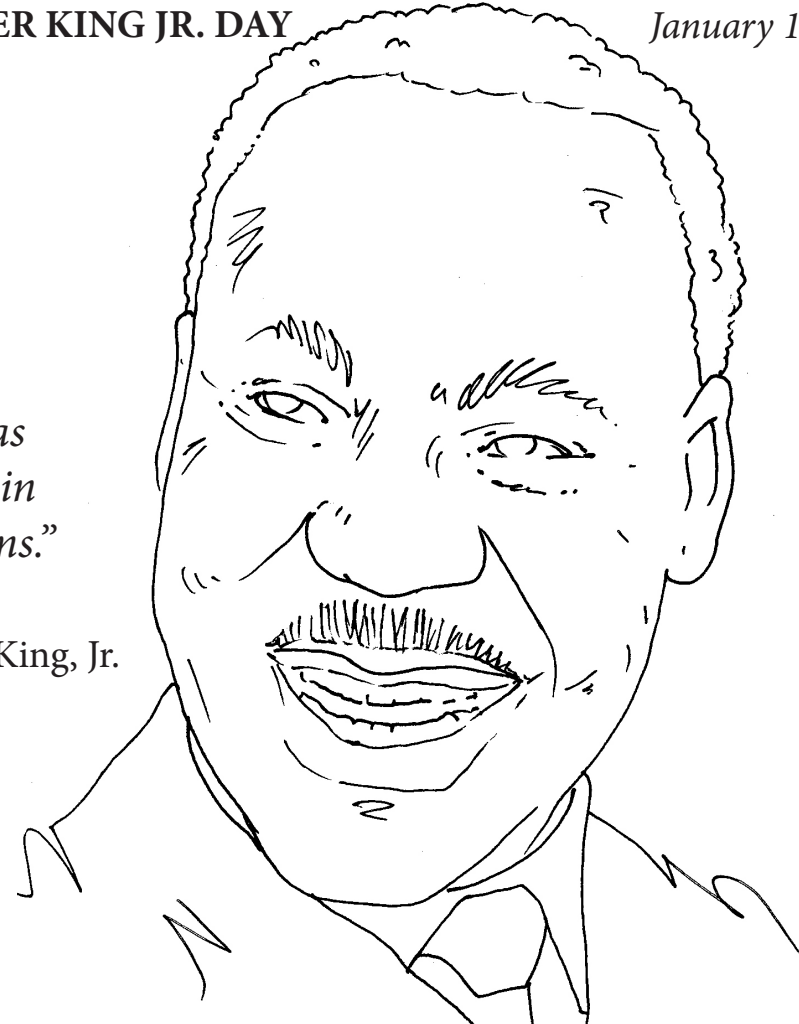


OBSERVANCE

MARTIN LUTHER KING JR. DAY

January 16th



*“No person has
the right to rain
on your dreams.”*

- Martin Luther King, Jr.

Each year, on the third Monday in January, the nation honors the life and legacy of **Dr. Martin Luther King Jr.**

He is remembered as America’s well-known advocate of nonviolence and a leader of the Civil Rights Movement. While others were fighting for equality by “any means necessary,” he used the power of words and acts of nonviolent resistance.

Dr. King’s achievements are well documented. However, few people know of the history and connection he had with the island of Bimini in the Bahamas.

ALTRUISM

Altruism (noun)

al·tru·ism

1: unselfish regard for or devotion to the welfare of others, charitable acts motivated purely by altruism

Dr. King believed strongly in helping others. When sanitation workers went on strike in Memphis, he gave his support because he wanted to help others in need. Dr. King was tempted not to go to the church to give his Mountaintop speech because it was pouring rain, and he was tired. He went anyway because he wanted to support the striking workers. In this speech, he explained that the question he asked himself was not, “If I stop to help this man in need, what will happen to me?” The question was, “If I do not stop to help the sanitation workers, what will happen to them?”

