DAY 5: Reflection Day

Congratulations! You made it through Week 1 of the Challenge. During each Friday of the Challenge, we will offer you opportunities to engage with your family and community.

Today’s Challenge:

- **Explore Equity through the Arts—a partnership with Yen Azzaro.** This week, Yen has curated arts opportunities that revolve around watching, writing, and ideating. [Click here for this week’s activities.](#)

- **Engage with Your Family.** [Click here for this week’s Family Friday content](#), which is focused on communicating key terms, like race and racism, to young children.

- **Make a plan for MLK Day, Monday, January 16th.** [MLK Day is the only federal holiday designated as a national day of service](#) to encourage all Americans to volunteer to improve their communities. Plan your “day on” by exploring ways to serve and learn through United Way’s virtual Volunteer Center.

- **RSVP to one or more discussion groups** hosted by [Nonprofit Enterprise at Work](#) and UWWC to reflect, share and take action.

- **Journal, reflect and share:**
  - What have you learned this week?
  - What haven’t you considered previously?
  - What will you shift based on what you’ve learned?

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**Discrimination? Injustice? Racial Inequities?**

Share your reflections on today’s topic on social media using the hashtag #unitedforequity or #uwwcequitychallenge and tag @uwwashtenaw.