

Black History Month Toolkit



Black History Month takes place every year in October across the world. The month presents an opportunity for children and young people to learn more about Black history and to celebrate the contributions Black people have made to society.

You may have already planned some curriculum content around Black History Month, looking at cultural or historical Black figures.

The resources shared in this toolkit focus on mental health themes and wellbeing, helping schools to explore ideas around diversity, self-belief, identity and the impact of racism on those who experience it.

Primary



[Identity, society and equality lesson plans - School Wellbeing](#)

A series of lesson plans for Years 1, 3, 4 and 6, covering topics including celebrating difference, stereotypes, discrimination and human rights.

[Time to level up – Brent Council](#)

A short film for children about self-belief, identity and positive relationships, featuring Black role models.

[Exploring stereotypes and anti-racism lesson - RespectMe](#)

This lesson plan for Year 6+ explores the importance of celebrating difference, and to increase awareness of prejudice, stereotypes and racism in society.

Secondary and FE

[Celebrating Black History Month: humanitarians – British Red Cross](#)

This lesson, created for Black History Month, looks at themes of kindness and resilience by teaching students about Black British humanitarians.



Sign up to the Mentally Health Schools newsletter for more resources



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[Diversity lesson plan for 11-14 year olds](#) – Equality & Human Rights Commission

A lesson plan which will help students understand the diversity of the UK population, and celebrate the benefits diversity brings to their lives.

[Racism and mental health: a guide for young people](#) – YoungMinds

This resource shares guidance and information for young people on how to get help if they have experienced racism.

[Being black and being me](#) - Mindmate

A short video featuring the voices of many young Black British people, talking about the impact discrimination has on their wellbeing.

Anti-racism: a whole-school or college approach



Take a whole-school or college approach to anti-racism and mental health with our 10 free resources for education staff.

The resources include a template anti-racism policy, a guide to teaching curriculum topics linked to race and racism, and a PowerPoint for a staff meeting about microaggressions.

[Download them for free now.](#)