Here are some things you can do to help others:

- Donate old books or toys
- Visit a nursing home to sing, dance, or put on a show
- Donate food to a local food pantry
- Send a thank you note to someone who has helped you

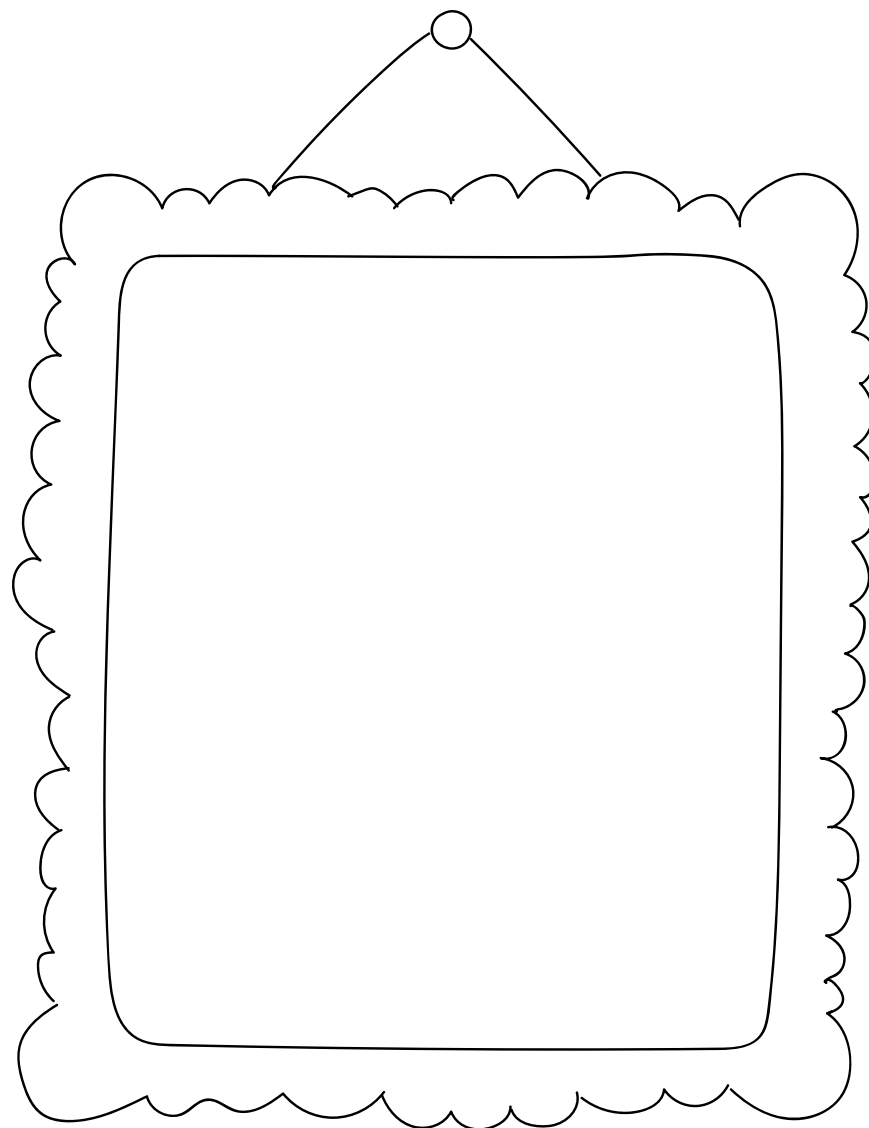
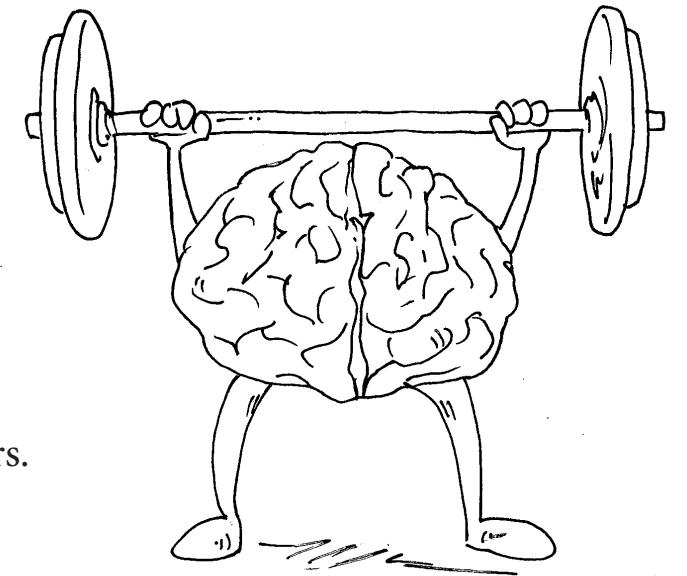
What ideas do **YOU** have to help others?

