

MARTIN LUTHER KING, JR. DAY

Lesson

Children will be exposed to people from diverse backgrounds as they interact with peers and those around them. It is important to teach that although each child is different, they are all important, and we should treat them kindly no matter what. Teach your child a little bit about Martin Luther King, Jr., emphasizing the fact that he wanted everyone to live together peacefully even though each person is unique.



Arts & Crafts

Materials: Crayons, paper

Give your child a piece of paper and tell them to draw a picture, but give them only one color of crayon to use. After they draw that picture, let them use all of the colors of crayons to draw another picture. Explain that we need diversity and differences in our lives and that each person is unique and needed in their own special way.

Snack Time

Enjoy a fruit salad with your child. Explain that each of the individual fruits is great and that even though they are each different, they combine together to create a delicious meal, just like different people can get along and work together, regardless of their backgrounds.



Activity & Games

Show your child brown eggs and white eggs. Talk about the difference between them. Crack the eggs open and look at the inside. Explain that even though the outside is different, they are both still eggs, and one is not better than the other. Apply the lesson to people.



Reading Time

- The Story of Martin Luther King, Jr., by Johnny Ray Moore
- The Skin You Live In, by Michael Tyler
- What I Like About Me, by Allia Zobel Nolan

