

#RacialHealingPA

#HowWeHeal



DAY OF RACIAL HEALING

A TIME FOR CONTEMPLATION AND
COLLECTIVE ACTION

Tuesday,
January 18,
2022

HEALPA.org

Healing through Solidarity

The Commonwealth of Pennsylvania has issued a proclamation joining communities across the United States in designating Tuesday, January 18, 2022, as the Day of Racial Healing.

The Day of Racial Healing is a call to action to mobilize communities, organizations and individuals across Pennsylvania in support of truth, racial healing, and transformation.

It is not the responsibility of one person, one group, or even one organization to drive this work. The responsibility belongs to all Pennsylvanians to participate in honest, powerful, and moving experiences, and pursue this journey together. Through racial healing, our commonwealth can forge deep, meaningful relationships, lay the groundwork to transform broken systems, and create a world in which, together, we are a new force for positive change.

This digital toolkit has been created for stakeholders across Pennsylvania, to provide useful information to raise awareness about the commonwealth's first-ever Day of Racial Healing and the events being organized on January 18, 2022. You will find useful information on messaging, ideas for action, and social media assets.

WHY RACIAL HEALING?

To heal means to restore to wholeness; to repair damage; and to set right.

What is the Day of Racial Healing?

The National Day of Racial Healing is Tuesday, January 18, 2022. Created and hosted by the W.K. Kellogg Foundation (WKKF) since 2017, this special day is an opportunity to bring ALL people together in their common humanity and inspire collective action from the effects of racism to create a more just and unbiased world. This day is observed every year on the Tuesday following Martin Luther King, Jr. Day.

According to the W.K. Kellogg Foundation, *"Racism affects all of us where we live, learn, work and play. It affects our ability to know, relate to and value one another. Systemically, it can be one of the biggest obstacles to solving the challenges we face in our communities because it often keeps us apart. Racial healing recognizes the need to acknowledge and tell the truth about past wrongs created by individual and systemic racism and address the present consequences."*

Across the commonwealth, Pennsylvanians are encouraged to observe the Day of Racial Healing in unique and meaningful ways. This toolkit shares ideas for taking action that support bringing racial healing into homes, communities, and institutions. Ideas and resources shared are inclusive of students, parents, families, teachers and professors, faith and spiritual communities, and within the business and philanthropy sectors.

Key Actions

Communities, organizations, and individuals are encouraged to:

- Find ways to reinforce and honor our common humanity and create space to celebrate the distinct differences that make our communities vibrant.
 - Acknowledge that there are still deep racial divisions in America that must be overcome and healed.
 - Commit to engaging people from all racial, ethnic, religious and identity groups in genuine efforts to increase understanding, communication, caring and respect for one another.
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Governor Tom Wolf

Issued the first-ever proclamation in Pennsylvania honoring and recognizing the Tuesday following Martin Luther King, Jr. Day as a "Day of Racial Healing" for the commonwealth.

“

We must commit ourselves to building an equitable and just society so that all residents can thrive.

”



PROCLAMATION

DAY OF RACIAL HEALING January 18, 2022

WHEREAS, we understand and recognize that there is a racial divide in our country and that we must all work to heal the wounds accumulated over hundreds of years and created by racial, ethnic, and religious bias, and to build an equitable and just society so that all can thrive; and

WHEREAS, we have all witnessed racial divisiveness rising in America's urban, rural, suburban, and tribal communities today that threatens the very core of this country's unity; and

WHEREAS, like those who came before us, it is our duty to protect the people of the commonwealth and maintain communities in which they may all be given the opportunity to succeed; and

WHEREAS, children have the right to be provided every opportunity to learn, grow, and thrive in nurturing environments that prioritize their safety, dignity, and humanity; and

WHEREAS, every single person has the capability to make a simple change within themselves that can have a profound effect on an entire society; and

WHEREAS, racial healing is a vital and crucial commitment to the education, social, mental, and overall well-being of all Pennsylvanians; and

WHEREAS, if we all dedicate ourselves to the principles of truth, racial healing, and transformation, we can all bring about the necessary changes in thinking and behavior that will propel this commonwealth and our great nation forward as a unified force for justice where racial biases will become a thing of the past.

