

Orí wellness is invested in providing supplemental materials to support families in the cultural socialization process. This is not an exhaustive list of books and media, but it is a start to assist parents to locate media based in cultural development for Black children and families.

Children's Programming

Title	Age group	Link
Bino and Fino	3-6 years	https://binoandfinoshop.com/
Akili and Me	0-6 years	https://www.youtube.com/channel/UC0TLyo891eEEM6HGC5ON7ug#:~:text=Akili%20and%20Me%20is%20a,and%20Me%20is%20on%20TV!
Sule- The Proverb Detective	3-9 years	https://www.kickstarter.com/projects/405606591/do-not-question-my-genius
Meltrek	1-10 years	https://edanimeproductions.com/
Our Friend, Martin!	Not available	https://www.youtube.com/watch?v=ROracLAcRSc&list=PLb2D2XjtsAcsptzRiQYZCHxmwwFavsxL1&index=4

Books Stores/ Books

Title	Age group	Link
Shades of Black by Sandra L. Pinkney, Myles Pinkney	0-6 years	https://www.amazon.com/Shades-Black-Celebration-Our-Children/dp/0439802512
Africa Dream, By Eloise Greenfield, Illustrated by Carole Byard	Not available	https://www.harpercollins.com/products/africa-dream-elioise-greenfield
I Know My Rights: Bill of Rights by Mysonne Linen (Author), Hedrick McBride (Author),	5+	https://www.amazon.com/Know-Rights-Bill/dp/B086GD6NF4/ref=msx_wsirn_v1_1/134-9450558-3932843?encoding=UTF8&pd_rd_i=B086GD6NF4&pd_rd_r=443c0f25-bb4f-4c40-bacb-

Orí Wellness, L.L.C.
Cultural-Spiritual Wellness Books and Media

Paula Chambers-Reinholdt (Editor), HH- Pax (Illustrator)		0f93fd5f928b&pd rd w=VA4zT&pd rd w g=vpSpN&pf rd p=3187ad9b-122f-43f5-9fd5-75b35f775d85&pf rd r=1P23AMB5B16WEF47DSRW&psc=1&refRID=1P23AMB5B16WEF47DSRW
Graphic novels (good for boys)	Grades 2-7	http://blogs.slj.com/goodcomicsforkids/2019/10/24/guest-post-12-graphic-novels-with-black-protagonists/
Sankofa Book Store	All ages	https://www.events.sankofa.com/children-s-books

Websites

Website	Link
Brown Mamas resources for parents	https://brownmamas.com/teach-african-history-culture-kids/
Ancient Africa for Kids	https://africa.mrdonn.org/
Africa Access Review	http://africaaccessreview.org/

IG Pages

Page name	Content	Age group
@Africandiasporaalliance	Youth of the Diaspora virtual summer camp	12-16 years
@yourkidsfavteach_ms.smith	Teaching Black children/ anti-racism teaching	Parents
@unitedblacklibrary	Diaspora Library/ Black facts	all
@panafricanthought	Pan-African ideology	12+

Cultural Centers Nationally

Name	Location	Website
National Museum of African American History and Culture	Washington, DC	https://nmaahc.si.edu/

Youtube Resources

Racial Pride (P)/ Racial Violence (V)	Topic	Subject matter	Link
P	Black Panther Party Documentary	History of Black Panthers	https://www.youtube.com/watch?v=EukElITplo4
V	Jim Crow of the North	Systemic Racism in North	https://www.youtube.com/watch?v=XWQfDbbQv9E
P/ V	Panther (1995)	Movie- Black panthers	https://www.youtube.com/watch?v=YIU9GgIsh90
P	Kwame Nkrumah	Black/African Leaders	https://www.youtube.com/watch?v=TMY0iTcspNA
P	King in the Wilderness	Black/African Leaders	https://www.youtube.com/watch?v=9eQXD_44Kso
P/ V	The Largest Slave Rebellion Was Hidden From U.S. History	US Slave Rebellions	https://www.youtube.com/watch?v=m8Ar1PpnQCk
P/V	The Haitian Revolution	Black/African Leaders	https://www.youtube.com/watch?v=Sn32cWUT83E

Resources for Dealing with Racial Trauma

Organization/ Author	Program/ Title	Link
Community Healing Network	Emotional Emancipation Circles	https://www.communityhealingnet.org/emotional-emancipation-circle-2/
Erlanger Turner and Jasmine Richardson	Racial Trauma is Real: The Impact of Police Shootings on African Americans	https://blackdoctor.org/racial-trauma-is-real-the-impact-of-police-shootings-on-african-americans/