



# EVERYDAY ACTIVISM

## Action Pack

### HOW YOU CAN UNDO THE WORK RIGHT NOW SAY HEY!

Hey

*Speak to someone who doesn't look like you*

My clients have said: speaking to someone because they are different feels racist. I say: Saying hello is polite and opens the door for conversation and invitation.



*What do I say?*

What do you say to strangers you're comfortable talking to? Are they wearing a color you like? Are you enjoying the weather? Speak about general interests. This is not a time to ask about personal stories. Nobody is obligated to share or teach you about their experience.



*What happens next?*

Get comfortable. Make this small step a habit. What happens next is up to you and the people you meet. My clients/members have met for coffee, arranged play dates for their kids, tried new activities, overcome fear, and made new friends all because they said hello!



*Take a belly breath!*

You stepped outside your comfort zone. That can be scary! So take a breath and do a little dance.





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### SHOP AT AN ETHNIC MARKET



*Looking for a more structured interaction?*

Instead of browsing the international aisle at your local grocery store, visit a local ethnic grocery. You can choose a recipe and shop for ingredients or just browse.



*Ask questions!*

It's alright to admit you've never shopped there, ask questions about the food, recipes, or ask about packaging that's in a language you can't read.



*What happens next?*

You could go back to let them know how your recipe turned out and ask for other suggestions. Visit other shops in your area. Check out the fresh food, peruse the aisles, and ask questions! Shop owners will answer questions and be happy for the sale.



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## HOST A DISCUSSION



### *Gather willing friends*

They don't have to agree with you. Can they can talk about opposing ideas with respect? Can they change their minds when they learn new facts?



### *Choose a book or movie*

Listen to marginalized voices. Black folks and other people of color, disabled folks, the LGBTQ+ community, and other groups can all tell our stories in our own voices. Consider a viewpoint not like your own.



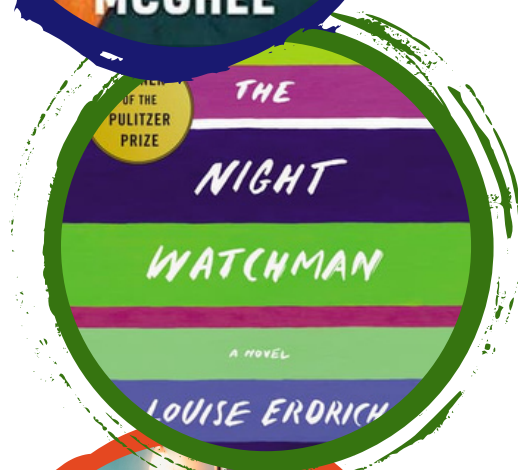
### *Walk in someone else's shoes*

How would you feel if you were on the opposite side of social norms? Can you recognize how systems and norms influence a person's options and the choices they make?



### *Take a belly breath!*

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# EVERYDAY ACTIVISM

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### HOW YOU CAN UNDO THE WORK RIGHT NOW ATTEND AN EVENT



#### *Where?*

Find a local or online event and get involved. Check social media, the news, or do a general online search for upcoming events.



#### *Satisfy your needs, too!*

Find an event that will make a change for others *and* satisfy your needs. Doing something that brings you joy makes it easier to follow through. Join a one-time event or attend a workshop series. Find opportunities to volunteer. Many places can use in-person and remote skills.



#### *What happens next?*

Keep learning, practicing new skills, and connecting with other people. Notice how you are showing up. Making genuine connections with people can help keep you energized, supported, and focused on the community goal instead of your ego.



#### *Take a belly breath!*

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### JOIN AN ORGANIZATION



#### Stay Engaged

Joining an organization is a way to stay informed about current events, learn new skills, connect with like-minded folks, get reminders for upcoming events, and practice what you're learning.



#### Where are the groups?

Connect with a local group, national association, or online community like Everyday Activism to keep your momentum going. Bring a friend! Consider where you will spend your time, energy, and finances. Support organizations run by marginalized people. We have solutions and often lack access to resources that structural norms steer towards dominant cultures (white folks, men, able-bodied, straight, Christian, etc.).



#### What happens next?

Do your research. Ask members how effective the organization is. Find out what's required to belong. You can join [EverydayActivismHabit.com](https://EverydayActivismHabit.com) for a place learn and practice making social equity habit with self-care and joy!



#### Take a belly breath!

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