THEREFORE, I, Tom Wolf, Governor of the Commonwealth of Pennsylvania, do hereby proclaim January 18, 2022, the Tuesday following Martin Luther King, Jr. Day, as a DAY OF RACIAL HEALING. I encourage all Pennsylvanians to promote racial healing and transformation in the ways that are best suited for them individually, as a means to working together to ensure the best quality of life for every child.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this thirteenth day of December two thousand twenty-one, the year of the commonwealth the two hundred forty-sixth.

Tom Wolf
TOM WOLF
Governor

Bring Racial Healing to Your Community: Ideas for Action

INDIVIDUALLY, FRIENDS, FAMILY, & NEIGHBORS

- Spend money at BIPOC-owned (Black, Indigenous, or Person of Color) businesses in your local community
- Host a neighborhood run/walk for racial justice and healing
- Visit a local museum or art gallery dedicated to BIPOC culture, history, and influence
- Design an *Art the Block* activity, providing a safe creative space for the community to express ideas about racial healing
- Seek out information and donate funds to a racial justice organization
- Host a "Change for Change" fundraiser and donate to a local organization dedicated to eradicating poverty, providing reentry services, or committed to racial justice
- Start a book club reading (age-appropriate book recommendations follow)
- Participate in a service project
- Watch a recorded training, hosted by the PA Office of Advocacy & Reform, *The Intersection of Poverty & Trauma*
- Activate your social networking using #RacialHealingPA and/or #HowWeHeal

ENGAGE COMMUNITIES, NON-PROFITS, & BUSINESSES

- View a racial healing advocacy film and host a community discussion
- Kickoff a community service project related to restorative justice – reentry, poverty, racial justice
- Draft a "Letter to the Editor" on the importance of racial healing
- Send a press release to local media outlets sharing planned Day of Racial Healing events
- Kickoff a lunch and learn series on restorative practice/justice
- Thoughtfully and carefully create a racial healing circle using the "Conversation Guide" available at <https://healourcommunities.org/>
- Host a community read of a book that affirms the identities and backgrounds of all people (see age-appropriate suggestions that follow)
- Prepare articles for a digital newsletter
- Partner with your local community, private, and public colleges to host a BIPOC business/vendor fair
- Partner with BIPOC service or civic organizations, businesses, and local government to create an equity proclamation. [Find sample proclamation text here.](#)
- Utilize the power of public performance to create a racial healing concert or live production

Reading Recommendations

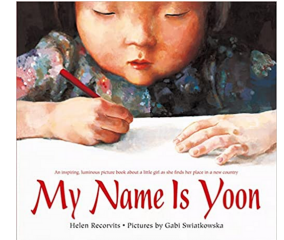
The State Library of Pennsylvania, Office of Commonwealth Libraries highlights the following books, categorized by age group, on the topics of race and racial healing created by antiracist organizations, individuals who identify as BIPOC and their allies. Pennsylvanians may check at their local library or ask for books through interlibrary loan.

- Picture Books
 - Young Readers (Grades 1-3)
 - Middle Readers (Grades 4-6)
 - Teen & Adult Readers (Grades 7+)
-

Picture Books

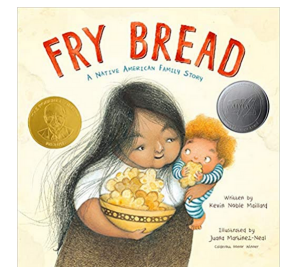
My Name is Yoon by Helen Recorvits

Helen Recorvits's spare and inspiring story about a little girl finding her place in a new country is given luminous pictures filled with surprising vistas and dreamscapes by Gabi Swiatkowska.



Fry Bread: A Native American Family Story by Kevin Noble Maillard

Told in lively and powerful verse by debut author Kevin Noble Maillard, *Fry Bread* is an evocative depiction of a modern Native American family, vibrantly illustrated by Pura Belpre Award winner and Caldecott Honoree Juana Martinez-Neal.



Ming and Her Poppy by Deidre Sullivan

Ming and Poppy's journey takes them over sidewalk cracks and dancing shadows, past honking horns and crowded crosswalks. They greet old friends and make new ones, while sharing stories, secrets, and the sting of painful words.