Dr. King was a master at reframing negative situations, which allowed him to maintain a positive outlook. He knew that staying stuck in negativity and hatred would erode his resilience and lead to bitterness. In his famous “*I Have a Dream*” speech, he reframed the civil rights movement from a struggle of mighty proportions to an inspiring dream embraced by many.

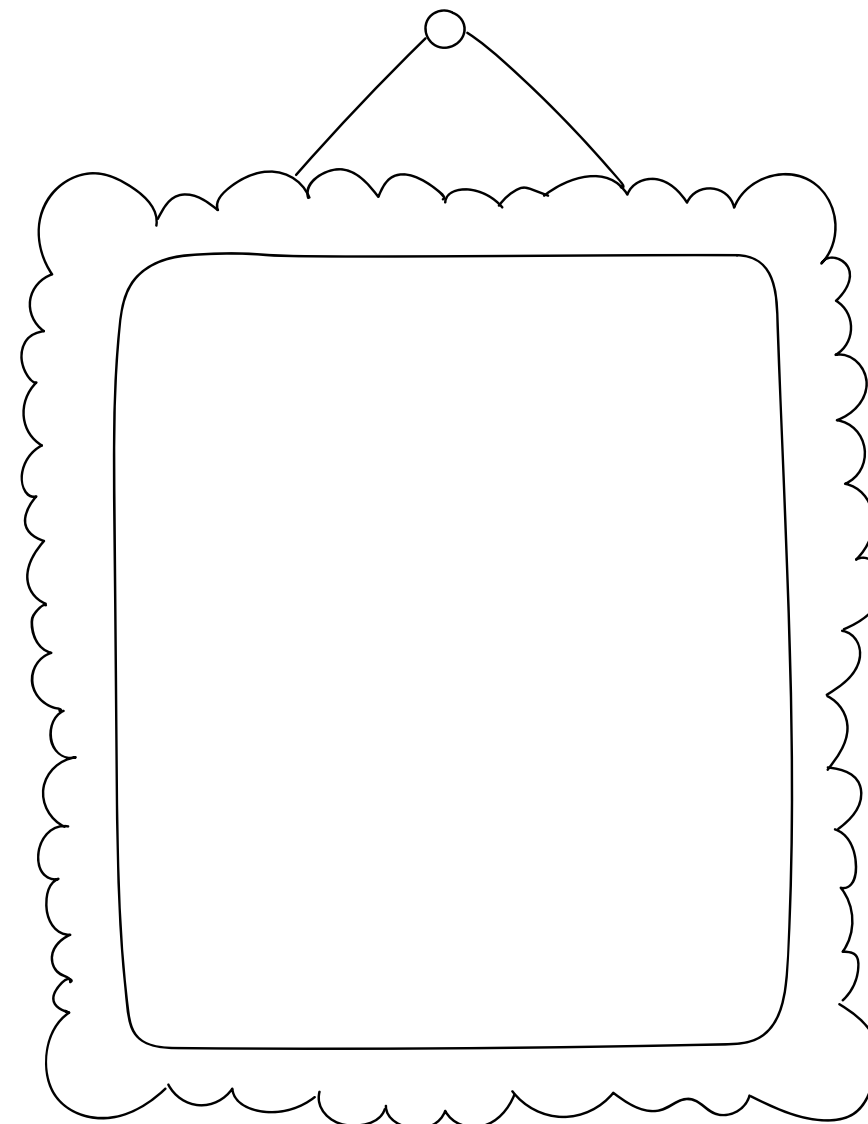
However, staying positive isn’t always easy.

Mental resilience can be making goals and pushing to achieve them, even when they are difficult at times to get to.

Short-term goals are goals that are smaller, and take less time, but are like steps toward a bigger, long-term goal at the top of the stairs.



Draw a picture of one of your short-term goals (ex: complete my homework every day after school-like MLK writing his speech.)



Draw a picture of one of your long-term goals (ex: to become a dancer, or to write a book about dogs-like MLK fighting for equality.)