

How Can I Help?



Dr. Martin Luther King Jr. (1929 to 1968) was a leader of the civil rights movement. As a minister, he led peaceful marches and gave powerful speeches, including his "I Have a Dream" speech in 1963, to work for fair treatment of all people. His work helped lead to laws that protect civil rights. Each January, many people honor him by helping others.

Draw a line from each helper to how they help.


Teacher



Registered Nurse



City Council Member



Firefighter




Makes decisions that help neighbors and families.



Keeps people safe.



Helps people feel better.



Helps people learn.

1 Think of a time someone helped you. What did they do? How did it feel?

2 How can you help your class, your family or your neighbors this week?

When I grow up I could help people by being a _____ because _____.

Grown-Up Page

How can I help?

Time

25 to 30 minutes

Grades

3 to 5

What Children Will Do

Students learn who Dr. Martin Luther King Jr. was, match four helpers to how they help, and write about helping and being helped.

Background for You

Dr. Martin Luther King Jr. (1929 to 1968) was a minister and a leader of the American civil rights movement. He used peaceful action, including marches and speeches, to work for equal rights and fair treatment for all people. He gave his "I Have a Dream" speech at the 1963 March on Washington. Martin Luther King Jr. Day is a federal holiday on the third Monday of January, and in 2027 it is January 18. Many people observe it as a day of service. Use your school's guidance for how much history to share with young children.

Before You Start

- Print one page per student. The educator page is for you only.
- Martin Luther King Jr. Day is January 18, 2027.

How to Run It

1. (5 to 7 min) Read the opening lines on the page. Add the background above in your own words. Ask: what does fair mean?
2. (6 to 10 min) Students draw a line from each helper to how they help.
3. (5 to 8 min) Question 1: students write about a time someone helped them and how it felt.
4. (5 to 8 min) Question 2: students write how they can help their class, family or neighbors this week.
5. (3 to 4 min) Students finish the sentence about helping when they grow up.

Answer Key

Teacher: helps people learn. Registered Nurse: helps people feel better. City Council Member: makes decisions that help neighbors and families. Firefighter: keeps people safe.

Talk Together

- What does it mean to be fair? How can we show kindness today?
- Which of these helpers have you seen in your community?

Go Further

- Do one small act of kindness together and write about it.
- Short on time? Do the matching in class and assign Question 2 as homework.