

**POP 21 Day Racial Equity Habit Challenge** - Week 2 Part 1 Suggestions  
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice rsch)

MONDAY POSTING

**CHOICES of length to WATCH** - PBS Series - Asian Americans  
<https://www.pbs.org/show/asian-americans/> Short preview videos 1-4 minutes each AND/OR  
Parts 1-4 run 50 minutes to 2 hours

**Coffee Break Length**

READ: Virus Outbreak in Navajo Nation

<https://www.nytimes.com/aponline/2020/05/11/us/ap-us-virus-outbreak-navajo-nation.html>

READ: What is Code Switching? All do it to fit in, but People Of Color (POC) find the need to do it more <https://metro.co.uk/2020/03/03/what-is-code-switching-12221478>

**Lunch Break Length**

READ: You Cannot Divorce Race from Immigration (Pulitzer winner undocumented writer)

<https://www.npr.org/2019/05/08/721329196/you-cannot-divorce-race-from-immigration-jose-antonio-vargas-says>

WATCH & LISTEN: Andra Day “Rise Up” (YouTube [Inspirational Version](#))  
then READ what’s happened with that song

<https://www.globalcitizen.org/en/content/andra-day-global-citizen-gcf2017-rise-up/>

**As Long as You Want**

CONNECT: Check out the website White House Historical Association website- explores slaves and the presidents/white house and US history in DC ([whitehousehistory.org/spn/introduction](http://whitehousehistory.org/spn/introduction))

**Curl Up on the Couch**

READ: “How White People Got Made”, exploring where term “white people” comes from, which groups have/have not been able to become “white” in US

<https://www.npr.org/2019/05/08/721329196/you-cannot-divorce-race-from-immigration-jose-antonio-vargas-says>

LISTEN: All My Relations Podcast, Episode 7 - Native Appropriation (or other episodes)

<https://www.allmyrelationspodcast.com/podcast/episode/46e6ef0d/ep-7-native-appropriations>

WATCH: (If you didn’t attend last week) ELCA SE Synod Webinar: Becoming the Body of Christ - Condemning White Supremacy \_\_\_\_\_

THURSDAY POSTING

**POP 21 Day Racial Equity Habit Challenge** - Week 2 Part 2 Suggestions  
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice research)

### **Coffee Break Length**

WATCH: “The Disturbing History of the Suburbs” understanding redlining and systemic racism  
<https://www.youtube.com/watch?v=ETR9qrVS17g>

ACT: Think about something you’ve read or experienced during this challenge and post your reactions and thoughts on POP’s (or your) Facebook page! Get a conversation going about race!

READ: ELCA social policy resolution “Condemnation of White Supremacy and Racist Rhetoric”  
[https://download.elca.org/ELCA%20Resource%20Repository/Condemnation\\_of\\_White\\_Supremacy\\_and\\_Racist\\_Rhetoric.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Condemnation_of_White_Supremacy_and_Racist_Rhetoric.pdf)

### **Lunch Break Length**

NOTICE: What are the last five books you read? What is the racial mix of the authors?

- What is the racial mix of the main characters in your favorite TV shows? Movies?
- What is the racial mix of people pictured in the photos and artwork in your home? In your friend, family, and colleagues’ homes?
- Who is filling what kinds of jobs/social roles in your world? (e.g. Who’s the store manager and who’s stocking the shelves? Who’s waiting on tables and who’s busing the food?) Can you correlate any of this to racial identity?
- Who do you notice on magazine covers? What roles are people of color filling in these images?

LISTEN: Podcast from Mommying while Muslim (37 mins) - Arranged Marriages  
<https://podcasts.apple.com/us/podcast/american-muslims-arranged-marriages>

### **Curl Up on the Couch**

READ: “Black Minds Matter”, Article on Schools and mental health of black youth  
<https://www.tolerance.org/magazine/fall-2019/black-minds-matter>

LISTEN: The Myth of the Model Minority (45 min Podcast from Teaching While White)  
<https://teachingwhilewhite.org/podcast/tag/myth+of+the+model+minority>

READ: Being a Target: On the Racialization of Middle Eastern Americans  
<https://muse.jhu.edu/article/565991/pdf>

### **As Long as You Want**

CONNECT: Check out this website: BlackQuotidian.org (archive of digitized African American newspaper content, mostly 1900-1980 highlighting life of 20th Century African Americans)

***PLAN AHEAD*** - WATCH/LISTEN +/-or ***ENGAGE***: “Attend” a Virtual Mtg of NIOT (Not in Our Town) Princeton on **Monday June 1 at 7**. Princeton HS teacher & Racial Literacy Class students present followed by optional small group breakout sessions to share ideas **ACT: Invite a friend to attend as well!**