

BLACK HISTORY MONTH

February is Black History Month

The month of February is known as Black History Month. Black History Month was created to focus on the amazing accomplishments and contributions of African Americans.

Most notably highlighted is Dr. Martin Luther King Jr. who fought for equal rights for African Americans during the 1950's and 60's. Having conversations regarding Black leaders that helped shape America is incredibly important.



REMEMBERING ELIJAH MCCLAIN

Elijah McClain was born in Denver, Colorado in 1996. A self-identified neurodivergent person, Elijah marched to the beat of his own drum. He was described by friends and family as a "spiritual seeker, pacifist, oddball, vegetarian, athlete, and peacemaker who was exceedingly gentle."

Elijah spent his free time playing the violin for cats at his local animal shelter. He is remembered by a friend as "a light in a whole lot of darkness." This February we celebrate a life dedicated to small acts of kindness and compassion.

Black History Month

Ways to Celebrate!

- 1) Visit Black History or Civil Rights Museum
- 2) Host a Black Film Marathon
- 3) Learn about an unsung hero of Black history
- 4) Talk with Black elders about the past
- 5) Host a "soul food" cooking class
- 6) Host a "read a Black author book" discussion group
- 7) Mentor a Black child in your neighborhood
- 8) Attend a Black culture event
- 9) Support /Donate to an HBCU
- 10) Decorate your home with Black art

BOOST SELF-ESTEEM

February is International Boost Self-Esteem Month.

.....

Self-esteem is how we value ourselves and the confidence we have in our abilities.

Challenges with self-esteem can often lead to feelings of depression or anxiety. However, practicing positive self-talk and self-care can help reduce these feelings and improve self-esteem. Boosting self-esteem is great for overall mental and physical wellness.

Builds Confidence 	The Power of Positive Self-Talk <small>www.thepathway2success.com</small>	
Improves Attitude 	Promotes Self-Love 	Helps Cope with Stress 
Allows for Taking Risks 	Encourages Motivation 	Helps Work Through Challenges 

part by: rick Pearson, Kate Hadfield, & Teachers Resource Force

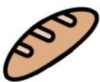


SELF-CARE MENU

From Blessing Manifesting

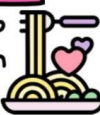
Appetizers

Take a break
Spend time outside
Deep breathing
Listen to music



Entrées

8 hours of sleep
Movie + Popcorn
Favorite Meal
Focus on letting go



Sides

Start a new book
Do some stretches
Journal
Positive Self-Talk



Specials

Get spiritual
Call a friend
Move your body
Engage in a hobby



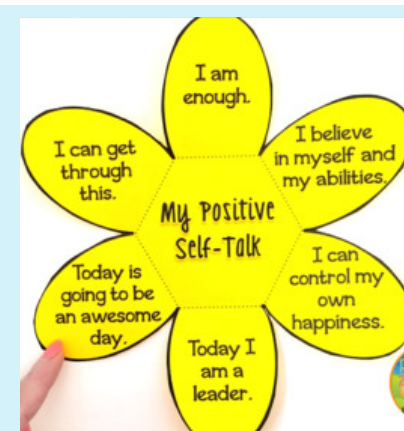
Beverages

Drink your water
Cup of tea
Hot chocolate
Fancy coffee



Desserts

Bubble bath
Light Candles
Soft Pajamas
Pamper your body



Create a
Positive Self-Talk Flower

Affirmations can be a great way for children and adults to learn positive self-talk. It can be used as a way to start the day on a positive note or help when feeling anxious, stressed, sad, or angry.



Resources

- <https://coloringhome.com/self-esteem-coloring-pages>
- <https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/>
- <https://kidskonnnect.com/articles/the-importance-of-black-history-month-for-kids/>

