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Photo: Pixabay (Pexels)As we said before, one of the best ways to teach empathy to children is through fiction. I don't remember any of my lectures or grade school lessons on black history, but I remember reading Roll of Thunder, Hear My Cry by Mildred D. Taylor, with 9-year-old Cassie Logan, who grew up during the Great Depression, experiencing personal and institutional racism almost every day. If you want to help your children and teenagers achieve the goals of Black History Month to celebrate achievements and recognize the role of blacks in America, here are some expertly recommended books and recordings that could help. Underground Railroad: Escape to Freedom and Steal Away: Escape to Freedom on the Underground RailroadWhen Janus Adams, an Emmy Award-winning journalist, author and historian, saw that his twin daughters and friends did not have materials respectful of them as diverse girls and boys in the background, he launched BackPax, a children's media company that produces books , audios and board games for children 9 years and older. Underground Railroad and Steal Away are two of his favorite investigated recordings that were recorded at the location. Audio of the two titles was recorded at the site after Underground Railroad routes from northern Virginia to Canada, Adams says. We even spent an afternoon with Harriet Tubman's grandmother who showed us a photo of herself as a 6-year-old girl at Tubman's funeral in 1913. Under the Same Sun by Sharon RobinsonAdams also recommends Under the Same Sun, A story for children between 5 and 8 years old about the amazing grandmother Bibi for her 85th birthday with a safari in the Serengeti National Park: And in a bittersweet moment, in the ruins of an ancient slave port, Bibi's African grandchildren come to learn what happened to their ancestors who went on a slave ship to America According to the description of the book. Promises to keep: How Jackie Robinson swapped America for Sharon RobinsonFor slightly older children - ages 9-14 - Adams suggests Promises to Keep, the story of American sport icon and civil rights activist Jackie Robinson, as her daughter put it. Be Boy Buzz from Bell Hooks I'm a Boy. Every boy of happiness. All good beat. All beau boy. Beautiful, the story says. The rhythm and poetry of Hooks's story, for ages between 5 and 6, is explained in visual haiku and presents beautiful and attractive illustrations. But Paula Ashe, a writer and educator at Purdue Fort Wayne University, points to a deeper meaning: The ed of black feminist theory in black childhood is a lyrical and thoughtful exploration of multifaceted masculinity, she says. Every Little Thing by Cedella Marley This book, for ages between the age of 5 and 6, it is based on the song Three Little Birds by Bob Marley (who is the author's father), and offers a delightful story about positivity hope, says Ashe. Whose knees are they? by Jabari AsimPerfect for 2-4 years, Asim's charming tale of a child's knees is a delight to read, with an underlying message about the preciousness of black boys. The Hate U Give by Angie ThomasThis book, for 12 years, is about a young black woman's struggles to fit into two cultures, all while dealing with her friend's police shooting, and she is the only witness. A wonderful moment is when she finally finds her voice and talks to a large group about her feelings and, in doing so, realizes who she really is and what's really important to her, says Matthew Shank, senior lecturer at Kent State University. It is a heavy book on current topics, but ideal for teenagers of all races to read. For teenagers who might be more into movies than books, Shank also points out that the film, released last year, is an excellent adaptation. Cut some of the most YA clichés, says Shank, who also teaches Youth Literature and Children's Literature. And the girl who plays the track is amazing. March Forward, Girl: From Young Warrior to Little Rock Nine by Melba Pattillo BealsBeals was one of the Little Rock Nine, a group of black students enrolled at Little Rock Central High School, a previously all-white school, in 1957. In her story, Beals writes of seeing Klansmen hang a man at a prayer meeting and how she was nearly raped as a teenager after she was unknowingly taken to a KKK meeting. The adults in her life wanted her to stay quiet out of fear, but she refused: she knew there was a future where she could live free, according to the list of 40 inspiring books about girls and women of the Civil Rights Movement. Turning 15 on the road to freedom: my story of the Selma Voting Rights March from Lynda Blackmon's memoir Lowery Lowery -- one of hope and optimism -- is about her time as a teenage protester in Selma. She was the youngest