

## How to Explain Martin Luther King Jr. Day to Kids

While older children are likely to have a better grasp on the Civil Rights Movement and King's efforts, start small with the little ones by explaining how everyone can help make a difference in the world through kindness and respect, just like King did.

Here are six ways you can help even the youngest kids understand the importance of his life:

1. **Read a book about MLK:** Reading stories to kids can be a great way for them to learn about King's life and work. Children's books, like "My Brother Martin" by Christine King Farris or "I Am Brave: A Little Book about Martin Luther King, Jr." by Brad Meltzer, that are geared toward readers as young as 2 years old can be thoughtful and educational explainers for little minds.
2. **Watch a film on MLK:** Check your streaming services (fees may apply) for films on MLK and his life.
3. **Discuss hopes and dreams:** Talk about ways kids and their families can make the world a better place, just like King did.
4. **Volunteer:** Children learn through example, so donating your time and demonstrating the importance of helping others will establish a lifetime of giving back for your kids.
5. **Art projects:** Have children trace their hands on construction paper and cut them out. Overlap each hand to form a circle and glue them down to a sheet of paper to show that no matter how different we look on the outside, we are all the same on the inside. This learning activity helps demonstrate unity and respect.
6. **Look for events:** In years prior to the COVID pandemic, many towns and cities hosted parades to honor and celebrate King's life, which always makes for a fun, culturally enriching outing where kids can learn more. In 2022, look for online events locally and beyond.

## LEARNING



Photo Credit: [Jerónimo Bernot](#)

**Ask Your Child:** How can you make the world a better place?

## Pretzel and Marshmallow Snowflake

### Ingredients

- 1 large marshmallow
- 6 mini marshmallows
- 6 pretzel sticks

### Directions

1. Stick 6 pretzel sticks all around 1 large marshmallow.
2. On the ends of the pretzel sticks that are not in the big marshmallow, stick on the 6 mini marshmallows.

## EASY RECIPE



To find more kids activities visit:  
[www.MotherhoodOnADime.com](http://www.MotherhoodOnADime.com)

## "I Have a Dream" Poster

### Materials

- Large sheet of construction paper
- Scraps of colored paper
- Markers or pens
- Glue stick

### Directions:

1. Cut out a large cloud shape. Ours is quite small as it was done by only one child, but you could make a larger one depending on the number of kids.
2. Cut out lots of small clouds from colored paper.
3. On the large cloud write "I have a dream."
4. On the small clouds, ask the children to write or draw some of their dreams.

**Ask Your Child:** Which cloud is most important to you?



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## FUN CRAFT ✂

## Teaching Kids Gratitude and Thankfulness All Year Round

## PARENTING

Kids learn by example. Parents who live in a way that shows gratitude for what they have will foster gratitude in their child. A parent who acknowledges the generosity of others will raise kids who are thankful.

Saying thank you to a child can be really powerful. For one, if it's said with sincerity and excitement, a child understands they've done something good, which reinforces their behavior. A "thanks" also helps kids build a foundation of empathy by learning to recognize gratitude in others. Finally, "thank you" implies they had a choice, and kids love choice.

**To learn more** about teaching children to be thankful, visit [www.fatherly.com](http://www.fatherly.com).



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**Ask your child:** What is something that you are grateful for today?