

# Happy Martin Luther King Day!

6 activities to help kids  
understand nonviolence  
as Dr. King taught and  
practiced it...



# 1

## RESPECT OTHERS AND YOURSELF

### WHAT IS RESPECT?

Everyone is valuable. You can respect others by treating and thinking about them in a positive and good way, and also doing this with yourself.

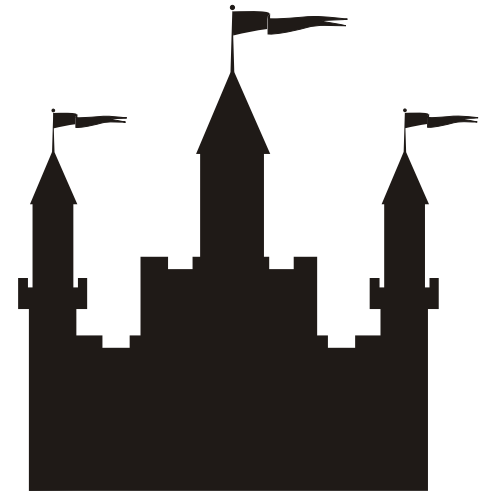
### ACTIVITY

Write some letters and/or make drawings for your friends to show them that you value them. Draw or write what you like about them. Do a drawing about yourself as well!



# 2

## ALWAYS INCLUDE CONSTRUCTIVE ALTERNATIVES



Build a castle with pillows, blankets, and chairs. Think of all the people you need to fit in it.



NOW – break it down and build it differently...

*AGAIN! AGAIN? AGAIN!*

Think up new ways to fit people into your castle.

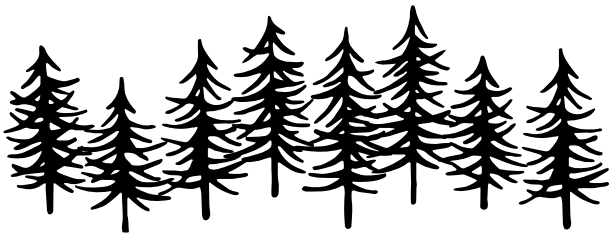


# 3

## BE AWARE OF THE LONG-TERM

### DID YOU KNOW?

The Civil Rights Movement took many, many years. People were frustrated for even more years before the movement took place from 1954–68.



### ACTIVITY



Go into your neighborhood and have a walk around your block; imagine what all the trees will look like when you are older, what will the neighborhood look like? Will the same flowers/plants be around? What about the city? What will you look like?

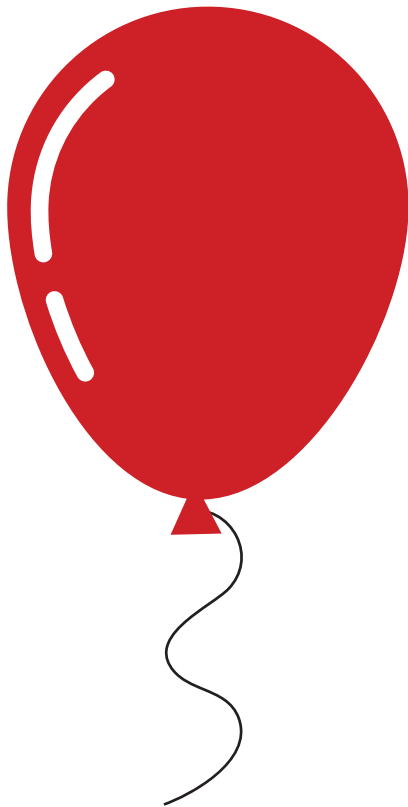
# 4

## LOOK FOR WIN-WIN SOLUTIONS

**GAME TIME!**

Gather in a circle and hold hands. Don't let go! Then, throw a balloon into the circle.

Now - keep the balloon up in the air together without letting it fall to the ground, **WITH** your hands held together. How long can you keep the balloon in the air?



**DID YOU KNOW?**



There are lots of cooperative games! Ask your parent to look some up, such as First Orchard for toddlers, or Forbidden Island for kids 10+, and even for adults - Cosmic Peaceforce!



# USE POWER CAREFULLY

**MUSIC TIME!**

Listen to “Hate is too heavy a burden to bear,” by Gary and Barbara Nicholson (inspired by Martin Luther King, Jr.’s 1967 speech) at this link:

<https://www.mettacenter.org/whatsnew/hate-is-too-heavy-a-burden-to-bear>



Close your eyes, and think of all the power you have inside you!

Sway to the song and think of how you can use your own power wisely when you are upset or hurt by someone.



# CLAIM OUR LEGACY



## DID YOU KNOW?

Did you know that you can be more like Martin Luther King? You can join his legacy of Kingian Nonviolence.



## ACTIVITY

Think about a movie that had violence (hurting each other, fighting, use of force) in it with some labeled as “bad guys.” Start by thinking about each side, and what their goals are, each side’s wants and needs. Now - think of a way forward in the story without violence.

YAY for constructive alternatives!



Which activity was your kids' favorite? Comment below and let us know what you learned!

More info: Kingian Nonviolence is a philosophy of nonviolent conflict reconciliation, based on the work of Dr. Martin Luther King, Jr, and the organizing strategies he used during the Civil Rights Movement. It is a holistic view of conflict that includes the study and analysis of conflict (how to understand conflict), the Principles of Nonviolence (the values of a community), and the Steps of Nonviolence Conflict Reconciliation (how to address conflict and restore relationships).





**The time is always right  
to do what is right.**



– Dr. Martin Luther King, Jr.

With love,  
Tiffany Ornelas Tool  
and the Metta Center for  
Nonviolence

