

# 4-H Black History Month 30 Days Challenge

Every February, people in the United States celebrate the history and the achievements of African Americans as a part of Black History Month.

Are you ready to take the challenge and complete a Black History Month activity each day in February in this state-level Experience awards-eligible activity?

## 30 days challenge

1. **Writing Prompt:** What does Black History Month mean to you?
2. **Writing Prompt:** What is a hero to you? Name 3 heroes in Black history
3. **Activity:** Visit an important location in Black history, virtually (Google Earth, YouTube, Documentary etc.) or locally
4. **Activity:** [Read a book by a Black author](#) (click for recommendations)
5. **Activity:** Make a playlist of 5 inspiring songs by Black musicians
6. **Writing Prompt:** Name one Black historical figure and describe how they have affected our lives today
7. **Activity:** What is “Blues Dancing”? When and where did it originate? Learn at least 1 Blues dance
8. **Activity:** Pick any person that has contributed to Black history and make a 5-song playlist that describes them
9. **Quiz:** What is Juneteenth and why is it important?
10. **Activity:** Support a local Black-owned business by researching businesses in your area and visiting or sharing about them with your friends.
11. **Activity:** What is Soul food? Make a dish using a recipe. Visit your local library for resources!
12. **Quiz:** What is an HBCU? How many are there?
13. **Live Activity:** Host a Black History Month trivia night with your club, family, or friend group!
14. **Activity:** Watch a Black history movie. Ask your local library for ideas!
15. **Writing Prompt:** What was Dr. Martin Luther King Jr.’s march on Washington?
16. **Activity:** Create a Black History Month poster or sign and use it to decorate your space.
17. **Writing Prompt:** Pick a Black Entrepreneur and describe their contributions
18. **Writing Prompt:** Pick a Black Inventor and describe their contributions

19. **Learn:** Write a timeline of the Rosa Parks Boycott. Ask your local library for resources.
20. **Writing Prompt:** “Do the best you can until you know better. Then, when you know better, do better.” – Who said this quote, and what are they known for?
21. **Explore:** Take a virtual tour. Try one of the linked tours here: [Columbias AA heritage sites](#), [Schaumburg Center for Research and Black Culture](#)
22. **Writing Prompt:** What is the NAACP? What do they do? When was it founded?
23. **Quiz:** Who created Black History Month & why?
24. **Activity:** Watch a movie by a Black director. Ask your local library for recommendations!
25. **Explore:** Click the link to learn more about the [Ida B Wells House: Chicago](#)
26. **Activity:** [Listen to a podcast featuring curated Black History content](#)
27. **Quiz:** What Supreme court trial gave rights to Black Americans?
28. **Activity:** Write a song or poem about a Black historical figure
29. **Quiz:** What is Hip-hop? When and where was it founded? Name 3 Hip-Hop artists

**Take a picture of you with your completed calendar and an activity you did and submit it to: [go.illinois.edu/HeritageMonthActivity](http://go.illinois.edu/HeritageMonthActivity).**

**Remember to include this in your Experience Award application as a state level experience.**