Your Name is a Song by Jamilah Thompkins-Bigelow

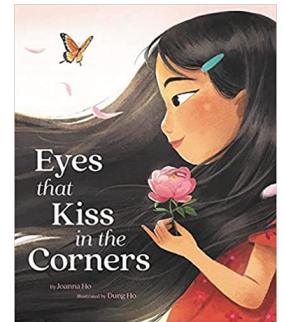
Frustrated by a day full of teachers and classmates mispronouncing her beautiful name, a little girl tells her mother she never wants to come back to school. In response, the girl's mother teaches her about the musicality of African, Asian, Black-American, Latinx, and Middle Eastern names on their lyrical walk home through the city. Empowered by this newfound understanding, the young girl is ready to return the next day to share her knowledge with her class. *Your Name is a Song* is a celebration to remind all of us about the beauty, history, and magic behind names.



Picture Books

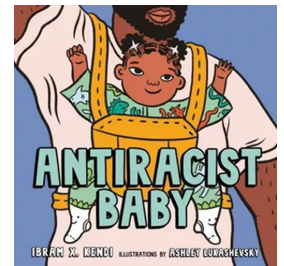
Eyes that Kiss in the Corner by Joanna Ho

This lyrical, stunning picture book tells a story about learning to love and celebrate your Asian-shaped eyes. A young Asian girl notices that her eyes look different from her peers'. They have big, round eyes and long lashes. She realizes that her eyes are like her mother's, her grandmother's, and her little sister's. They have eyes that kiss in the corners and glow like warm tea, crinkle into crescent moons, and are filled with stories of the past and hope for the future. Drawing from the strength of these powerful women in her life, she recognizes her own beauty and discovers a path to self-love and empowerment.



Antiracist Baby by Ibram X Kendi

From the National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist* comes a picture book that empowers parents and children to uproot racism in our society and in ourselves, now with added discussion prompts to help readers recognize and reflect on bias in their daily lives. Take your first steps with Antiracist Baby! Or rather, follow Antiracist Baby's nine easy steps for building a more equitable world.



I Am Whole by Shola Oz

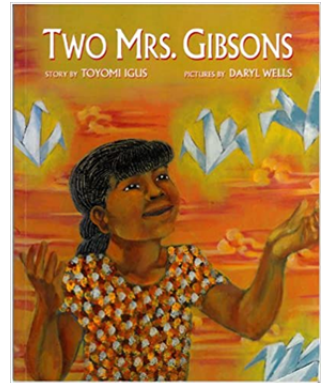
I Am Whole is a delightful picture book to celebrate children of mixed backgrounds and cultures. Written with love to embrace the differences that come with being multi-racial, including language, family and cultural traditions. This book encourages children to embrace their diversity and recognize that such differences make us whole.



Young Readers (Grades 1-3)

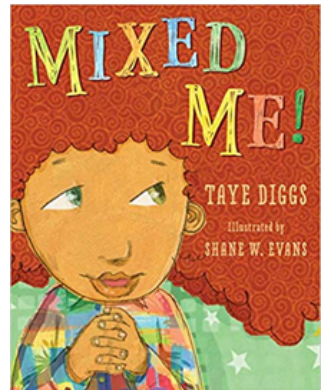
Two Ms. Gibsons by Toyomi Igus

Author Toyomi Igus's tender and touching tribute to the two most important women in her life, her Japanese mother and her African-American grandmother. In it, Toyomi celebrates the richness of growing up biracial. From her grandmother's big bear hugs to her mother's light caresses, from playing with her grandmother's fancy Sunday-meetin' hats to trying on her mother's kimono, the author conveys the warmth of these special relationships.



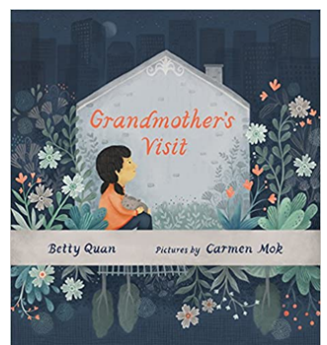
Mixed Me by Taye Diggs

Mike has awesome hair. He has LOTS of energy! His parents love him. And Mike is a PERFECT blend of the two of them. Still, Mike has to answer LOTS of questions about being mixed. And he does, with LOTS of energy and joy in this charming story about a day in the life of a mixed-race child.



