



Raising Culturally-Conscious Kids

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Resources

***NOTE:** This Forbes link has a robust list of books, documentaries, videos, articles, organizations, shows, and resources for Children and Young Adults:*

[First, Listen. Then, Learn: Anti-Racism Resources For White People](#)

ORGANIZATIONS

[Show and Heal](#)

[YouTube](#)

[Facebook](#)

[Instagram](#)

[Twitter](#)

[International Travel Study Tour with Show and Heal: Greece](#)

[Virtual Diversity Day](#)

[BEAM: Black Emotional And Mental Health](#)

[Teaching Tolerance](#)



[National Center for Families Learning](#)

[Roots of Action | Positive Ways to Impact Youth](#) (full portal of teaching tools)

[The Compassion Experience](#)

ARTICLES

[Diversity Matters: Helping Children Develop Cultural Competence](#)

[Culturally Responsive Strategies to Support Young Children with Challenging Behavior](#)

[How young children can develop racial biases – and what that means](#)

[Racial Equity: How You Can Help Youth Ignite Positive Social Change](#)

[The Importance of Culturally Competent Teachers](#)

[The Positive Educational Effects of Racial Diversity on Campus](#)

[How Racially Diverse Schools and Classrooms Can Benefit All Students](#)

[Infants show racial bias toward members of own race and against those of other races](#)

SELF-CARE

[Sunayana's Self Care 101](#) (YouTube Channel)

[Self Care 101 Facebook Page](#)

[CoCreate 2021 Facebook Page](#) (Conscious Creation of a World with Equality and Social Justice)

[Sunayana Devi \(Integrative Health\) Facebook Page](#)



[Show and Heal Instagram](#)

[Self-Care Tips for Children and Teens](#)

[Managing Social Media Stress With Mindfulness](#)

[Does Social Media Cause Depression?](#)

APPs

[Insight Timer](#)

[Liberate Meditation](#)

[MindRight](#)

ASSESSMENTS

Harvard's Project Implicit Social Attitude Assessment, a free online tool that unravels the workings of racist thinking, is well-worth its 10-minute commitment for anyone who wants to confront their own racist thoughts and beliefs.

<https://implicit.harvard.edu/implicit/>

BOOKS

[Critical Race Theory](#)

[The Racial Healing Handbook](#)

[Me and White Supremacy](#)

[Young Adult Books Recommendations](#)



CHILDREN'S BOOKS (many links are to the books being read aloud)

[A is For Activist, by Innosanto Nagara](#)

[A is For Activist \(Read Aloud\)](#)

[Stellaluna, by Janell Cannon](#)

[Milton's Secret - Feature Film Based on the Book by Eckhart Tolle](#)

[I Think I Am, by Louise Hay](#)

[Tiger-Tiger, Is It True?, by Byron Katie](#)

[Anti-Racist Baby](#)

[Anti-Racist Baby \(read aloud\)](#)

[Say Something! by Peter Reynolds](#)

[Be You by Peter H. Reynolds](#)

[50 Children's Books that Celebrate Diversity](#)

[The Power Book: What is it? Who has it, and Why?](#)

DOCUMENTARIES

[13th](#)

[Just Mercy](#)

[Daughters of Destiny](#)

[The Untold History of the United States](#)



[African American Homeschooling Recommendations](#)

VIDEOS

[A-C-T Method for Limit Setting and Boundaries](#)

[Adam Ruins Everything: Suburbs](#)

[26 Mini-Films for Exploring Race, Bias and Identity With Students](#)

[National Geographic Kids](#)

[Having 'The Talk': Expert Guidance On Preparing Kids For Police Interactions](#)

VIRTUAL TOURS

[Family Resources: Compassion Experience | The Compassion Experience](#)

[Great Wall of China](#)

[6 Virtual Tours](#)

[10 of the Best Virtual Tours of the World's Natural Wonders](#)

STREAMING SERVICES

[Netflix Black Lives Matter Category](#)

[Amazon Prime Black Lives Matter](#)

[Amazon Prime Student Discount](#)



INDIGENOUS LAND APP

[Native Land](#)

LEARNING LANGUAGES

[Google Translate](#)

[duolingo](#)

[Rosetta Stone](#)

[Babbel](#)