to attend the Selma Voting Rights March, and by the time she was 15, she had been arrested 11 times and jailed again. Although he does not shy away from the realities of what the protesters faced, he emphasizes that he suffered from these orders in order to change American history for the better, according to A Mighty Girl. Little Leaders: Bold Women in Black History by Vashti HarrisonThe first book in a series for ages 8 to 11, Little Leaders provides easy-to-read narratives about 40 black women in leadership, says Natasha McPherson, an assistant history professor at the University of California, Riverside. In addition, his illustrations are beautiful and attractive. Never Caught: The Story of Ona Judge (Young Readers Edition) by Erica Armstrong Dunbar and Kathleen Van CleaveLa infantil de l'aclamat llibre de Dunbar sobre Ona Judge —Never Caught: The Washingtons Relentless Pursuit of of Runaway Slave, Ona Judge—details the story of an enslaved woman owned by George and Martha Washington. The judge bravely fled and avoided capture for the rest of his life. The book is beautifully written and well adapted for young readers ages 9-13, says McPherson, who who s specialized in research including African-American history and the development of the black family and community. Underground: Finding the Light to Freedom by Shane W. EvansUnderground tells the story of a family using the underground railroad on their way to freedom. Although written simply for early readers, McPherson says, this book conveys the historical narrative well and includes powerful illustrations. For more information about Lifehacker , be sure to follow us on Instagram @lifehackerdotcom. There are plenty of great ways to celebrate Black History Month - parades, movie marathons, trips to museums - but for book nerds it's clearly another great excuse to break the books. But even then, there are so many great books to choose from! If you're one of those nerds book buff story, then you have twice the reason to nerd out this month, and plenty of great new black history books to immerse yourself in. But maybe you spent your U.S. high school history class with a solid C+ and struggling to remember the difference between George Washington and George Washington Carver. Either way, with the right books, you can celebrate Black History Month this year by doing what you know best to do: reading. Black history extends across continents, cultures and centuries. It's so rich and interesting that there's something for everyone, and there are tons of black history scholars discovering fascinating new stories and truths about black history all the time. So, whether you're in music or politics, social justice or gender studies, there are some seriously brilliant black history books that are so thickening and accessible (even for those who can't list all American presidents in perfect chronological order) that they'll feel as if they've been transported over time, or they'll exploit their entire worldview. Here are some of them.1. Marcus RedikerClick's slave ship here to buy this is not for the faint of heart. A brutal book, The Slave Ship goes into the chilling and unbearable details of what life and incarceration was like on the slave ships that brought millions of Africans across the Atlantic in chains and vile conditions. We often hear about the brutality of slavery itself, but the horrors of slavery began long before slave ships ever reached U.S. and Caribbean shores.2. The Blacks of C.L.R. JamesClick Here To BuyAs the French Revolution reached their heights, the slaves of the French colony of St. Domingue caught the revolutionary spirit and revolted under the leadership of the famous Toussaint L'Ouverture. The story of the Haitian slave revolt made Haiti the first independent nation in the Caribbean is fascinating, and C.L.R. James's Black Jacobins is one of the most classic stories of rebellion out there.3. Body and soul: The Black Panther Party and the Fight Against Medical Discrimination by NelsonClick Here to Buy The Black Panther Party is famous for its armed resistance against brutality against black Americans, but the party's work for health education and health care in black communities is little known and less talked about. But with free clinics, awareness campaigns and social services programs, the Black Panther Party was quite radical in its fight for health justice.4. Medical apartheid: The dark history of medical experimentation about black Americans by Colonial Times to the present by Harriet A. WashingtonClick here to buy If medical histories are more your thing, you can't pass this one. When we think of the many social injustices faced by black Americans throughout history, we think of segregated lunch counters and brutal plantations, but many