Grandmother's Visit by Betty Quan

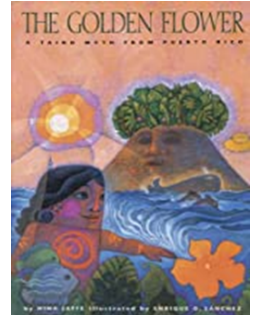
Grandmother lives with Grace's family. She teaches her how to measure water for rice. She tells her stories about growing up in China and together they savor the flavors of her childhood. Grandmother says goodbye when she drops Grace off at school every morning and hello when she picks her up at the end of the day. Then, Grandmother stops walking Grace to and from school, and the door to her room stays closed. Carmen Mok's gentle illustrations show the love between a child and her grandmother in this story that will resonate with anyone who has lost a loved one.



Young Readers (Grades 1-3)

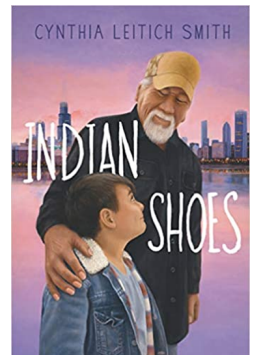
The Golden Flower: A Taino Myth from Puerto Rico by Nina Jaffe

A myth from one of the indigenous cultures of the West Indies explains how a golden flower first brought water to the world and how Puerto Rico came into existence.



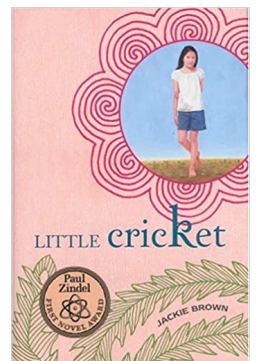
Indian Shoes by Cynthia Leitich Smith

The beloved chapter book by New York Times bestselling author Cynthia Leitich Smith about the love and adventures shared by a Cherokee-Seminole boy and his Grampa. What do Indian shoes look like, anyway? Like beautiful beaded moccasins... or hightops with bright orange shoelaces?



Little Cricket by Jackie Brown

After the upheaval of the Vietnam War reaches them, twelve-year-old Kia and her Hmong family flee from the mountains of Laos to a refugee camp in Thailand and eventually to the alien world of Saint Paul, Minnesota.



Don't Touch My Hair! By Sharee Miller

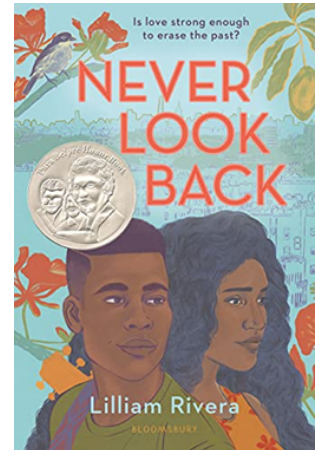
Aria is an African-American girl who's proud of her show stopping hair "that grows up toward the sun like a flower." But people keep confusing admiration with acquiescence: strangers, she laments, "are so curious about my hair that they try to touch it without even asking for permission!" It feels like the entire universe has lost its sense of boundaries. Then she resolves to set limits, and, in speaking up for herself, she begins to feel free, respected, and in charge of her own body again.



Middle Readers (Grades 4–6)

Never Look Back by Lilliam Rivera

Acclaimed author Lilliam Rivera blends a touch of magical realism into a timely story about cultural identity, overcoming trauma, and the power of first love. Featuring contemporary Afro-Latinx characters, this retelling of the Greek myth Orpheus and Eurydice is perfect for fans of Ibi Zoboi's *Pride* and Daniel José Older's *Shadowshaper*.



