

# Black History Month Booklet

A family or educator's toolkit to starting the conversation and celebration of Black History Month with children and teens



Black is **Joy**



Black is **Love**



Black is **Culture**



Black is **Community**



Black is  
**Joy**



Scan to listen!

## *Black History Hits*

- I Wanna Dance with Somebody **by Whitney Houston**
- Almost There (Princess and the Frog) **by Anika Noni Rose**
- Buffalo Soldier **by Bob Marley & The Wailers**
- ABC **by The Jackson 5**
- Stand Up (From Harriet) **by Cynthia Erivo**
- I Am Not My Hair **by India.Arie**
- Part of Your Word (The Little Mermaid) **by Halle Bailey**
- Purple Rain **by Prince**
- La Vida Es Un Carnaval **by Celia Cruz**
- Happy **by Pharrell Williams**
- Candy Rain **by Soul For Real**
- My Girl **by The Temptations**
- Respect **by Aretha Franklin**
- Agolo **by Angelique Kidjo**

“I chose these songs because to me they represent Black joy, success, and community. Music is a way that Black artists express themselves, but also express how others in their community are feeling. Many of these songs give voice and happiness to people in my community.”

- Hailey Clark,  
Past ACT intern



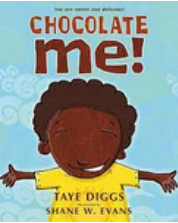
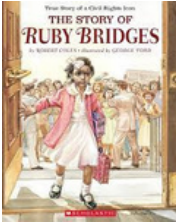
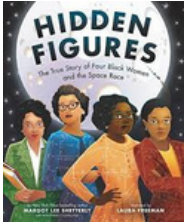


# Black is Culture

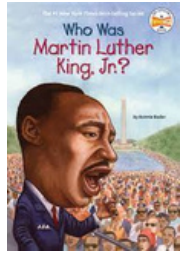
## Ways to Celebrate



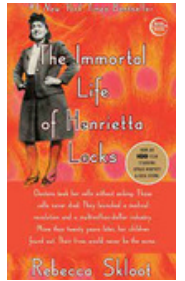
Read a book about Black history



Elementary school

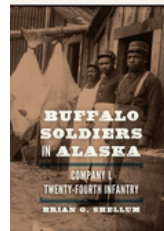
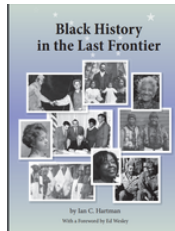


6th-8th grade



9th-12th grade

“True, we have more to do, but if we learn from our history, Alaska might become a more accepting place for all.”  
- Calvin E. Williams, “Black Lives in Alaska”



Alaska-specific history books



# Black is Culture

## Ways to Celebrate

Cook and enjoy historically  
Black foods



### Jollof Rice

3/4 Cup Canola Oil	1. Warm up your oil in a saucepan for five minutes.
4 Habanero Peppers	2. Add the onions and let it cook for about 5 minutes.
2 Cloves Garlic	3. Add the blended garlic and ginger.
1.5 Cups Tomato Paste (or fresh tomatoes/ sauce)	4. Add the tomato paste and 2 cups of water. Stir for a few minutes until the sauce is nice and smooth and let it simmer for about 15- 20 minutes.
2 Cups Water	5. You can now include the Basmati Rice and let it
1 Cube Bouillon	cook for another 30 minutes. Cover the rice mix with a
1 Tbsp Seasoned Salt	foil wrap with the saucepan lid over it. The foil traps
5 Cups Basmati Rice	the steam and allows it to cook a well and faster. Stir
5 Cups Chicken Stock	the mix every 5 - 10 minutes until cooked.
1/4 Pound Ginger Blended	
1 Bulb Onion	<b>Recipe from: <a href="http://simpleafricanmeals.com">simpleafricanmeals.com</a></b>



*Hot tip: Add salmon!*  
For a cultural fusion recipe, serve your jollof rice (Nigerian or Ghanaian style) with grilled Alaskan salmon.

