

# 4 HEART PLAN: LEAC

USE YOUR HEART TO CHANGE THE WORLD!



## L: LOVE YOURSELF AND TEACH THIS WHEREVER YOU GO

Take the time to understand and appreciate the things that bring you joy, your passions, and your gifts, and encourage others to do the same.

## E: EMBRACE VISIBILITY

Reject single stories about other cultures, pay attention to people who do not share your story, and recognize your light and the light in others.



## A: ADVOCATE FOR CURRICULA CHANGE

Be a voice for the voiceless by speaking out against narratives in curriculum that do not promote equality and cultural sensitivity and respect.

## C: CREATE FROM THE HEART

Acknowledge that you are a creator and commit to developing experiences that promote empathy and a culture of care.





## L: LOVE YOURSELF AND TEACH THIS WHEREVER YOU GO

Take the time to understand and appreciate the things that bring you joy, your passions, and your gifts, and encourage others to do the same.

**BRAINSTORM IDEAS ON WAYS YOU CAN LOVE YOURSELF.**

**WHAT MAKES YOU LOVABLE?**

**WHAT MAKES YOU HAPPY?**

**IN ADDITION TO THE FOLLOWING, CREATE 3 AFFIRMATIONS FOR YOURSELF:**

- I AM HUMAN!
- I AM AFRICAN!
- I TREAT PEOPLE THE WAY MY TRUE SELF WANTS TO BE TREATED.

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## E: EMBRACE VISIBILITY

Reject single stories about other cultures, pay attention to people who do not share your story, and recognize your light and the light in others.

### DISCOVER COMMONALITIES: JOT DOWN 10 THINGS ABOUT YOURSELF

*To Do:*

**FIND 2 PEOPLE WHO DON'T LOOK LIKE YOU AND ASK THEM IF THEY SHARE ANY OF THE QUALITIES INCLUDED IN YOUR LIST. TAKE TIME TO REALLY LISTEN AND TALK TO THEM.**

*To Watch:*

**TED TALK: DANGERS OF A SINGLE STORY BY CHIMAMANDA ADICHIE**

**WATCH COMING OF AGE MOVIES:  
(TO START)**

1. CROOKLYN
2. A BRONX TALE
3. THE BOY WHO HARNESSSED THE WIND
4. IN THE HEIGHTS

*To Read:*

**MULTICULTURAL BOOKS:  
(TO START)**

1. HOUSE ON MANGO STREET BY SANDRA CISNEROS
2. HOME OF THE BRAVE BY KATHERINE APPLGATE
3. GHOST BY JASON REYNOLDS



## A: ADVOCATE FOR CURRICULA CHANGE

Be a voice for the voiceless by speaking out against narratives in curriculum that do not promote equality and cultural sensitivity and respect.

