by Evette Dionne
9. "The 1619 Project: Born on the Water" by Nikole Hannah-Jones and Renée Watson
10. "Stitch by Stitch: Elizabeth Hobbs Keckly Sews Her Way to Freedom" by Connie Schofield-Morrison
11. "Song for Jimi: The Story of Guitar Legend Jimi Hendrix" by Charles R. Smith Jr.
12. "African Icons: Ten People Who Shaped History" by Tracey Baptiste

### **13-18 years old**

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

### **18+ years old**

1. "The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation" by Anna Malaika Tubbs
2. "How the Word Is Passed: A Reckoning with the History of Slavery Across America" by Clint Smith
3. "The Black Church: This Is Our Story, This Is Our Song" by Henry Louis Gates Jr.
4. "We Return Fighting: World War I and the Shaping of Modern Black Identity" by The National Museum of African American History & Culture
5. "Things I Have Withheld" by Kei Miller
6. "Read Until You Understand: The Profound Wisdom of Black Life and Literature" by Farah Jasmine Griffin

7. "Wandering in Strange Lands: A Daughter of the Great Migration Reclaims Her Roots" by Morgan Jerkins
  8. "Three Girls from Bronzeville: A Uniquely American Memoir of Race, Fate, and Sisterhood" by Dawn Turner
  9. "Chasing Me to My Grave: An Artist's Memoir of the Jim Crow South" by Winfred Rembert
  10. "In the Forest of No Joy: The Congo-Océan Railroad and the Tragedy of French Colonialism" by J.P. Daughton
  11. "The Rope: A True Story of Murder, Heroism, and the Dawn of the NAACP" by Alex Tresniowski
  12. "Colorization: One Hundred Years of Black Films in a White World" by Wil Haygood
- Which book did you choose? **(text box)**
  - What are 3 new things you've learned while reading your book? **(text box)**