# Black is Culture

## Ways to Celebrate

Cook and enjoy historically  
Black foods



### Sweet Potato Pie

#### Ingredients

- 2 cups mashed yams
- 4 Tablespoons butter
- 1 cup sugar
- 2 Tablespoons Lemon Juice
- 1/2 teaspoon salt
- 1/4 cup orange juice
- 3 Eggs, separated
- 1/2 teaspoon nutmeg
- 1teaspoon cinnamon
- 1 cup carnation milk

- 1) Cream butter until soft, add sugar gradually and continue to cream until sugar is well blended.
- 2) Add lemon juice, beaten egg yolks, cinnamon, potatoes, and milk. Mix thoroughly, fold in stiffly.
- 3) Beat in egg whites.
- 4) Pour into baked pie crust, bake at 425 degrees for 10 minutes, reduce temperature to 350 degrees and continue baking for about 40 minutes longer or until a knife inserted in the center comes out clean.

Recipe courtesy of Ms Bea Freeman of Shiloh Baptist Church, Alaska's largest Black church (located at 855 E. 20th Avenue, Anchorage)

“Enslaved Black folks did the cooking on Southern plantations and are the ones to give credit for plenty of classic American dishes we love and enjoy today.”

- Shaunda Necole, The Soul Food Pot cooking website





# Black is Culture

## *Ways to Celebrate*

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Have a movie night and watch stories of Black history



### **Akeelah and the Bee** Rated PG

Akeelah, a young gifted girl, is on the verge of quitting school. Then, she discovers that she has a high aptitude for spelling. With the help of her community and a great mentor, Akeelah competes in a spelling bee contest.



### **Ruby Bridges** Rated PG/ PG-13

When bright six-year-old Ruby is chosen to be the first African-American student to integrate her local New Orleans elementary school, she is subjected to the true ugliness of racism for the very first time. But guided by the love of her mother and father, Ruby's heroic struggle for a better education becomes a lesson for us all.



### **Hidden Figures** Rated PG

An incredible and inspiring untold true story about three women at NASA who were instrumental in one of history's greatest operations - the launch of astronaut John Glenn into orbit.



# Black is Community

Senator Bettye Davis



Alaska's first Black elected Senator

## Celebrating Senate

### Bill 174, Natural Hairstyles

### and Dress Codes

*Also known as the Crown Act in many other states. Thank you to the primary sponsor, Senator Wilson.*

Feeling comfortable to express and celebrate yourself is important for gaining self-confidence for children and youth and helps kids feel like they are part of a community. An unanimously- passed bill, SB174, marked a point of joy and celebration from Alaska's 2022 legislative session! The law protects children and youth by ensuring they can wear natural hairstyles in school as well as cultural regalia during graduation. This law helps children and youth connect with themselves and their culture by being able to represent themselves in the ways that they choose.

Learn more:



## Celebrating Juneteenth

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the US. From its Galveston, Texas origin in 1865, the observance of June 19th as an African American Emancipation Day has spread. Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. In Alaska, Juneteenth is now recognized as a holiday in Anchorage and Fairbanks.

In February 2021, Senator Gray-Jackson submitted a bill to the State Senate to proclaim Juneteenth a paid state holiday. As of today, February 2024, this bill has not yet passed.

Each June, events across the state celebrate Juneteenth and African American culture in Alaska. Connect with one of the following organizations to learn about events in your community!



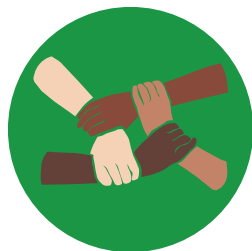


# Black is **Community**

## *Ways to Celebrate*

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Learn about and support  
Black-led organizations and  
businesses



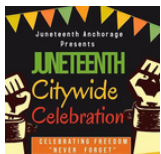
### **Alaska Black Caucus**

[thealaskablackcaucus.com](http://thealaskablackcaucus.com)  
[facebook.com/TheAlaskaBlackCaucus](https://facebook.com/TheAlaskaBlackCaucus)



### **NAACP Alaska**

[naacpanchorage.weebly.com](http://naacpanchorage.weebly.com)  
[fairbanksnaacp.org](http://fairbanksnaacp.org)



### **Juneteenth Anchorage**

[Facebook.com/juneteenthanchorage](https://Facebook.com/juneteenthanchorage)  
[907site.wixsite.com/juneteenthanchorage](http://907site.wixsite.com/juneteenthanchorage)



### **Alaska Black Business Directory**

[www.blackcommunityshoppe.com/alaska](http://www.blackcommunityshoppe.com/alaska)

### **Eat Okra**

A site to find Black-owned restaurants.  
[www.eatokra.com](http://www.eatokra.com)

**eat@okra**



Black-led organizations like Alaska Black Caucus operate close to the ground, demonstrating deep understanding of the needs of the communities we serve. It's critical for us to receive financial resources and community support to do this exhausting work so we can move the needle toward a beloved community.



