

# Martin Luther King Jr. Day Activities

## Infants (0–12 months)

### 1) Peace Dove” Collage

#### How to implement:

- Cut a large dove shape from cardstock.
- Offer babies safe texture pieces to press (soft tissue squares, fabric scraps, foam shapes).
- Adults glue securely and label: “Peace.”

### 2) Baby “Unity” Classroom Photo Collage

#### How to implement:

- Take a simple photo of each baby holding (or near) a paper heart/star.
- Combine into a class poster: “We Belong Together.”
- Keep family participation optional.

### 3) “Helping Hands” Group Mural

- Adults paint a large background (simple hearts).
- Each baby adds a handprint or fingerprint.
- Title it: “Our Class Helps.”



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## Toddlers (1–2 years)

### 1) “Helping Hands” Classroom Jobs

#### How to implement:

- Give toddlers tiny helper tasks (wipe table with cloth, put books away, bring napkins).
- Celebrate: “You helped! That’s kind.”

### 2) Fair Turn Practice: “My Turn / Your Turn”

#### How to implement:

- Use one special toy or a ball.
- Practice passing with a simple script: “My turn...your turn.”
- Keep turns quick to avoid frustration.

### 3) Hearts of Kindness Sticker Collage

#### How to implement:

- Give each child a big paper heart.
- Toddlers decorate with stickers/crayons.
- Adult labels: “I show kindness by...”

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## Preschool (3–5 years)

### 1) Kindness Chain: “I Can Help By...”



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### How to implement:

- Kids draw or dictate one kind action on a paper strip:
  - “I can share.”
  - “I can use kind words.”
  - “I can include a friend.”
- Link strips into a chain and hang it up.

## 2) Read-Aloud + “Fairness” Talk

### How to implement:

- Read a book about kindness, inclusion, or fairness.
- Ask 2 simple questions:
  - “What was fair/unfair?”
  - “How can we help everyone feel included?”

## 3) Peaceful Protest Art

### How to implement:

- Kids create classroom-friendly “message signs” like:
  - “Kind words”
  - “Friends for everyone”
  - “We share”
  - “Everyone belongs”



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- Do a short hallway “kindness walk” (if your program allows).
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## **School-Age (6+)**

### **1) Service Project: “Day On, Not a Day Off”**

#### **How to implement:**

- Choose one class project:
  - cards for staff/community helpers
  - classroom book/toy organization
  - playground clean-up (with gloves, per policy)
- Reflect: “How did our help make a difference?”

### **2) Dream Wall: “I Have a Dream...”**

#### **How to implement:**

- Kids write or draw a dream for their classroom/community:
  - “A school where everyone is included.”
  - “A world with kindness.”
- Post on a bulletin board and revisit throughout the month.

### **3) Problem-Solving Circle: Peaceful Solutions**

#### **How to implement:**

- Give scenarios (line cutting, teasing, exclusion).



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- Kids practice “peaceful choices”:
  - use words
  - ask for help
  - take turns
  - repair (“I’m sorry. Next time I will...”)



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