### WAYS YOU CAN HELP:

1. FIND OUT WHAT YOUR SCHOOL IS ALREADY DOING. DON'T ASSUME.
2. ENCOURAGE CURRICULUM AUDITS WITHIN YOUR LOCAL SCHOOL DISTRICTS.
3. WRITE LETTERS AND MAKE PHONE CALLS TO THE US DEPARTMENT OF EDUCATION, AND TO SCHOOL DISTRICTS ASKING FOR COMMITTEES TO BE FORMED TO REWRITE THE NARRATIVE.
4. TALK TO YOUR CHILD'S TEACHERS AND ASK THEM IF YOU CAN PARTNER WITH THEM TO HELP ENSURE VOICES ARE HEARD. IF YOU ARE A TEACHER, COLLABORATE WITH OTHER TEACHERS AND LISTEN TO EACH OTHER'S STORIES AND THEN DEVELOP A WORKING NARRATIVE.
5. WRITE LETTERS AND MAKE CALLS TO CURRICULUM DEVELOPERS, PARTICULARLY ONES THAT CREATE SOCIAL STUDIES CURRICULUMS, AND PUT PRESSURE ON THEM TO TELL THE TRUE STORY OF AMERICA, DEBUNKING WHITE SUPREMACIST IDEOLOGY. ALSO, WRITE LETTERS AND MAKE CALLS TO CURRICULUM WRITERS IN READING PROGRAMS TO MAKE SURE THE BOOKS AND STORIES THEY ARE USING ARE MEANINGFUL AND RELEVANT.
6. ENCOURAGE SENSITIVITY TRAININGS AND MULTICULTURAL WORKSHOPS AND MULTICULTURAL CURRICULUM DEVELOPMENT FOR EDUCATORS.
7. FIND OUT WHAT'S BEING DONE IN EDUCATION IN YOUR STATE AND SEE HOW IT'S AFFECTING YOUR CHILDREN/STUDENTS.
8. AUDIT THE EVENTS YOU THROW IN YOUR COMMUNITY. ARE THEY INCLUSIVE? DO THEY MAKE SPACE FOR ALL VOICES? DO THEY ENCOURAGE UNDERSTANDING OF STORIES?
9. WRITE YOUR FAVORITE DIRECTORS, SCREENWRITERS, ARTISTS OF ALL GENRES, AND ASK THEM TO TELL STORIES THAT GROUND US IN OUR COLLECTIVE TRUTH AND TELL THE NEW NARRATIVE.
10. FLOOD YOUR FAVORITE RICH PEOPLE WITH REQUESTS TO FUND NEW CURRICULUM AND HELP WITH CHANGING THE NARRATIVE.
11. CONNECT WITH LOCAL MUSEUMS, GALLERIES, ETC., AND UTILIZE THEM AND THEIR RESOURCES. MAKE SURE STUDENTS IN ALL SCHOOLS HAVE THE FINANCIAL RESOURCES AND ACCESSIBILITY TO THESE INSTITUTIONS. ADDITIONALLY, MAKE SURE TEACHERS ARE TRAINED IN CONNECTED CURRICULUM TO THESE RESOURCES.
12. FIGURE OUT YOUR OWN WAY TO ENCOURAGE CHANGE BASED ON WHO YOU ARE. VISIT OUR WEBSITE TO FIND OUT HOW OUR COURSES, COACHING, AND CONSULTING SERVICES CAN HELP WITH THIS!

**"The people who are crazy enough to think they can change the world, are the ones who do." -Steve Jobs**



## **C: CREATE FROM THE HEART**

Acknowledge that you are a creator and commit to developing experiences that promote empathy and a culture of care.

**WHAT ARE YOUR TALENTS?**

A large, empty, hand-drawn yellow rectangular box with a 3D effect, intended for writing answers to the question 'WHAT ARE YOUR TALENTS?'. The box has a thick yellow outline and a series of parallel lines on the bottom and right sides to create a perspective effect.

**WHAT ARE YOUR PASSIONS?**

A large, empty, hand-drawn yellow rectangular box with a 3D effect, intended for writing answers to the question 'WHAT ARE YOUR PASSIONS?'. The box has a thick yellow outline and a series of parallel lines on the bottom and right sides to create a perspective effect.

**WHAT SOCIAL ISSUES DO YOU CARE ABOUT?**

A large, empty, hand-drawn yellow rectangular box with a 3D effect, intended for writing answers to the question 'WHAT SOCIAL ISSUES DO YOU CARE ABOUT?'. The box has a thick yellow outline and a series of parallel lines on the bottom and right sides to create a perspective effect.

**JOT DOWN IDEAS ON WAYS YOU CAN PROMOTE EMPATHY USING YOUR UNIQUE SET OF GIFTS.**

A large, empty, hand-drawn yellow rectangular box with a 3D effect, intended for writing answers to the question 'JOT DOWN IDEAS ON WAYS YOU CAN PROMOTE EMPATHY USING YOUR UNIQUE SET OF GIFTS.'. The box has a thick yellow outline and a series of parallel lines on the bottom and right sides to create a perspective effect.