**Love and Resilience: The non-traumatic Black narrative on screen**

**Watch List**

**Karen’s Choices**

**Television:**

* The Real Mc Coy
* Sunny D
* This is Us (Stream on More 4, Amazon Prime)
* Moesha
* A Different World

**Film:**

* 20 FEET FROM STARDOM
* Black Panther
* The Black Godfather (the Clarence Avant Story) – Available on Netflix
* Waiting to Exhale
* Last Dance (Netflix)
* Dolemite (Netflix)
* Summer of Soul
* Burning an Illusion (Menelik Shabazz)
* Looking for Love (Menelik Shabazz)
* The Story of Lovers Rock (Menelik)
* Hero - inspired by the Extraordinary Life and Times of Ulric Cross
* Imitation of Life
* Island in the Sun
* Rocks
* Judas and The Black Messiah
* Soul (Disney Plus)

**Podcast:**

* Snobs on film

**Lissi’s choices**

**Film:**

* [Uncorked](https://youtu.be/s0sZtjE2MXg)
* [Keyboard Fantasies: The Beverly Glenn Copeland Story](https://youtu.be/-_6HlnK5Owg)
* [Dreamgirls](https://youtu.be/DTgGuFOh2M0)
* [Us](https://youtu.be/1tzFRIQfwXg)
* [She’s Gotta Have It](https://youtu.be/BrK4-lAhkeg)
* [Are We There Yet](https://youtu.be/lfs5-YMR8Q8)
* [Black Panther](https://youtu.be/xjDjIWPwcPU)
* [Hidden Figures](https://youtu.be/5wfrDhgUMGI)

**Visual albums:**

* Beyonce - [Black is King](https://youtu.be/69MO7yU0d70)
* Solange - [When I Get Home](https://tidal.com/browse/video/125224274) Director's Cut - *this used to be on Youtube in its entirety, now you have to pay a streamer, which is a big shame!*

**TV:**

* [Fresh Prince of Bel Air](https://youtu.be/1nCqRmx3Dnw)
* [My Wife and Kids](https://youtu.be/mRjAMQT9IHs)
* [Black(ish)](https://youtu.be/f2oHMze7RwY)
* [Everybody Hates Chris](https://youtu.be/XNGuV0N1FpI)
* [The Proud Family](https://youtu.be/J_qRkBaLMiE)
* [How To Get Away With Murder](https://youtu.be/dkb-aBaxkVk)

**Shorts:**

* <https://youtu.be/2oXA4Pahg_M> - Mėxed (spoken word dance film) by Lissi Simpson

**Kobi’s choices**

**Television:**

* Desmond’s

**Film:**

* Spiderman - Into the Spiderverse
* Cool Runnings
* The Incredible Jessica James - Netflix
* Rocks - Netflix
* Dope
* Summer of Soul - Disney Plus & cinema release
* Creed

**Podcasts**

* Black Men Can't Jump (in Hollywood)