



4-H celebrates

# BLACK HISTORY MONTH

Every February, people in the United States celebrate the history and the achievements of African Americans as a part of Black History Month. Here are some ideas of how you and your club can help celebrate this month!

1

## Learn

Learn more about Black History Month, why it is celebrated, and its history and impact at <https://www.africanamericanhistorymonth.gov/>

2

## Read

Check out a book written by a Black author! Ask for recommendations at your local library. Make it a mini book club and discuss your pick with friends or at your club!

3

## Watch

We can learn a lot through film and cinema. Choose movies to watch that help celebrate the Black culture and experience or ask for recommendations at your local library. Host a viewing party with your club or friends!

4

## Decorate

Get permission to decorate your school or club space for Black History Month. Can you make posters and other decorations to celebrate and help students learn?



5

## Cook

Prepare traditional Black cultural dishes for dinner; this can include soul food, Caribbean food, African food, or Creole food. Make it as authentic as possible by researching the dish's origin and different versions of the recipe. Ask for recipe books or resources at your local library.

6

## Experience

Head to a museum or cultural exhibit in your area to learn more about Black history and cultures. Don't have a museum close by? The DuSable Museum of African American History (<https://www.dusablemuseum.org/>) is located in Chicago and has remarkable exhibits highlighting Black history. And check out the National Museum of African American History & Culture, part of the Smithsonian, which also has online resources and exhibits: <https://nmaahc.si.edu/explore/nmaahc-digital-resource-guide>

7

## View

Illinois has many sites that played a significant role in the Underground Railroad. Slaves would go from safe house to safe house on a path of freedom. Learn more at: <https://www.enjoyillinois.com/travel-illinois/illinois-underground-railroad/> or head to <https://www.onlyinyourstate.com/illinois/underground-railroad-il/>

8

## Get Involved

Partner with a group in your area that supports the Black community. Find out what you can do to volunteer and help lift up the voice of the organization! Uplift and support local Black-owned businesses.

9

## Share your knowledge!

Organize a Black History Month Wax Museum for your club. Have members research historical figures. Wear a nametag with who you represent and have attendees "activate" you by stepping on a circle in front of you. After you are "activated," share a short report in the first person about the historical figure you researched! Attendees can move around the room and learn from each presenter.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Authors: Arsema Tesfai, University of Illinois Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment.