



6

DON'T REACT. ACT.
Be intentional and specific. Break patterns. Shift behavior. Interrupt the autopilot.

1

GO SLOW. GET RESOURCES.
Breathe deep, meditate and connect. This is forever work.

5

BE CURIOUS. ASK QUESTIONS.
Find out if you are getting it. Find out how you can help.

PATH TO *Woke*

Discuss, listen, reflect, repeat.

4

LISTEN + REFLECT.
Listen with all 5 senses. Rephrase what you heard. Get clear. Listen again. Listen until you understand.

2

GATHER INFO. GET HISTORY.
"I wonder... I am curious about... I notice that..."
How do you SHINE in the world? Our family is different because...
We're proud of ... What did it feel like to say *black lives matter*?

3

LEARN ANALYSIS.
Bring in what you know and what you're learning. Have conversations.

Alphabet Rockers make music that makes change. Our multi-racial, multi-age crew sparks joy and courageous conversation through hip hop. "Rise Shine #Woke," was nominated for the GRAMMY for Best Children's Album in 2018. "Path to Woke" is co-created and adapted from curriculum by Dia Penning and the Equity Collective. Through collaboration and partnership, the Equity Collective works to interrupt harmful social patterns and develop communities that practice radical inclusion.

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