

1. Make strong efforts to stay connected to friends, family and the people we serve!
2. Reflective listening
3. Express appreciation
4. Create masks for use in protests
5. Reach out to someone who is having a difficult time and really listen
6. Attend and hold virtual events
7. Participate in protests
8. Engage in radical conversation
9. Publicly support young people who are doing things to help the community
10. Read poetry of resistance
11. Chalk inspiring messages on sidewalks and on display in windows
12. Reach out to friends
13. Be present, use empathy
14. Fund social programs
15. Have thoughtful conversations about race
16. Make room for understanding without judgement
17. Host community drive-in movies
18. Perform acts of kindness
19. Buy hopeful books for friends and family
20. Ask questions and listen
21. Give “50 hugs-a-day” to your kids
22. Read hopeful books
23. Have hopeful yard signs
24. Practice gratitude
25. Use critical thinking
26. Spread positivity
27. Use privilege in productive ways
28. Attention for every child in every classroom
29. Acknowledge cultural difference in parenting practices
30. See the best in people
31. Emphasize reduction instead of risk removal
32. Write a letter to someone and mail them a stamp so they can write back
33. Create a game (kahoot) where kids can learn more about Black and Brown histories and give them space to have open conversation
34. Make sure we always balance concerns with hope

