



How to Celebrate Your Heritage

What we learn in school is often only the top of the historical iceberg for Black History Month. It takes personal responsibility and motivation to truly learn about one's heritage and history.

QUESTIONS

What's your heritage? (ethnicity, race, notes about grandparents, historical events, etc.)

Where do you start your Journey of You?

- Talk to older relatives like grandparents, older aunts or uncles, and family friends.
- Visit your local library to take advantage of their ancestry.com subscription.
- Review census records, old newspaper articles, and family photographs.
- Organize your information into a notebook starting with you, then your parents, then your grandparents, and so on.

I think it's important to intentionally seek out to learn and understand the history of your background and culture. I've compiled a list of five ways you can do just that.

1. READ - Read biographies about historical figures or events. Is there an important or under-valued hero you would like to know more about? Consider these [Books About Black History to Read With Your Kids](#).

Books to Read:

2. WATCH – Watch original stories or biographical movies about historical figures or events. Is there an important or under-valued hero you would like to know more about?

If you need some suggestions: [20 Movies About Black History on Netflix](#)

3. REFLECT – What major events have taken place? How do those events affect you? How would your life be different if those events had not happened? Often, there may be history in your own hometown or city of residence that may start you on your own journey. Write, blog, or journal about it.

If you need some suggestions: [How to Make Black History Month Personal to You](#)

4. DISCUSS – Ask questions of older relatives like aunts, uncles, and grandparents. I did a lot of research while on bedrest during my last pregnancy on my family tree. I was able to trace my paternal heritage back four generations. Discuss these topics with friends, family, and colleagues.

5. VISIT – Visit the birthplace, national landmark, museum, or historic center focused around a particular individual or time period in history to learn more about your heritage. Sometimes it's very helpful to physically place yourself in the location that an event took place.

Attend events, speeches, exhibits, or other opportunities to learn more about history. Participate in round tables, the discussion groups, or forums sponsored by localities, universities, and libraries.

If You Like Exercise, You'll Love These Posts:

- [20 Best Dr. Martin Luther King, Jr. Quotes](#)
- [20 Movies About Black History to Stream on Netflix](#)
- [10 More Black History Movies on Netflix](#)
- [How to Make Black History Month Personal to You](#)
- [How to Celebrate Your Heritage](#)