Dear Miss Karana by Eric Elliott

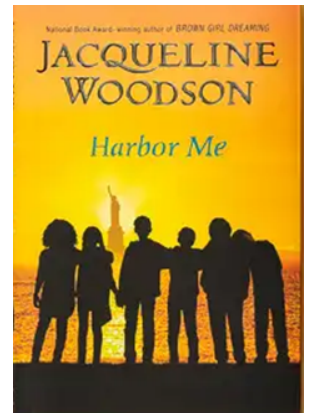
While reading *Island of the Blue Dolphins* at school and learning about the real woman stranded on San Nicolás Island, ten-year-old Tíshmal begins writing emails to “Miss Karana” in hopes of talking to her spirit. When she arrived on the mainland of Southern California, Miss Karana spoke a language that no one could understand even back then, and all that remains is a recording of the song she sang when she was found on the island. Tíshmal realizes that some of the words sound very similar to Chamtéela (Luiseño), the language spoken on her reservation. As she writes to Miss Karana, Tíshmal becomes more and more resolved to understand the lone woman's song. The only person able to help her is a grouchy great uncle, Wéh Powéeya (“two tongues”), the last living person fluent in the language of their ancestors from the belly button of the ocean: the islands including San Nicolás. Together, Tíshmal and Wéh Powéeya must discover what the lone woman said long ago in order to help her spirit finish the journey West.



Middle Readers (Grades 4–6)

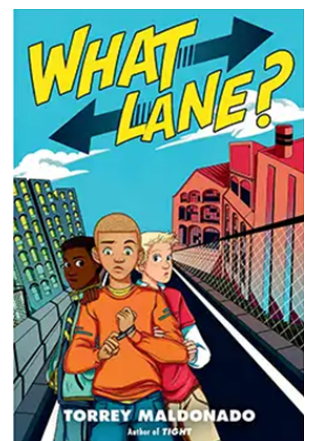
Harbor Me by Jacqueline Woodson

A tale about six kids with different family struggles who are sent to their school's old art room for a weekly talk with one another. They rename the room ARTT ("a room to talk") and open up about their lives. The middle-grade novel brings in many aspects of the injustices Black and brown people face. The book is just conversations these kids are having, Burnette told me, but it lends itself to adults having conversations with kids.



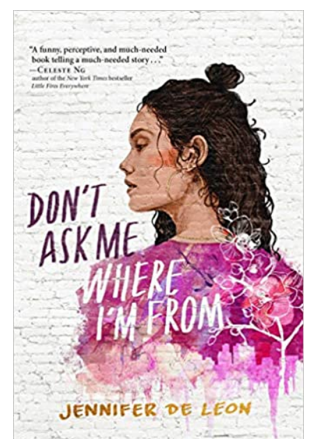
What Lane? by Torrey Maldonado

What Lane? is fast-paced, engaging, and short, taking readers through the experience of what a Black boy says and feels as he grows bigger and others shift their perception from seeing him as a cute child to viewing him as a potential threat. Stephen, the main character, questions this shift and has the hard conversation with his father. "It's a talk that helps us know what it means to be a Black male in the U.S., the why of Black Lives Matter protests, the real BIPOC lives lost to police violence—and paints a realistic picture of how young allies can help get racial justice," Menendez told me.



Don't Ask Me Where I am From by Jennifer De Leon

First-generation American LatinX Liliana Cruz does what it takes to fit in at her new nearly all-white school. But when family secrets spill out and racism at school ramps up, she must decide what she believes in and take a stand.



Teen & Adult Readers

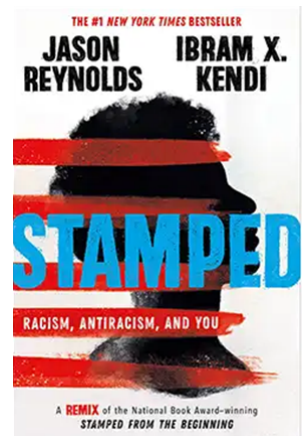
Clap When You Land by Elizabeth Acevedo

A moving novel in verse about two half-sisters who find out about each other after their dad dies in a plane crash. The title is based on the Dominican tradition of clapping when a plane safely lands at its destination, and the book is dedicated to the lives lost on American Airlines flight 587, which was headed to the Dominican Republic and crashed in Queens, New York, in 2001.



