

Summer Reading Assignment

1. Read the article “What the Civil Rights Movement Can Teach Us About Self-care Lessons from Martin Luther King, Rosa Parks and others who have led the charge for change.” <https://thriveglobal.com/stories/arianna-huffington-civil-rights-lessons-self-care-social-change-racial-justice/>

Take notes and annotate the article for things you find interesting, confusing, or surprising.

2. Watch (3x) the short film adaptation of “Strange Fruit.” This will be, in essence, a “close reading” of the text (video).

<https://www.artwithimpact.org/film/strange-fruit/>

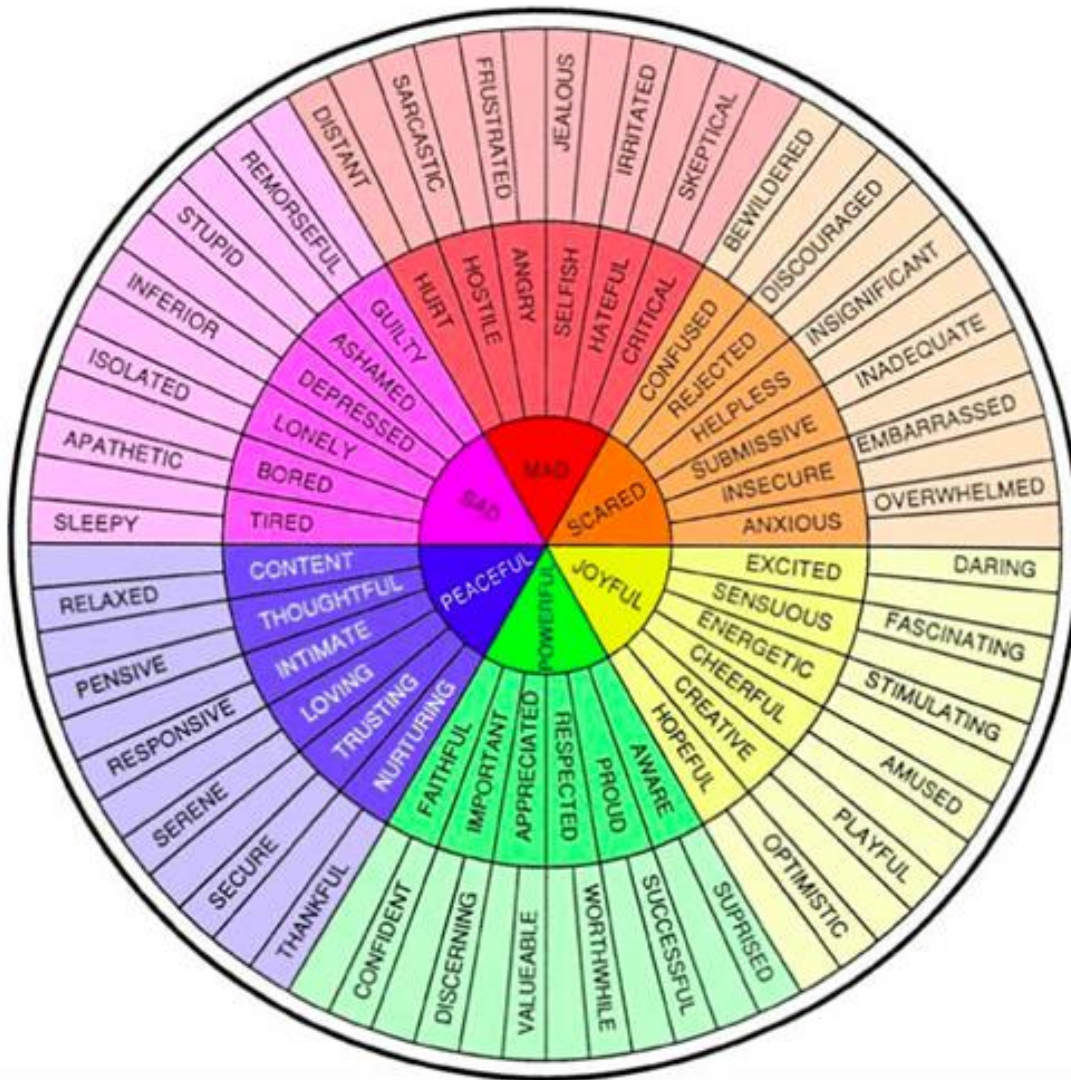
Personal Reflection- ALL GRADE LEVELS

1st Viewing Discuss 2-3 words or images from the film stand out for you and why?

[type response here]

2nd Viewing Discuss 2-3 feelings that come up for you in response to viewing the film. Use the wheel below to help you describe your feelings, if needed.

[type response here]



3rd Viewing List 2 people, places or things you are grateful for in response to viewing this film OR list 2 actions you can take as a young woman to care for yourself or others in response to viewing this film. What connections can be made between what you have read and viewed and what is currently happening in our country?

[type response here]

9th-10th

Art can be a powerful tool to explore feelings, sensations, and mental health stories. Art can captivate senses and parts of our brain that logic cannot reach. As you watch the short film adaptation, note how the art contributes to the storytelling. How did the camera angle / lighting / sound shape the film's impact? What point of view / perspective was featured in the film? Why? What imagery stood out to you the most? Why?

[type response here]

11th-12th

Research shows that we are more "connected" than ever and at the same time, more isolated. Digital technology, including social media and text messages, increase dopamine, a chemical in the brain linked to pleasure. In essence, the technology that gives us a false sense of connection, gives our brains a pleasure boost, making it hard to turn off our phones and connect in person. How do we navigate feeling isolated and negotiate better ways to feel support?

[type response here]

Creative Activity- ALL GRADE LEVELS

Create a **self-care guide** for high school teenage girls of color. The guide should describe how young ladies can take care of themselves physically and mentally while processing all that is happening in our country from the pandemic to race relations. You have creative freedom to create your guide in any format (digital, podcast, poster, etc.) you choose, but you must have the following included:

- at least 7 tips and suggestions
- brief background on why self-care is important for young ladies/women of color
- 3 visuals that include color