

**CULTURAL  
AWARENESS**

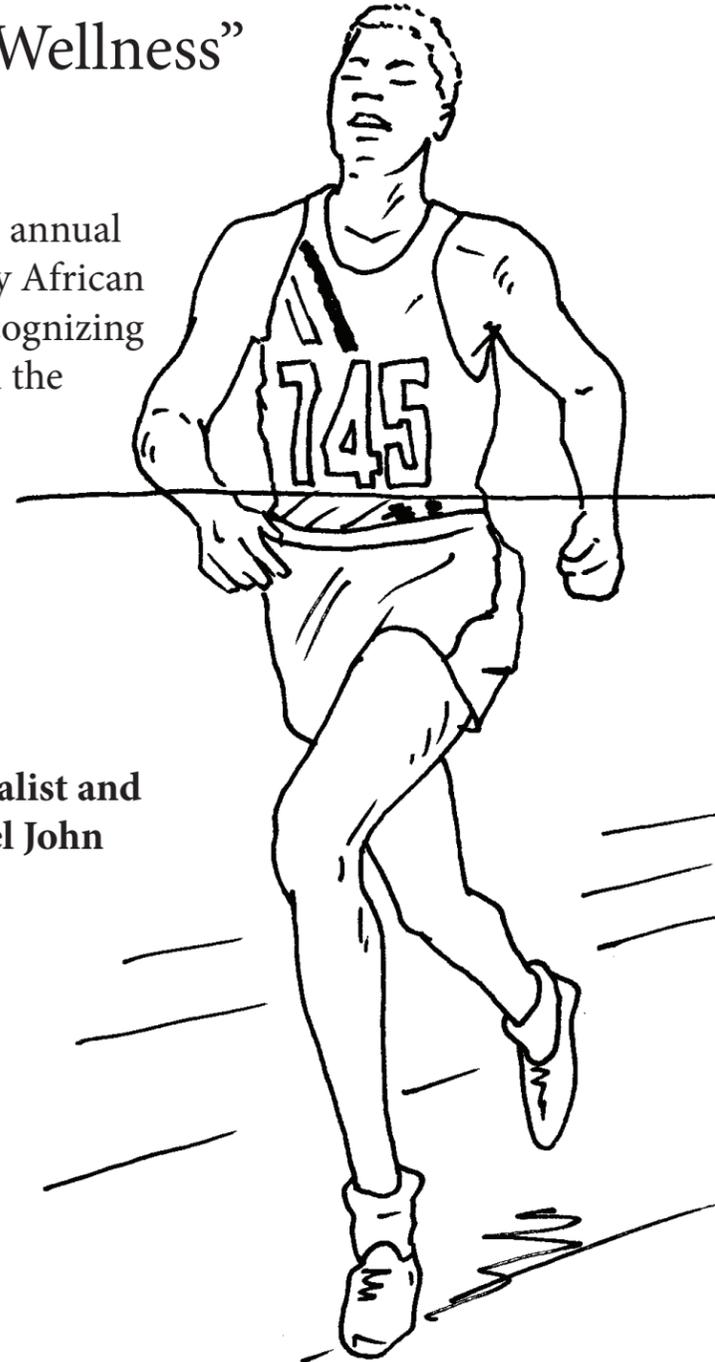
# OBSERVANCE

**BLACK HISTORY MONTH**

*FEBRUARY*

“Black Health and Wellness”

