

Your family is invited to participate in the
Learn Feel Act (LFA) Challenge



Step One: Learn

Choose one book to read, one movie to watch, and one quote to memorize (see below).

Step Two: Feel

Allow yourself to recognize your feelings as you learn and let those feelings motivate you toward positive action.

Step Three: Act

Act on what you have learned.

Finally, share with your friends or family or the City what you've learned through this program.

Completion & Award

When you are done, return this sheet to the City Offices or report online to HighlandCity.org to receive:

1. An LFA Inclusion sticker to proudly display on a window in your home or car.
2. A LFA T-Shirt for participating members of your family. (first 100 families)

LEARN-----

Books: (available at the Highland Library)

Young Children

- *Mufaro's Beautiful Daughters* by John Steptoe
- *Last Stop on Market Street* by Matt De La Pena
- *The Book Itch: Freedom, Truth and Harlem's Greatest Book Store* by Vaunda Micheaux Nelson
- *Martin's Big Words* by Doreen Rappaport
- *Antiracist Baby* by Ibram X Kendi
- *Little Leaders: Bold Women in Black History* by Vashti Harrison
- *Sulwe* by Lupita Nyong'o
- *Peekaboo Morning* by Rachel Isadora

Grade School Age Children

- *New Kid* by Jerry Craft
- *Look Both Ways* by Jason Reynolds
- *The Parker Inheritance* by Varian Johnson
- *The Season of Styx Malone* by Kekla Magoon
- *Ghost* by Jason Reynolds
- *Clayton Byrd Goes Underground* by Rita Williams-Garcia
- *One Crazy Summer* by Rita Williams-Garcia

Teens

- *Crossover* by Kwame Alexander
- *Ghost Boys* by Jewell Parker Rhodes
- *Stamped: Racism, Antiracism, and You* by Jason Reynolds
- *The Hate U Give* by Angie Thomas
- *Children of Blood and Bone* by Tomi Adeyemi
- *Dread Nation* by Justina Ireland
- *Monster* by Walter Dean Meyer
- *Opposite of Always* by Justin Reynolds
- *Long Way Down* by Jason Reynolds

Adults

- *Invisible Man* by Ralph Ellison
- *Homegoing* by Yaa Gyasi
- *Native Son* by Richard Wright
- *How to be Antiracist* by Ibram Kendi
- *Between the World and Me* by Ta-Nehisi Coates
- *Black Like Me* by John Howard Griffin
- *Becoming Michelle Obama* by Michelle Obama

Examples of other eligible books not available at the Highland Library can be found on the LFA website at <https://spark.adobe.com/page/MOzNVgUCSbnkE/>. You can use one of these or another book of your choosing.

Quotes

Memorize a quote from the LFA website or find an inspiring quote by a civil rights leader and memorize it. *Young children may be able to summarize rather than memorize the quote.*

The quote we memorized was by : _____

Quote:

Video

Watch a video listed on the LFA website or find another age appropriate video about civil rights and watch it.

The video we watched was _____

FEEL-----

Take some time to examine and talk about what you felt as you did the learning activities.

ACT-----

Take one positive action to solidify what you've learned:

- Talk with your neighbors or friends who are Black to learn more about their life experiences and especially how they are feeling right now.
- Visit with an officer of the Police Department to discuss and understand the role that they play in keeping our community and residents safe. This could include discussion about training related to race relations and implicit bias. You can schedule your appointment by calling (801) 756-9800. They look forward to meeting with your family.
- Attend a Civil Rights event.
- Other: _____

Now share what you've learned with your family, friends, or the City. If you choose to share on social media, use the hashtag #LearnFeelAct. We accomplished this by:

The City has permission to share:

- My thoughts on the program AND my family's name
- My thoughts on the program, BUT NOT my family's name.
- None of the above

Award Information

Name of Family _____

Phone _____ Email _____

Address _____

Number of participants

___ ages 1-5 ___ ages 12-17

___ ages 6-11 ___ ages 19+



T-shirt sizes

Child

___SM (2-4) ___MED (6-8) ___LG (10-12)

Adult

___SM ___M ___LG

___X LG ___XX LG