

# OPPORTUNITIES TO LEARN AND GROW: ANTIRACISM ACTION 10/16

| <b>READ</b>  | <b>SEE</b>   | <b>DO</b>  | <b>REFLECT</b>  | <b>CULTURE</b>   |
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| <p>Pick an <a href="#">article</a> from “Antiracism and America” website.</p> <p><a href="#">Just Us: An American Conversation</a></p>   | <p>TedTalk<br/><a href="#">Gratitude Video</a></p>                     | <p>Take a risk and challenge racism when you see it.</p> <p>Remember that you may inevitably “forget” about racism and its systems in your daily life because of how racism works.</p> | <p>Why do you want to be antiracist? Reflect on choices you make in your daily life (i.e., who you build relationships with, what media you follow, where you shop). How do these choices reflect being antiracist?</p> | <p>Build an <a href="#">Ofrenda</a> for Día de los Muertos and watch Disney’s “Coco”</p> |
| <p>As you reflect on what you’ve read, think about what you learned that was new, how the story made you feel, how race shaped the experience of the author and your own response.</p> | <p>Consider five things you are grateful for after this work week.</p> |  | <p>Start a journal to jot down your thoughts and reflections each week. Consider sharing some of these with a friend or in the Antiracism Monthly Pod</p>   | <p>Traditional <a href="#">Recipes</a> for <a href="#">Día de los Muertos</a></p>        |