

# Cultivating kindness

Black History Month



# Why do we celebrate black history month?

Black History Month is celebrated every February in the United States. Black History Month originally began as a way for us to honor the contributions and achievements African Americans have made throughout history. It is an opportunity to reflect on the ongoing challenges for equality, justice and freedom. Black History Month is a time to acknowledge and celebrate African American culture and history.



# What is kindness?

Kindness is the quality of being friendly, generous, and considerate towards others. Your words matter! Choose kindness! Small, everyday acts of kindness, such as helping someone in need, listening attentively, treating each other with respect, or showing empathy. Being kind helps foster a more inclusive, compassionate, and united environment. As well as, create connections and nurtures positive relationships.

# The role of kindness in black history

Many African American leaders, activists, and ordinary citizens practiced and promoted kindness during times of oppression. Kindness encourages people to see beyond racial, social and economic differences. The Civil Right Movement emphasized peaceful protests and acts of kindness to challenge injustice. Approach others with empathy, kindness, and respect, especially in conversations about race and history.



# Famous black historical figures known for kindness



A historical figure for Black History Month would be anyone who is African American (a person of African descent living in the United States of America) and has made a significant contribution in history.



# Neil deGrasse Tyson

## BORN

October 5, 1958 in  
New York City

## DIED

Neil deGrasse Tyson is still  
living today.

## CAREER

America's best known  
astrophysicist

## KINDNESS IN EDUCATION AND ADVOCACY..

- Dedicated much of his life to mentoring young people, especially those from underrepresented backgrounds in science and technology.
- Encouragement and efforts to make STEM fields more accessible to students of all races and backgrounds.
- Advocate for science literacy, people of all backgrounds have access to knowledge that improve their lives and communities.

## KEY ACHIEVEMENTS

- Appearing on many popular television networks and at many events.
- Removing Pluto from the official list of planets.
- Educating the American public on Earth and space science topics.
- Worked on a board to examine policies regarding aerospace and space exploration in the US



# madam cj walker

## BORN

December 23, 1867 in  
Louisiana

## DIED

May 25, 1919 in Irvington,  
New York

## MOST WELL KNOWN FOR...

Being the first black woman  
millionaire in America

## KINDNESS THROUGH EMPOWERMENT AND BUSINESS

- Commitment to uplifting African American women by providing employment opportunities in her hair care business.
- Used her wealth to support social causes, donated generously to organizations that helped African American communities, including funding scholarships and supporting civil right groups.
- Walker's business empire served as a source of empowerment, promoting self-love and solidarity.

## HER BUSINESS

- Created a very successful scalp treatment for black women that completely changed the black hair care industry
- Opened a beauty school and factory for black hair care products
- Known for her positive impact on her employees and her community



# ella baker

## BORN

December 13, 1903 in  
Norfolk, Virginia

## DIED

December 13, 1986 in New  
York, New York

## MOST WELL KNOWN FOR...

Worked for many organizations  
supporting civil rights

## KINDNESS THROUGH SERVICE AND COLLECTION ACTION

- Empowering others, particularly young people, to find their voices and take leadership roles in the civil rights movement.
- Her commitment to challenging systemic racism and fighting for social and political equality for all.
- Known for humility and for practicing the kind of kindness that meant listening to the needs and concerns of others, particularly those who were often overlooked in larger movements.

## HER WORK

- She worked for four very large social activism organizations throughout her career.
- This included being a part of racial equity councils in Congress and participating in the famous 1961 Freedom Rides.





# frederick douglass

## BORN

1818 in Talbot County,  
Maryland

## DIED

February 20, 1895 in  
Washington, D.C.

## MOST WELL KNOWN FOR...

His abolitionist work and his  
government work later in his life

## KINDNESS THROUGH ADVOCACY AND FREEDOM

- His lifelong fight for the abolition of slavery and his tireless work to promote civil rights.
- Dedicated his life to educating others, believing that knowledge was the key to freedom and equality. His kindness was shown in his selfless desire to uplift others through education.
- Promoted the idea of kindness through understanding and tolerance, urging everyone to come together in the fight for justice and equality.

## HIS WORK

- When he was enslaved he taught others to read and write
- He escaped slavery and later became an abolitionist leader
- He authored multiple autobiographies and his own abolitionist newsletter



# Black History month and Unity

**Kindness can bridge the gap between cultures and communities. Unity and mutual respect are central to creating positive social change. While Black History Month focuses on history, its message should inspire acts of kindness, unity, and compassion in our everyday lives.**

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." ~ Martin Luther King Jr .