

# 2023 Black History Month

#BlackHistoryMonthBingo  
#BHMBingo #BlackHistoryMonth  
#BlackHistoryMonthResistance  
#BHMResistance2023 #BHM2023

with @avasradiance

## Bingo!

|   |  |   |  |  |
|---|--|---|--|--|
| Watch the movie 'Selma'   | Buy makeup from a Black-owned company...                           | Visit a museum or art gallery or pop-up featuring a Black artist's exhibit                        | Take the Harvard Implicit Bias Test                                    | Go to bed early  |
| Buy a book from a Black-owned book store                                      | Listen to The 1619 Project podcast                                 | ...and create a signature look with your new makeup   | Sip red wine from a Black-owned winery or maker                        | Practice yoga with a Black instructor                              |
| Walk, run, jog, bike 2.23 miles for Ahmaud Arbery (2/23/23)                   | 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 | Watch 'Black. History, Black Freedom, & Black Love' on MasterClass |
| Practice meditation with a Black instructor                                   | Read your favorite genre of book - by a Black author               | Sip rosé wine from a Black-owned winery or maker  | Watch 'The Underground Railroad' series (on Amazon)                    | Reparations Space: donate to your favorite Black creator or friend |
| Watch the sun rise  | Reparations Space: donate to your favorite Black creator or friend | 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                     | Watch the sun set  |
| 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: daily  | Reparations Space: donate to your favorite Black creator or friend     | Sip champagne from a Black-owned winery or maker                   |

## Resistance

with @avasradiance

2023 BLACK HISTORY MONTH  
BINGO! LIST

with @evasradiance

**Watch the movie 'Selma'**

Buy makeup from a Black-owned company...  
...And create a signature look with your new  
makeup

**Visit a museum or art gallery or pop-up featuring  
a Black artist's exhibit**

Take the Harvard Implicit Bias test

**Go to bed early**

Buy a book from a Black-owned book store

**Listen to The 1619 Project podcast**

Sip red wine from a Black-owned winery or maker

**Practice yoga with a Black instructor**

Walk, run, jog, bike 2.23 miles for Ahmaud Arbery  
(on or around 2/23/23)

**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**

Watch 'Black History, Black Freedom, & Black Love'  
on MasterClass

**Practice meditation with a Black instructor**

Read your favorite genre of book - by a Black author

**Sip rosé wine from a Black-owned winery or  
maker**

Watch 'The Underground Railroad' series (on  
Amazon)

*Resistance*

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Watch the sun rise

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Watch 'Eyes on the Prize' documentary from PBS

**Gratitude check: daily**

Reparations Space: donate to your favorite Black creator or friend

**Sip champagne from a Black-owned winery or maker**

Hashtags: #BlackHistoryMonthBingo

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*Resistance*

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