

# 2023 Black History Month

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

with @avasradiance

## Bingo!

Watch the documentary '13th' (on Netflix)	Buy coffee from a Black-owned coffee farmer or roaster or coffee shop	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	Listen to a Black woman tell her - or any - story and pay her for her time	Support local Black musicians & artists - go to a show or open mic night	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 Black doll. Keep it or donate it. *bonus good person points if it's made by a Black toy maker	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	Buy a children's book by a Black author that celebrates melanin and/or curly hair	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	Go out to lunch, brunch, or dinner at a Black-owned restaurant	Watch the sun set
Treat yourself to a new journal from a Black author or artist - & write in it	Check your local PBS line-up for cool BHM programs (ex: KQED)	Gratitude check: daily	Reparations Space: donate to your favorite Black creator or friend	Buy tea from a Black-owned tea farmer or tea shop

## Resistance

with @avasradiance

2023 BLACK HISTORY MONTH  
BINGO! LIST

with @avasradiance

**Watch the documentary '13th' (on Netflix)**

Buy coffee from a Black-owned coffee farmer or roaster or coffee shop

**Listen to a Black woman tell her - or any - story and pay her for her time**

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

**Support local Black musicians & artists - go to a show or open mic night**

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 Black doll. Keep it or donate it.

\*bonus good person points if it's made by a Black toy maker

**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**

*Resistance*

with @avasradiance

# 2023 BLACK HISTORY MONTH BINGO! LIST

with @eavasradiance

Buy a children's book by a Black author that celebrates melanin and/or curly hair

**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**

Go out to lunch, brunch, or dinner at a Black-owned restaurant

**Watch the sun set**

Treat yourself to a new journal from a Black author or artist - & write in it

**Check your local PBS line-up for cool BHM programs (ex: KQED)**

Gratitude check: daily

**Reparations Space: donate to your favorite Black creator or friend**

Buy tea from a Black-owned tea farmer or tea shop

Hashtags: #BlackHistoryMonthBingo

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*Resistance*

with @eavasradiance