

# BLACK HISTORY MONTH



## PLAY IT! Red Light, Yellow Light, Green Light

The three-position traffic light was developed by **Garrett Morgan**, an African-American inventor. Have your group line up on a starting line, and mark a finish line. When you say “green light,” they start to run towards the finish line. When you say “red light,” they have to stop where they are or go back to the starting line. And if you say “yellow light,” they have to move towards the finish line in a different way - skipping, dancing, slow motion, or any way you choose.



## MAKE IT! Paper Quilts

The women of **Gee’s Bend, Alabama**, have been making beautiful quilts for over a century, with patterns that have been handed down for generations, dating back to slavery. It’s no surprise that their quilts are seen as some of the most important contributions to American art history. Make your own quilt by having your group design and color their own square of paper, and then tape or glue all the squares together to form a tapestry that is a unique reflection of your group’s creativity and personality.



## READ IT! Black History Month Books

Look for these books at your local library or book store to celebrate Black history, art and culture.

**Follow the Drinking Gourd** by Jeanette Winter  
**Princess Hair** by Sharee Miller  
**The Story of Ruby Bridges** by Robert Coles  
**This Jazz Man** by Karen Ehrhardt  
**Under the Same Sun** by Sharon Robinson



## MOVE IT! Rocket Ship Blast-Off

African Americans have been a vital part of NASA for decades. **Katherine Johnson**, **Dorothy Vaughan** and **Mary Jackson** were mathematicians who worked on Project Mercury, which put the first American into space. **Guion Bluford** was the first African-American astronaut to go into space in 1983, and **Mae Jemison** was the first African-American woman in space in 1992. Just last year, **Victor J. Glover** became the first African American to go on an International Space Station expedition.

Pay tribute to these space pioneers with an exercise that’s great for gross motor movement. Have your group sit on a bench or chair with their arms extended straight above their heads and their palms touching. Count down from 10 and say “Blast off!” Then they jump straight up like a rocket.



## EAT IT! Peanut Butter & Apple Wraps

Though he didn’t invent peanut butter like many think, **George Washington Carver** was an African-American scientist who developed over 300 products using peanuts. “The Peanut Man” introduced the idea of crop rotation, in which peanuts were planted on alternating years from the main cotton crops to help get nutrients back into the soil. With this, peanuts became a large part of farmers’ diets. For a simple and tasty #CACFPCreditable snack, spread two tablespoons of peanut butter on a whole wheat flour tortilla. Slice half an apple and place it on the peanut butter, then wrap the tortilla like a burrito. One tortilla makes two servings.