Stamped: Racism, Antiracism, and You by Jason Reynolds and Ibram X. Kendi

In 2019, Reynolds and Kendi released this version of Kendi's National Book Award-winning *Stamped from the Beginning*. It explores the history of racist ideas in America and the hope of an antiracist future. "Reynolds captures for young people the history and poignancy of Kendi's original work, but with a spark of relatability and pace necessary for them to grab onto," Keisha Rembert, assistant professor of teacher preparation at National Louis University in Chicago.



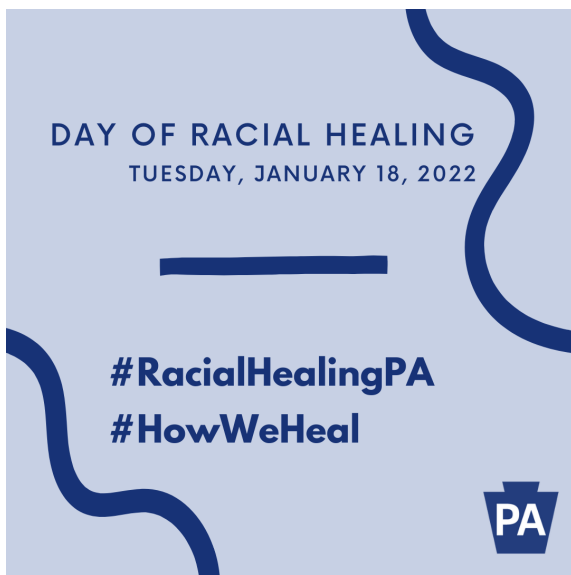
My Grandmother's Hands: Racialized Trauma and the Mending of Our Bodies and Hearts by Resmaa Menakem

The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. In this groundbreaking work, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. His book is a call to action to recognize that racism is not about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide.



Digital Assets

Two general social media posts and one poster have been created for Pennsylvania's Day of Racial Healing. We encourage you to use these templates and/or create your own social media images. The [assets are available free for download at HealPA.org](#) or by emailing DEloffice@pa.gov.



Website & Social Media Campaign

Submit Pennsylvania Events

Visit heal.pa.org to submit Day of Racial Healing events or activities happening within the commonwealth on January 18, 2022. Information collected includes: event title, event location, event description, event time, and a registration link (if there is one). Events will be publicly-available via an online calendar so that all Pennsylvanians can find opportunities for meaningful participation.

HEAL PA is a collection of more than 100 volunteers from a wide variety of fields, geographies, ethnicities and life experiences assembled to implement the Trauma-Informed PA Plan. This mix of state agency representatives and community stakeholders from all across the commonwealth is responsible for prioritizing the recommendations, setting short and long term goals, and assigning accountabilities to make the plan recommendations a reality.

[Submit events using this link.](#)

Social Media Hashtags

Participants can show their support for racial healing on social media by using the National Day of Racial Healing hashtag, #HowWeHeal. Across Pennsylvania, we encourage participants to use #RacialHealingPA when sharing videos, photos, or other resources.

#RacialHealingPA

#HowWeHeal



≡ MENU

LOG IN [JOIN](#)

2022 DAY OF RACIAL HEALING EVENT SUBMISSION

Please submit 2022 Day of Racial Healing events or activities happening within the commonwealth on January 18, 2022. Information collected will include: event title, event location, event description, event time, and a registration link (if there is one).

All events will be publicly-available via an online calendar so that all Pennsylvanians can find opportunities for meaningful participation.

2022 Day of Healing Event Submission

Event Title (required)

Type of Event (required)

☐ Virtual
☐ In-Person
☐ Hybrid

Event Location (required)

Street Address

Address Line 2

City

State

For More Information

Information or questions related to national Day of Racial Healing events can be found at <https://healourcommunities.org/day-of-racial-healing/>

In Pennsylvania, the Day of Racial Healing is coordinated by the Governor's Office of Advocacy & Reform. If you need support using this toolkit, accessing files, or for media questions, please get in touch.

**SHANNON
ZIMMERMAN**

*Director of DEI
Communications*

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