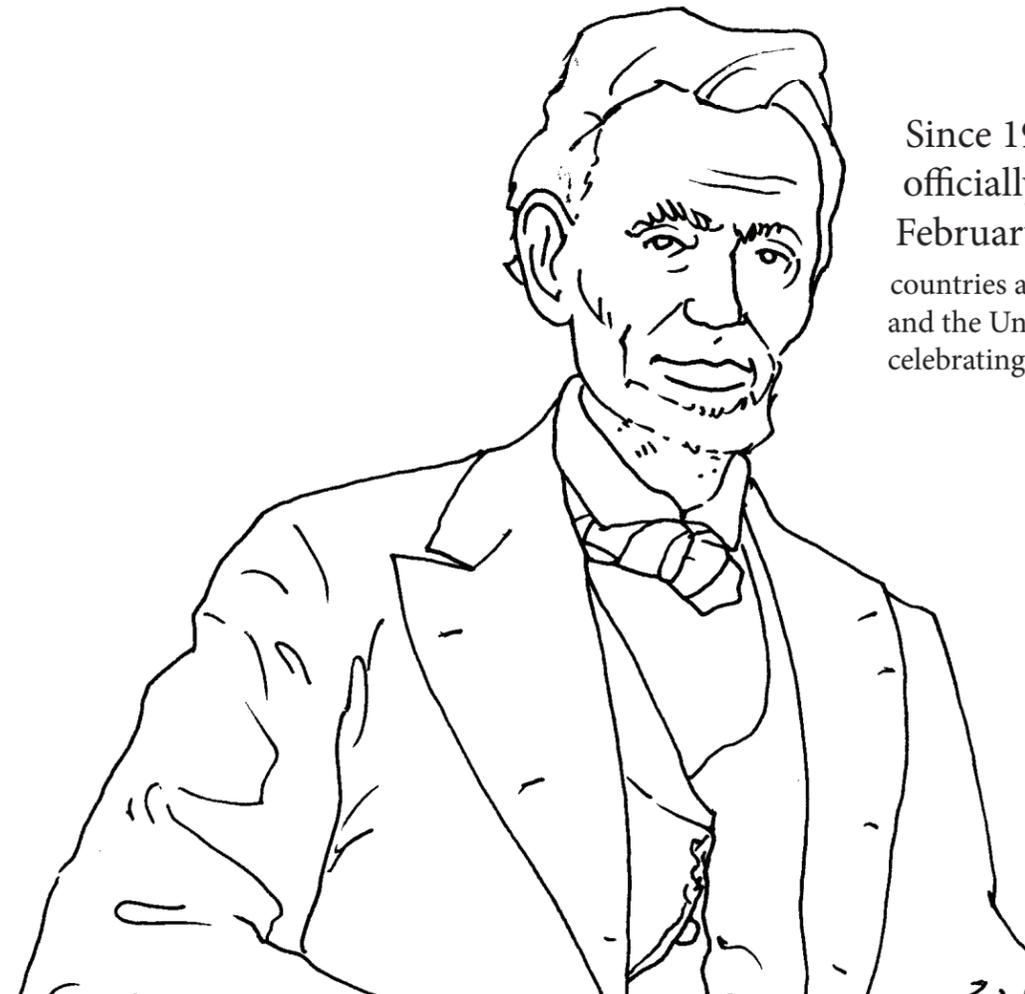
*Black History Month* is an annual celebration of achievements by African Americans. It is a time for recognizing their immeasurable impact on the history of the United States.



**1936 Olympic Gold Medalist and  
Army Lieutenant Colonel John  
Youie Woodruff**

## Did You Know?

The month of February was chosen to correspond with the birthdays of *Frederick Douglass* and *Abraham Lincoln*.



Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



# Take Action! Create a "Me Tree."

## **Steps:**

1. Trace your hand on a piece of paper leaving the fingertips open to draw longer branches.
2. Draw your branches from your fingertips leaving room for lots of leaves.
3. Draw as many leaves as you want (make sure to make them large enough to write things or draw inside!).
4. Draw some soil on the bottom of your page leaving room between the bottom of your paper and the top of the soil for writing or drawing!

Each part of the tree represents a different area of your life. Doodle, draw, or write in each of the prompts below.

## **Soil: "I am supported by..."**

Think about the people in your life that love and support you.

## **Tree trunk and branches: "I am grateful for..."**

Beginning at the bottom of the tree and working your way up through the branches, reflect on the places, things or experiences for which you are grateful (e.g., my family, friends, doctors that help me feel better when sick, school where I meet my friends, the outdoors where I can exercise and see new things, etc.).

## **Leaves: "I love..."**

Lastly, list the many things that make you – YOU! They could be adjectives (funny, smart, kind, helpful, good friend, etc.) or your favorite hobbies (playing soccer, painting, dancing with grandpa, learning math, etc.).

