



Dr. Martin Luther King Jr. Day At School

Dear Parents,

It can often be difficult to address the history of injustice, the fight for equality and the Civil Rights Movement with young children in a way that is meaningful yet easily understood. However, Dr. Martin Luther King Jr. is a very important hero to discuss. On a preschool level, Dr. Martin Luther King Jr. & this holiday is a good day to talk about friendship, fairness, acceptance and caring for all people.

In the classroom we will be discussing Dr. Martin Luther King Jr. and preschool friendly topics such as kindness, togetherness and acceptance next week. As we continue into African American History Month we will further discuss Dr. Martin Luther King Jr. & these themes.

Here are some of the activities we will have in the classrooms to celebrate Dr. Martin Luther King Jr.:



Fingerpaint Art:

Provide a piece of paper as large as your art table! Place out different colors of fingerpaint and have the children cover the paper with their prints.

Lesson: Acceptance & Kindness. All the different colors together make a beautiful piece of art (like all the different people make a beautiful world.)



Togetherness Painting

Instead of 2 pieces of paper (1 for each child) on the easel, place one large piece that two friends should both paint together!

Lesson: Togetherness. Dr. King taught us we need to live together in peace.



Dr. Martin Luther King Jr.

Day At Home

We encourage you to talk to your child about Dr. Martin Luther King Jr. and his very valuable teachings at home. We challenge you and your child to perform a random act of kindness over this week to spread Dr. Martin Luther King Jr.'s message of kindness! The best way to inspire your child to share this message is by showing them you are doing it yourself!!



Random acts of kindness are an unexpected act of charity or helpfulness often done for a stranger. The purpose is to urge people to be kind to each other, especially those they don't know, without any specific reason to help make the world a better place to live in. A random act of kindness does not need to be big or showy. It can be as simple as a smile.

The Best Random Acts of Kindness Ideas for Preschoolers:

1. Let a sibling go first.
2. Say something nice to someone.
3. Decorate kindness rocks.
4. Share.
5. Play with someone new.
6. Pick up trash without being asked.
7. Say sorry if you do something wrong.
8. Smile at someone.
9. Put a dollar on a vending machine.
10. Hold the door for someone.



On the attached paper share a random act of kindness that you or your child participated in. Send it in to school to share! We can't wait to see all the ways our families are making the world a better place!

*In Honor of Dr. Martin Luther King Jr.
We Performed This Random Act of Kindness!!!*



Student Name: _____