

# Dr. Martin Luther King Jr. Day

Hey, Traders Point Family! On Monday, January 15, we celebrate and remember Dr. Martin Luther King Jr. We want to journey with you on how to have conversations with your family about Dr. King and ways to intentionally celebrate the holiday.

**Who was Dr. Martin Luther King Jr.?** Dr. Martin Luther King Jr. was a leader during the Civil Rights Movement. During this time, people were treated unfairly because of the color of their skin, where they were from, and even how they spoke. This is called racism, which is hurtful and wrong. Dr. King and many others believed that you should always treat people with respect no matter what they look like. God created each of us differently and that is good! Being different from each other means we can offer many things to people like love, help, ideas, respect, and even friendship. Dr. King stood up to the people who were treating others unfairly. He wrote a speech called "I Have a Dream." One of the lines he wrote was, "I have a dream that one day little black boys and girls will be holding hands with little white boys and girls." What an amazing dream! Dr. King's dream was that all of God's children, no matter the color of their skin, would treat each other with love and kindness.

**Why do we celebrate?** Celebrating Dr. Martin Luther King Jr. Day serves multiple purposes: First, it honors the Civil Rights movement, and the life of Dr. Martin Luther King Jr. Second, Dr. King loved Jesus. He prayed that people would spread love, fairness, and help those in need, just like Jesus did. As followers of Jesus, we can live this out too! No matter how young or old, we can make a difference and love people like Jesus does!

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**What can we do?** As a family, complete the bingo card. On the card, there are some actions that you and your family can take. Some actions involve going to fun places, spending time together as a family, and praying together! While at some of the places like the Indiana State Museum or Kennedy King Park Center, look at all the different monuments. Ask your family if they learned something new. This is an opportunity to learn more and have fun! Talk about ways that you can make a difference (examples: stand up for someone not being treated kindly, learn more, donate old toys, and help others in need).

You and your family can learn more about Dr. Martin Luther King Jr. Day by watching Sesame Street's episode about the day on YouTube. This episode will teach you how to make a peace tree. Draw pictures on paper leaves to show how you and your family will carry on Dr. King's work by treating people fairly and kindly. Then hang your peace tree in your house as a reminder.

**How to pray for all people to be treated fairly:** Today, people are still being mistreated because of the color of their skin. As a family, spend some time in prayer. Pray on your own or follow this script. "Dear God, we pray for people to know that they are loved and valued by you. When people are treated unfairly because of the color of their skin or something else, help them know that they are beautifully created by God. Help those who are unkind and show them that you love all your children, no matter what they look like. Help us, God, to be strong and stand up for others who are not being treated kindly. We love you, and we pray all this in your name, Amen."

# DR. MARTIN LUTHER KING JR. DAY

AS A FAMILY, COMPLETE THE BINGO CARD TO LEARN MORE ABOUT DR. MARTIN LUTHER KING JR! MARK THE BOX WITH AN X OR A SMILEY FACE ONCE YOU HAVE COMPLETED THE ACTIVITY AS A FAMILY!

B	I	N	G	O
Go to the Indiana State Museum	Help someone who needs it	As a family, pray for all people to be treated fairly	Watch MLK's "I Have a Dream" speech	Do something kind for someone else at home
Watch Kid President MLK on YouTube	Give someone a compliment, celebrating what makes them unique	Go to Kennedy King Park Center	Talk about your dreams for the future	Play with a new friend
Show kindness to someone you do not know	Go to the Children's Museum of Indianapolis	<b>Free Space</b>	Read or listen to the book, "My Daddy, Dr. Martin Luther King, Jr." Talk about it!	Read Luke 10:25-37 and talk about what stood out to you
As a family, dream of a way to help others and do it	Read or listen to the book, "Do you Speak Fish?" Talk about it	Talk about ways you can make a difference near and far	Watch the Sesame Street episode about MLK Day on YouTube and make a peace tree	Share about a time that Jesus helped you do what was right in a hard situation.
Read 1 Samuel 16:7 and discuss how God made your family members special	Visit a library and read a book about MLK	Watch a movie as a family	Make a list of your dreams and hang them up	Share something you learned about MLK with a friend