

How Can I Help?



Dr. Martin Luther King Jr. was a leader who lived a long time ago. He worked so that all people would be treated fairly and kindly. We remember him by helping each other.

Draw one way you can help your class, your family or your neighbors.

Match each helper to how they help.



Teacher



Nurse



City Leader



Firefighter



I help neighbors.



I keep people safe.



I help people feel better.



I help people learn.

I can help by _____. When I grow up I could be a _____.

Grown-Up Page

How can I help?

Time

25 to 30 minutes

Grades

K to 2

What Children Will Do

Children learn who Dr. Martin Luther King Jr. was in simple terms, match four helpers to how they help, and draw one way they can help others.

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. Have crayons or colored pencils ready.
- Martin Luther King Jr. Day is January 18, 2027.

Read Aloud

"Dr. Martin Luther King Jr. was a leader who lived a long time ago. Back then, some people were treated unfairly because of the color of their skin. Dr. King believed that was wrong. He gave speeches and led peaceful marches so that everyone would be treated fairly and kindly. We remember him every January by helping each other."

How to Run It

1. (5 to 7 min) Read the paragraph aloud. Ask: what does fair mean? Can you think of a time something was not fair?
2. (6 to 10 min) Children draw a line from each helper to how they help.
3. (6 to 10 min) Children draw one way they can help their class, their family or their neighbors.
4. (3 to 5 min) Children finish the sentence, "I can help by _____. When I grow up I could be a _____." Write the words for children who are not ready to.
5. (3 to 4 min) Invite children to share their drawing.

Answer Key

Teacher: I help people learn. Nurse: I help people feel better. City Leader: I help neighbors. Firefighter: I keep people safe.

Talk Together

- What does it mean to be fair? How can we show kindness today?
- Who has helped you this week? How did it feel?

Go Further

- Do one small act of kindness together and draw it.
- Dr. King's message was that everyone can help. Point out that children can help too.