



2025 Black History Month CARES Card

The month of February is Black History Month, created with the purpose of uplifting and recognizing the achievements of Black Americans. Celebrate Black joy, activism, scholarship, creativity, and power by taking the actions listed on each prompt. Each nonprofit featured on the card is led by an inspirational Black leader.

INSTRUCTIONS: Play just like BINGO. Access helpful links for completing opportunities by clicking on the box. Take a selfie or a screenshot completing an activity and post to your social channels. Remember to tag Life Science Cares Boston and use the hashtag #LSCBostonCares. Want to make this even more fun? Turn it into a competition & see who can achieve the most "CARES!"

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Learn about the origins of Black History Month

Join the Black-owned restaurant challenge

Join the Boston Public Library for an event

Volunteer at Healthy Waltham's food pantry.

Learn about Black scientists who changed the world

Listen to an episode of the Black History Buff Podcast

Take a virtual tour of the National Civil Rights Museum

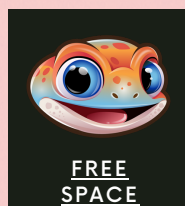
Host a drive to collect culturally-appropriate books

Read one of Maya Angelou's poems

Visit the Museum of African American History in Boston

Check out Boston's Black-Owned City Guide

Visit "The Embrace" in the Boston Common



FREE SPACE

Listen to an episode of Code Switch

Watch the 1619 Project docuseries on Hulu

Watch a TED Talk to celebrate Black History Month

Find more ways to celebrate Black History Month

Follow the Black Heritage Trail in downtown Boston

Support the empowerment of moms in Boston

Read Black children's books aloud

Read about the movement to #Protect Black Dissent

Watch a ROXTalks Conversation hosted by Children's Services of Roxbury

Support a local nonprofit providing mentoring to young men of color

Teach a child about Black History Month

Check out and support a local Black musician