Find out together about Nigerian artist Yinka Shoniare whose art celebrates being a citizen of the world. Talk together about what makes your child special. What do they like, what do they enjoy? What makes them, them? Watch the inspiring story *Hey Black Child* being read aloud by a seven year old.

Watch the *Rosa Parks story* to find out about the history of the civil rights movement. To help your child’s understanding of BLM protests today, watch this clip together from *Sesame Street*.

Make a simple flapbook together of your family and friends using old family photos as well as current ones to help you to talk together about your family history and community.

Watch this clip to find out about some Black scientists and inventors throughout history including Mae Jemison, the first female African-American space traveler. To find out more about space visit CBeebies where space scientist Dr. Maggie Aderin Pocock answers some big space questions. Want a bit more? Why not try making these straw rockets and see how high you can make them fly.

Jamaican sprinter Usain Bolt, is currently the fastest man in history with a 100m world record time of 9.58 seconds. The fastest woman is history is Florence Griffith-Joyner with a 100m world record time of 10.49 seconds which she ran in 1988. Why not see what you can do in 10 seconds? How far can you run? How many times can you hop or jump?

Why not have a go at making a collage all about you? Help your child to stick a photo or drawing of themselves on a big piece of paper. Support them to select and cut/tear out pictures from old magazines and cards of things they like, to add to their collage. Visit Tate Kids for more ideas.

Try making your own Nigerian Jollof Rice that Femi the fox finds so delicious or this simple Jollof Style Rice recipe that enables children to do many of the steps by themselves. Support your child to measure out the ingredients to help with their mathematical development. You could write the recipe down together so you can make it again.

Watch *Femi the fox, a pot of jollof* being read by Okezie Morro or choose another story from Tata Storytime.

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