Celeste Hodge Growden





# Black is **Love**

## *Building and Growing Relationships*



Think about some of your closest relationships: who do you feel you can tell anything to? Who are your close friends? Friends and family members we trust are so important in our lives! Engage with those you love this month by printing out the postcard template at the end of this book and tell someone you care about how important they are to you. Be sure to color it in and share an activity you did from the booklet or a new fact you learned about Black history.



## *Family Portrait*

Families come in all sizes, ages, relationships, genders, and colors. Sometimes, we are born into our families. Other times, we meet our family as we go through life. Who are the people (or pets) in your family portrait? What might your friend's at school draw? Talk to your family about how you can be accepting and loving towards every family!



# Word Search



G U U M G J P T E J F D Y T K W C C L V  
H X E U Q L F F D U N L E A D E R W Y V  
J I N C H F A C O I G G V Q G Q J P I I  
P Z E H S K M E B T U K T M J C S V W A  
L S F R V A I D I O U K G X U S F A D C  
M P F T K H L T R E T U T E L M L O V E  
V I U K P L Y A K X Z F B M Y P P N R N  
J G E K Y X E S Z N P O H Z D Z U N E Q  
J K C O Y A Q G F Q R B U C D Y O D J Y  
B Q Z B Q W E T K O L E L E T G N G D L  
F C L C X B U N T W A G N L Y O D Q Y J  
T C V K J Q U T J R A A K E R E J U V B  
G V H N G J Z I I Y Z Z A B N V S U R I  
C T R A D I T I O N S L Q R F V J W I A  
R J V O C O M M U N I T Y A D F A U Q E  
T E W U Z X W U T W B V E T Z B R A V E  
M L W T S J X T B Z Z P L E F Q K J Z X  
K I F F V W N R R B M N E C U L T U R E  
C T T M D D M P G Z G Z R K H M Z G P P  
F K Q B N Y X Q I E S H I S T O R Y M H

love

brave

family

culture

history

leader

community

celebrate

tradition

# "Lift Every Voice and Sing"

— JAMES WELDON  
JOHNSON

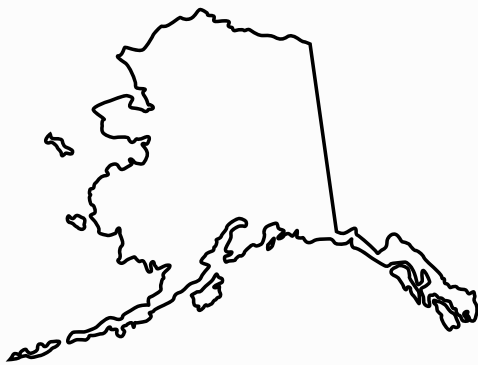
## BLACK NATIONAL ANTHEM

Lift every voice and sing,  
'Til earth and heaven ring,  
Ring with the harmonies of Liberty;  
Let our rejoicing rise  
High as the list'ning skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith that the dark past has taught us,  
Sing a song full of the hope that the present has brought us;  
Facing the rising sun of our new day begun,  
Let us march on 'til victory is won.  
Stony the road we trod,  
Bitter the chastening rod,  
Felt in the days when hope unborn had died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers sighed?  
We have come over a way that with tears has been watered,  
We have come, treading our path through the blood of the slaughtered,  
Out from the gloomy past,  
'Til now we stand at last  
Where the white gleam of our bright star is cast.  
God of our weary years,  
God of our silent tears,  
Thou who has brought us thus far on the way;  
Thou who has by Thy might  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest our feet stray from the places, our God, where we met Thee,  
our hearts drunk with the wine of the world, we forget Thee;  
Shadowed beneath Thy hand,  
May we forever stand,  
True to our God,  
True to our native land.





**Make Your Own Cards:** Color, cut out on dotted line, fold in half, and write a note to a someone who is an important part of your life and tell them something you learned or did to celebrate Black culture!



I'm celebrating

# Black History Month

by \_\_\_\_\_