



# Martin Luther King Day Activity

## ★ Today's Challenges ★

Dr. Martin Luther King, Jr. dedicated his life to fighting against inequalities for minorities. Dr. King saw violence and injustice in the world and confronted it with peace. Even when others wanted Dr. King to get angry he knew he could persuade people with words, not violence. Dr. King was even attacked but he retaliated with words, not weapons. Many people admired Dr. King and the civil rights movement he led. People who once hated African-Americans began to gain a new perspective and open their hearts and minds. Dr. King's movement was met with resistance that ultimately got him assassinated in 1968. He was only 39 years old.

In honor of Dr. King's commitment to helping others, a holiday was enacted in 1983. **Martin Luther King Jr. Day** is a time for people to reflect on his accomplishments and identify modern obstacles. People often honor Dr. King by **volunteering** and helping those in need. Dr. King once said, "*Everybody can be great, because everybody can serve.*" These words mean that everyone has the ability to make the world a better place. We can do this through volunteering, donating, and making a commitment to community.



Read the following words by Dr. King and take time to discuss ways that you can honor him by getting involved in your community.

*"I'd like somebody to mention that day that Martin Luther King, Jr. tried to give his life serving others. I'd like for somebody to say that day that Martin Luther King Jr. tried to love somebody. I want you to say that day that I tried to be right on the war question. I want you to be able to say that day that I did try to feed the hungry. And I want you to be able to say that day that I did try in my life to clothe those who were naked. I want you to say on that day that I did try in my life to visit those who were in prison. I want you to say that I tried to love and serve humanity." - MLK, Jr.*

Think of something you can fix in your community through volunteering. *Example: Raking leaves for disabled or elderly residents, painting over graffiti or picking up litter.*

★ What is a problem you see in your community? \_\_\_\_\_  
\_\_\_\_\_

★ Who can help you solve this problem? Is there an organization that addresses this problem? \_\_\_\_\_  
\_\_\_\_\_

★ Write yourself a goal for solving this problem: \_\_\_\_\_  
\_\_\_\_\_

★ What is your next step?: \_\_\_\_\_  
\_\_\_\_\_

