



**BCDI**

Black Child  
Development Institute

ATLANTA

# NATIONAL BLACK CHILD DEVELOPMENT WEEK

**IGNITING REVOLUTION**

**JUNE 9-14**



# ACTIVITY GUIDE

**FOR PARENTS & CHILDREN**

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## **National Black Child Development Week Activity Guide**

*This guide is designed to help parents and educators celebrate National Black Child Development Week. It focuses on six crucial areas to support the holistic development of Black children. The activities aim to promote health, early learning, nutrition, self-identity, joyful living, and community support.*

**Our activity guide highlights six key focus areas essential for the growth and well-being of Black children:**

- 1) Healthy Birth and Developmental Milestones**
- 2) Early Learning Experiences**
- 3) Nutritious and Inclusive Meals**
- 4) Affirming Self-Identity**
- 5) Joyful Childhood Experiences**
- 6) Supportive Communities**

**Each section of the guide includes fun and meaningful activities tailored for children, particularly those aged 3-5, as well as advocacy ideas for adults. These activities are designed to celebrate NBCDW and foster a supportive and enriching environment for Black children throughout the year.**

# Focus Area 1: Healthy Birth and Developmental Milestones

## Activity for Children: Growth Chart Creation

- **Materials Needed:** Large paper or poster board, markers, stickers
- **Instructions:** Read stories featuring Black characters and then engage in role-play based on them. Encourage children to express their thoughts and feelings about the characters. (include a list of books that have e-books at the library and on YouTube)
- **Discussion:** Talk about the importance of eating well and staying active to grow strong and healthy.

## Activity for Children: Fruit and Vegetable Stamp Art

- **Materials Needed:** Assorted fruits and vegetables (cut in half), paint, paper
- **Instructions:** Dip the cut side of the fruits and vegetables into paint and use them as stamps on the paper to create colorful artwork.
- **Discussion:** Discuss the importance of learning letters and words, and how they form the basis for reading and writing.

## Advocacy for Adults:

- **Action:** Advocate for policies and programs that support prenatal care and maternal health, ensuring Black mothers have access to quality healthcare.
- **How-To:** Write letters to local representatives or participate in community health forums.

## Resources

- [Healthy Mothers, Healthy Babies Coalition of Georgia](#)
- [Georgia Thrives](#)
- [Maternal Mental Health: Understanding and Support](#)
- [Center for Black Women's Wellness](#)
- [Black Mamas Matter Alliance](#)

## Focus Area 2: Early Learning Experiences

### Activity for Children: Story Time and Role Play

- **Materials Needed:** Books featuring Black protagonists, dress-up clothes, and props.
- **Instructions:** Read stories featuring Black characters and then engage in role-play based on them. Encourage children to express their thoughts and feelings about the characters. (include a list of books that have e-books at the library and on YouTube)
- **Discussion:** Discuss how the characters overcome challenges and relate it to their own lives.

### Activity for Children: Cultural Alphabet Hunt

- **Materials Needed:** Cultural Alphabet cards, basket (Adults: you can either prepare a list of culturally relevant words and or include pictures to go with the letter cards that can be on the cards or separate from the cards)
- **Instructions:** Hide cultural alphabet cards around a designated area. Encourage the children to find the cards and place them in the basket. As they find each letter, help them sound it out and share a cultural word that starts with that letter.
- **Discussion:** Discuss the importance of learning letters and words, and how they form the basis for reading and writing.

### Advocacy for Adults:

- **Action:** Support local schools and libraries in acquiring diverse books and educational materials.
- **How-To:** Donate books, volunteer for reading programs, or organize book drives.

### Resources

- [Jen Finds Gems](#)
- [Brown Sugar & Spice Books](#)
- [ECLKC: Supporting School Readiness of Young African-American Boys](#)
- [Black SEL \(Social Emotional Learning\)](#)
- [An Afrocentric Approach to Today's Curriculum](#)

## Focus Area 3: Nutritious and Inclusive Meals

### Activity for Children: Cooking Together

- **Materials Needed:** Ingredients for a family-favorite dish that includes vegetables
- **Instructions:** Involve children in cooking, teaching them about the ingredients and their cultural significance. Make a colorful vegetable platter together.
- **Discussion:** Talk about the importance of a balanced diet and how these foods help them grow.

### Activity for Children: Rainbow Plate Creation

- **Materials Needed:** Various fruits and vegetables of different colors, small plates
- **Instructions:** Have the children create a "rainbow plate" by arranging different colored fruits and vegetables on a plate. Encourage them to taste each one.
- **Discussion:** Talk about the different colors and flavors and how eating a variety of colorful foods helps keep us healthy.

