



# LOVE AS A KIND OF CURE 30DAY ANTI-RACIST CHALLENGE

DISMANTLING WHITE SUPREMACY

BREONNA

## DAY 1: READ

### "Who Gets to Be Afraid in America?"

Prof. Ibram X Kendi, Author of  
*How To Be An Anti-Racist*

## DAY 2: LISTEN

### Imagination for Liberation

Activist & Pioneer Akaya  
Windwood imagines liberty

## DAY 3: WATCH

### Get Comfortable with Discomfort

TED Speaker & Writer Luvvie Ajayi  
invites you to befriend discomfort

## DAY 4: JUSTICE 4BREONNA

### Call Or Write And Demand Justice

The cops who killed Breonna Taylor  
remain free. Do something to hold  
authors accountable to justice

## DAY 5: LISTEN

### Resmaa Menakem x Krista Tippett

Powerfully unpacks Anti-  
Racism Tools & Truths to  
begin healing today

## DAY 6: READ

### SOUTHERNERS: Poverty x Race NORTHERNERS: Jim Crow x North

MacArthur Genius Jesmyn  
Ward & PBS drop science

## DAY 7: ACT

### Mandatory De-Escalation Training

Call your local Gov't rep & Police. Advocate  
for mandatory police de-escalation training

## DAY 8: GIVE JOY

### The Dragons, The Giant, The Women

Diversity your summer read, this pick is from  
Wayétu Moore--from a black bookstore

## DAY 9: WATCH

### Africa's Greatest Civilizations

Black people did not start with slavery.  
Doc by Harvard Professor H.L. Gates

## DAY 10: LISTEN

### James Baldwin x Art x Race

How to see and celebrate  
humanity by giving of  
yourself



TICKETS: [WWW.LOVEKINDCURE.COM](http://WWW.LOVEKINDCURE.COM)



# LOVE AS A KIND OF CURE 30DAY ANTI-RACIST CHALLENGE

DISMANTLING WHITE SUPREMACY

BREONNA

## DAY 11: WATCH

### Prof. Kimberlé Crenshaw's TED TALK

Intersectionality invites you to ask- who's most vulnerable around you?

## DAY 12: VOTE+MAKE TROUBLE

### Watch Congressman John Lewis

Register to Vote & Get educated & Activated about Voter Suppression

## DAY 13: THINK GLOBAL

### Racism in South Africa & UK

Racism is not a US only issue. This pandemic is global & all-pervasive

## DAY 14: LISTEN

### Project 1619

MacArthur Genuis N. Hannah-Jones Podcast 5: Land of Our Fathers Part I

## DAY 15: EXPLORE

### Memorial For Peace & Justice

Visit in person or virtual tour Equal Justice Initiative Museum;  
Read Brian Stevenson's *Just Mercy*

## DAY 16: PLAY

### Tik-Tok: Put A Finger Down Invisible Knapsack

Read Peggy Macintosh's essay on privilege then play on TikTok

## DAY 17: FLOW

### Flow to Restore

Focus on whatever gives you joy. Try to unplug from the news. And your brain

## DAY 18: WATCH

### How Europe Invented Racism For Wealth

Why did Europeans enslave Africans anyway? Explore the roots of racism

## DAY 19: READ

### Dutch Slavery & Wealth

Essay from Profs. Branden and Bosma via London School of Economics blog

## DAY 20: WATCH

### Slavery in Italy?

Doc on migrant labour in Italy. Dehumanization of migrants *anywhere* is racist



TICKETS: [WWW.LOVEKINDCURE.COM](http://WWW.LOVEKINDCURE.COM)



# LOVE AS A KIND OF CURE 30DAY ANTI-RACIST CHALLENGE

DISMANTLING WHITE SUPREMACY

BREONNA

## DAY 21: GIVE

### Get Curious--Ask Around, Google!

Give \$ Love & Time to local group supporting migrant rights in your town

## DAY 22: LISTEN

### The Fight for Indigenous Rights

Pat Anderson on Black Lives Matter for Aboriginal people of Australia

## DAY 23: RSVP

### Black To School

Grab Tix, SEP26-27 Celebration of Toni Morrison's 50yrs of *The Bluest Eye*

## DAY 24: LISTEN

### Jason Reynolds x Krista Tippett

Jason Reynolds on how to support kids toward a more racially just world

## DAY 25: SEE US

### Get to know Love As A Kind of Cure

See yourself in the other.  
Practice it in every interaction today

## DAY 26: ACT

### Sisonke Msimang TED Talk

Act on stories that move you, especially around BLM

## DAY 27: FLOW

### Protect Black Energy

Franchesca Ramsey on racial trauma, setting & respecting boundaries

## DAY 28: WATCH

### Food x Inequality

What does food have to do with racial and economic inequality? Tunde explores

## DAY 29: LEARN

### Freedom Festival Keynote

Arundhati Roy's Freedom Festival Keynote on why love is both *Dangerous and A kind of Cure*

## DAY 30: BUY BLACK

### Caste in America

Pulitzer Prize Winner Isabel Wilkerson's new book on caste--Must Read!



TICKETS: [WWW.LOVEKINDCURE.COM](http://WWW.LOVEKINDCURE.COM)