

#CELEBRATESAFELYSD

# HAPPY KWANZAA!

Swipe right to learn more about Kwanzaa and  
how you can celebrate while being COVIDSafe

For more information on COVID-19 visit:

**Coronavirus-SD.com**

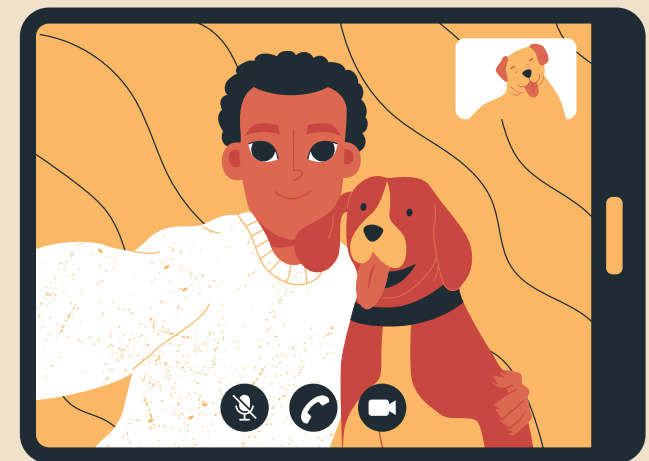


**LIVE WELL  
SAN DIEGO**

# CELEBRATING KWANZAA

During the week of Kwanzaa, families and communities traditionally come together to share a feast, honor their ancestors, affirm the bonds between them, and celebrate African and African American culture.

CelebrateSafely this Kwanzaa by avoiding large gatherings and encouraging virtual discussions of the principles celebrated each day with your friends and families.



For more information on Kwanzaa, visit:

**[nmaahc.si.edu/kwanzaa](http://nmaahc.si.edu/kwanzaa)**

# 7 PRINCIPLES OF KWANZAA

The celebration of Kwanzaa is based on the Nguzo Saba, the seven principles of Kwanzaa. The principles are values of African culture which contribute to building and reinforcing community among African-Americans.

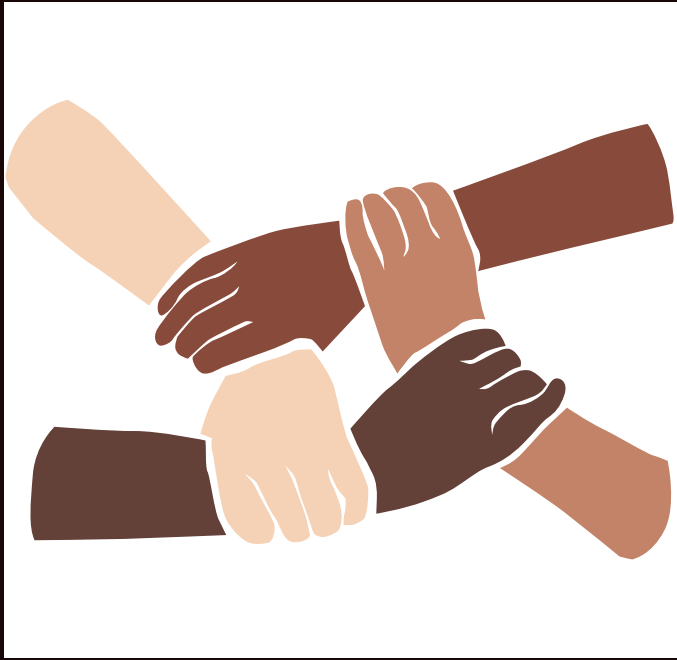
- **Day 1: Umoja (unity)**
- **Day 2: Kujichagulia (self-determination)**
- **Day 3: Ujamaa (cooperative economics)**
- **Day 4: Kuumba (creativity)**
- **Day 5: Ujima (collective work and responsibility)**
- **Day 6: Nia (purpose)**
- **Day 7: Imani (faith)**

Swipe right to learn more about each of these principles!

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# DAY 1 | UMOJA (UNITY)



"To strive for and maintain unity in the family, community, nation, and race." This principle reminds us that when we come together to live, work, share, and learn, we are stronger.

## ***CelebrateSafely Discussion Topic:***

- What does unity mean to you?
- How can Umoja help slow the spread of COVID-19?

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# DAY 2

# KUJICHAGULIA (SELF-DETERMINATION)



"To define ourselves, name ourselves, create for ourselves and speak for ourselves." This principle reminds us that when we stay determined and keep trying - even when things are hard or we make a mistake - we can accomplish great things!

## ***Celebrate Safely Discussion Topic:***

- What is something challenging you've overcome during the COVID-19 pandemic?
- How did you use Kujichagulia to accomplish it?

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# DAY 3

# UJIMA

(COLLECTIVE WORK & RESPONSIBILITY)



"To build and maintain our community together and make our community's problems our problems and to solve them together." The third principle of Kwanzaa reminds us that helping each other and working together to solve problems is important.

## *Celebrate Safely Discussion Topic:*

- How have you worked together and used Ujima to help prevent the spread of COVID-19?

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# DAY 4

# UJAMAA (COOPERATIVE ECONOMICS)



"To build and maintain our own stores, shops and other businesses and to profit from them together." This principle encourages us to create businesses, open stores, and make products to help and share with people in our communities.

## *Celebrate Safely Discussion Topic:*

- Have you supported black-owned businesses this holiday season? If so, how?
- What impact do you think this can have on our communities?

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# DAY 5 | NIA (PURPOSE)



"To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness." This principle encourages us to make building and bettering our communities the purpose of all that we do.

## ***CelebrateSafely Discussion Topic:***

- How has your work in being COVIDSafe helped build and better your community during the pandemic?

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# DAY 6

# KUUMBA (CREATIVITY)



"To do always as much as we can to leave our community more beautiful and beneficial than we inherited it." This principle reminds us to use our creativity to make our communities and the world around us better and more beautiful.

## *Celebrate Safely Discussion Topic:*

- How has creativity been helpful for you during the COVID-19 pandemic?
- Do you feel like Kuumba can help make your community better?

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# DAY 7

# IMANI (FAITH)



"To believe with all our hearts in our people and the righteousness and victory of our struggle." This principle reminds us to have faith and believe in ourselves, our people, our family, our teachers, and our leaders that we can and will overcome any challenge in our fights for justice and equity.

## *Celebrate Safely Discussion Topic:*

- What is something you believed in and did during the COVID-19 pandemic?
- How did Imani help you?

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