### Advocacy for Adults:

- **Action:** Promote the inclusion of culturally relevant meals in school lunch programs.
- **How-To:** Work with school boards and nutritionists to create menus that honor diverse cultural backgrounds.

### Resources

- [Old Ways \(Cultural Food Traditions\)](#)
- [Chop Chop Family](#)
- [Fresh Fruit and Vegetable Nutrition Curriculum](#)
- [Tips for Making Healthy Choices When Eating Out](#)
- [Kids in the Kitchen](#)

## Focus Area 4: Affirming Self-Identity

### Activity for Children: Create a Vision Board

- **Materials Needed:** Magazines, scissors, glue, poster board
- **Instructions:** Help children cut out images and words that reflect their dreams and who they aspire to be. Arrange and glue these on a poster board to create a vision board.
- **Discussion:** Encourage children to share their vision boards and explain their choices, reinforcing positive self-identity.

### Activity for Children: Self-Portrait Drawing

- **Materials Needed:** Mirrors, paper, crayons, markers
- **Instructions:** Provide each child with a mirror and paper. Encourage them to look at themselves in the mirror and draw a self-portrait, focusing on their unique features.
- **Discussion:** Celebrate each child's drawing by pointing out their beautiful and unique features. Discuss the importance of being proud of who they are.

### Advocacy for Adults:

- **Action:** Ensure that local stores and libraries stock toys and books that reflect the diversity of the Black community.
- **How-To:** Communicate with retailers and library boards, highlighting the need for diverse representation.

### Resources

- [Brown Sugar & Spice Books](#)
- [Diversity in Toys](#)
- [Blackk Doll: Representation Through Toys Empowers Black Children](#)
- [Black Books Matter: The Importance of Representation in Children's Literature](#)
- [Representation And Black Children's Storybooks](#)

## Focus Area 5: Joyful Childhood Experiences

### Activity for Children: Outdoor Exploration

- **Materials Needed:** Magnifying glass, notebook, crayons
- **Instructions:** Take children on a nature walk in a local park. Encourage them to explore and draw what they see, like plants, insects, and birds.
- **Discussion:** Discuss the importance of play and exploration in learning and development.

### Activity for Children: Music and Movement

- **Materials Needed:** Musical instruments (e.g., tambourines, maracas), music player
- **Instructions:** Play different types of music and encourage the children to move and dance freely. Provide instruments for them to play along with the music.
- **Discussion:** Talk about how music and movement make us feel happy and how important it is to express ourselves through dance and play.

### Advocacy for Adults:

- **Action:** Advocate for safe and accessible play areas in all communities.
- **How-To:** Attend city council meetings or join local advocacy groups focused on creating or maintaining public play spaces.

### Resources

- [The Adultification of Black Children](#)
- [NEW STUDY: THE “ADULTIFICATION” OF BLACK GIRLS](#)

## Focus Area 6: Supportive Communities

### Activity for Children: Community Collage

- **Materials Needed:** Old magazines, photos, glue, large paper
- **Instructions:** Create a collage that represents their community. Include images of family, friends, neighbors, and local landmarks.
- **Discussion:** Talk about what makes their community special and how everyone contributes to it.

### Activity for Children: Neighborhood Walk and Drawing

- **Materials Needed:** Paper, crayons
- **Instructions:** Take the children on a short walk around the neighborhood. After the walk, provide paper and crayons for them to draw something they saw and liked in their community.
- **Discussion:** Discuss the drawings and what makes their community special. Talk about the different people and places that make up their neighborhood and how they all contribute to the community.

### Advocacy for Adults:

- **Action:** Work to build stronger, more inclusive communities by participating in local events and initiatives.
- **How-To:** Organize or participate in community-building activities such as neighborhood clean-ups, cultural festivals, or community meetings.

### Resources

- [Black Health Matters: Safe Neighborhoods Save Lives](#)
- [Building Protective Communities for Black Children and Families](#)
- [Creating Safe Spaces for Black Children: The Dream and Legacy of Dr. King](#)



# Conclusion

Engaging in these activities and advocacy efforts will not only celebrate National Black Child Development Week but also contribute to the ongoing support and empowerment of Black children in our communities. By focusing on these six areas, we can help ensure that every Black child has the opportunity to thrive and succeed.

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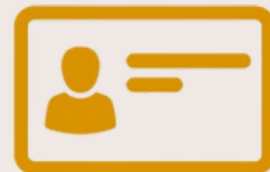
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