

harlem is... Healing: Heroes of the Pandemic and Social Justice

Link to site page: <https://www.harlem-is.org/harlem-heroes>

Healing Activity #1: It Takes a Village - "Heroes of the Pandemic and Social Justice"

In a crisis, communities come together to take care of their neighbors in need. The harlem is...healing digital storytelling project pays tribute to the activists, medical workers, chefs, artists, educators, crafts people, entrepreneurs, and families who made caring for their communities their priority during the COVID-19 pandemic. Read their tributes and find inspiration to look into your own neighborhood to support the healing efforts happening on a grassroots level.

Healing Activity #2: Honor the Healers in Your Community

Create your own "Community Healing" project using social media tools like Instagram or TikTok to capture local stories of bravery. Take photos and post tributes to the ordinary people doing extraordinary things to keep their communities safe, joyful, and healthy during this global pandemic.

Healing Activity #3: The Healing Power of Poetry

Poet and performer Daniel Carlton recites a poem called "[Harlem Healing \(Pandemic\)](#)" that bears witness to the devastating storm that is the coronavirus, and generates hope for the new day promised after the storm has passed. In the midst of it all, he honors the resilience of the Harlem community and its people. Listen to his recitation and read along on the link above. You too can use poetry to document your emotions related to these uncertain times, the challenges and the triumphs, the joy and the pain. Write a healing poem for your community!

Healing Activity #4: Healing the Wounds of Social Inequality

The digital project harlem is... Healing and Social Justice celebrates Harlem residents who sustain the fight for social justice and racial equality in this community. Social activists and organizations like [The Reverend Al Sharpton, We Act, and The Schomburg Center](#) have been on the front lines of racial justice activism for decades in Harlem. Read about the social justice activists and artists in Harlem whose work is healing the community against the seemingly interminable adversaries of racism and poverty. Who are the social justice activists and artists in your community fighting for equality and opportunity for all? You can honor them with a digital campaign like harlem is...Healing and Social Justice and share their stories with the world.

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