

2025 BLACK HISTORY MONTH
BINGO! LIST

with *eavasradiance*

- 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 (on or around 23 February 2025)**
- 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)

Labor

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- 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 travelling, etc.
- Treat yourself to a new journal from a Black author or artist - & write in it
- Watch 'Eyes on the Prize' documentary from PBS
- 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
- Listen to GirlTrek's 'Black History Bootcamp' podcast & walk 30 mins a day for 21 days

Hashtags:

#BlackHistoryMonthBingo

#BHMBingo

#BlackHistoryMonth

#BlackHistoryMonthLabor

#BHMLabor2025

#BHM2025

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