of the most striking stories come from the medical field, in which black bodies were the subject of illegal experiments, eugenics, inferior care, unauthorized autopsies and other horrors.5 Waiting 'Til the Midnight Hour: A Narrative History of Black Power in America by Peniel E. JosephClick Here To BuyThe Black Power movement is one of the most misunderstanding moves in history. Decades of negative media coverage and stereotypes have contributed to this. Here Peniel Joseph dives into the background and shows where and how the Black Power movement diverged and overlapped with other racial equality movements, from its beginnings with Stokely Carmichael at the helm to the rise of the Black Panther Party.6. Assata: An autobiography by Assata ShakurClick Here To BuyIn discussions about black nationalist movements, names such as Huey P. Newton, Stokely Carmichael, Malcolm X and Eldridge Cleaver long held the spotlight. Assata is one of the few books that gave voice to the experiences of black women during this time.7. Life Upon These Shores: Looking at African-American History, 1513-2008 by Henry Louis Gates Jr.Click Here To BuyMany of books you'll find in black history will focus on a particular era or subject. Henry Louis Gates's life on these shores is one of the few complete texts of black history in The United States, particularly the US. And it's pretty good too. Try this one if you're looking for an overview.8. The heat of isabel WilkersonClick's other suns here to buy her story buff or not, you've probably already read this already or is on your TBR list. The history of migration thousands of black Americans from the South is beautifully and intimately told by Wilkerson here.9. People of Blues by LeRoi Jones (Amiri Baraka)Click here to buy the music from Amiri Baraka's Blues People is one of the classics in the history of black music in the United States. Baraka traces black American music to its roots in Africa and American slavery and traces its steps to take a look at its influence on American culture. Read it with the Blues Roots playlist on Spotify playing in the background and a glass of whiskey in your hand. 10. Legacies of Blues and Black Feminism by Angela DavisClick Here to buy the blues, you know the ladies did too, right? Well, they did and did so while paving the way for greater independence, sexual freedom and feminism for black women.11 Angela Y. DavisClick's Women, Race and Class Here to Buy Angela Davis is basically a beast when it comes to shining a bright, bright light on the lives and politics of black women in history. In Women, Race, and Class she calls out the often ignored ties and conflicts between women's movements and black American movements in history, demonstrating that women's rights movements have often been divided along lines of race and class, and that the only way forward is with a united front.12. The Grey Album: On the Blackness of Blackness by Kevin YoungClick Here To BuyPart cultural criticism, part prosetry (it's so a thing), part history, The Grey Album is a beast of its own. It's probably a bit controversial to include it in a list of pure history books, but the book is too surprising not to include. This is the book to collect if you're not really sure what aspect of black culture/history/art you'd like to explore. Young looks from literature to music to the black cultural traditions of storytelling. Young is a poet by trade and you notice in this lyrical take on all black everything. It's a frightening celebration in itself!13. Sweet Tea: Black Gay Men of the South, An Oral History by E. Patrick JohnsonClick Here To BuySweet Tea sheds light on the real stories and stories of black gay men living in the South who have long been left in the dark, in an effort to correct the historical abandonment and marginalization of queer black voices.14 Lost Prophet: The Life and Times of Bayard Rustin by John D'EmilioClick here to buyPeaking from LGBTQ marginalization people in black communities... Bayard Rustin was openly and controversially gay during the Civil Rights era, and was therefore often pushed to the margins and shamefully hidden in the shadows, even as a major leader of black

liberation movements and organizations.15 Half has never been said: slavery and the manufacture of American capitalism by Edward E. BaptistClick here to buy This is not the story of slavery as you heard it in a five-page summary in your textbook Secondary. This image of American slavery is, if you can believe it, even more creepy. Achieve the greedy and commercial motivations that drove slavery, slavery, discovers a surprisingly ugly image of this horrible institution and is undeniable in America's economic development.Picture: Crystal Paul

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