

ART FOR OURSELVES GATHERINGS

BLACK LIVES MATTER



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Art for Ourselves (artforourselves.org) original content.

With Black people being killed at an alarming rates by police, conversations around white supremacy, police brutality, and systemic racism are finally hitting the mainstream. Our culture seems to have a "don't talk about it and it doesn't exist" complex about race... But it is so crucial to be active in engaging your critical mind, asking questions, and staying awake. This month we hope to open an intentional space for you and your community to discuss Black Lives Matter and reflect on your own experiences and behaviors.

*If you are not black please give space and power to the black folks in the room. If there are no black folks in the room, please, still have this conversation.

Opening

- Name, gender pronoun
- What brought you to today's gathering?
- What are you hoping will come of today's gathering?

Artifact 1

- Draw, write, dance, sing, somehow express your current emotional state at this precise moment.

Discussion

- How do you celebrate, support, protect, and nourish black lives?
- What are some of the ways you practice self care when the destruction of black lives fills your screens and minds?
- In what, specific, ways does your thinking and your behavior uphold white supremacy? In what ways do they dismantle white supremacy?

Reflection

- What spaces do you hold privilege/power in that you can share these ideas?
- From what you heard, what is one way you can take action in your everyday life to support the safety and visibility of our Black siblings?

Closing / Artifact 2

- Create a self portrait/emotional landscape.
- Give some love.