

# 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?



[Share your reflections](#) on today's topic on social media using the hashtag [#unitedforequity](#) or [#uwwcequitychallenge](#) and tag [@uwwashtenaw](#).