

2025 Black History Month

#BlackHistoryMonthBingo
#BHMBingo #BlackHistoryMonth
#BlackHistoryMonthLabor
#BHMLabor2025 #BHM2025

with @avasradiance

Bingo!

Watch the movie 'Selma'	Do some research about your local Black Labor Organization	Take the Harvard Implicit Bias Test	Visit a museum or art gallery or pop-up featuring a Black artist's exhibit	Listen to a podcast about Frederick Douglass
Buy a book from a Black-owned book store	Listen to The 1619 Project podcast	Volunteer your time and/or donate some money to your local Black Labor Organization	Watch the documentary '13th' (on Netflix)	Practice yoga with a Black instructor
Walk, run, jog, bike 2.23 miles for Ahmaud Arbery (23rd Feb)	Visit your local African American museum	Reparations Space: donate to your favorite Black creator or friend	Buy a face mask or other skin care products from a Black-owned company	Read your favorite genre of book - by a Black author
Practice meditation with a Black instructor	Listen to a Black woman tell her own story - or any story - and pay her for her time	Watch 'The Underground Railroad' series (on Amazon)	Buy coffee from a Black-owned coffee farmer or roaster or coffee shop	Go out to lunch, brunch, or dinner at a Black-owned restaurant
Buy tea from a Black-owned tea farmer or tea shop	Watch 'The Six Triple Eight' movie (on Netflix)	Purchase a membership or subscription to a Black fitness instructor, or Black-owned studio or gym	Book a tarot reading with a Black spiritual baddie	Tip extra to your Black server, bartender, delivery person, driver, valet, housekeeping (if traveling), etc.
Treat yourself to a new journal from a Black author or artist - & write in it	Listen to GirlTrek's 'Black History Bootcamp' podcast & walk 30 mins for 21 days	Gratitude check: everyday write down 3 things you're grateful for (28 days)	Support local Black musicians & artists - go to a show or open mic night	Watch 'Eyes on the Prize' documentary from PBS

Labor

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