



Martin Had a Dream.



What's Yours?



Smithsonian

**Martin Luther King Jr. Day
Activities & Resources**



All objects are from the Collection of the Smithsonian National Museum of African American History and Culture.



Dream big.



Martin Luther King Jr. dreamed that one day Black and white people could live, work and play together peacefully. He dreamed of a world where people wouldn't be judged, hurt or treated unfairly because of the color of their skin. He wanted to see the world change in big ways - and he made sure the world knew about it through the words he said and the things he did!

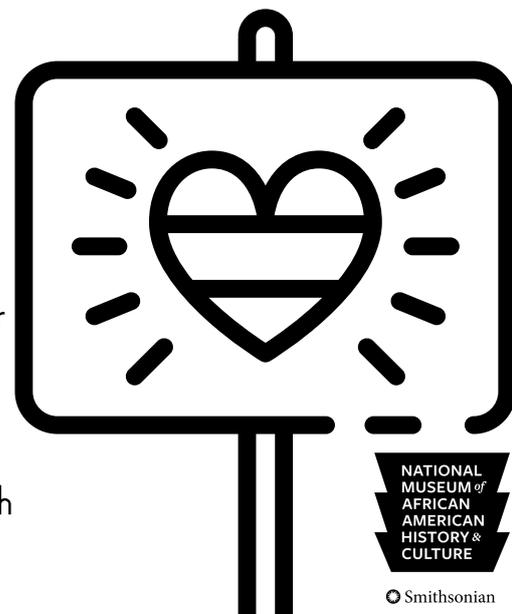
Use the activities below to talk, think and make art about your dreams for the world.

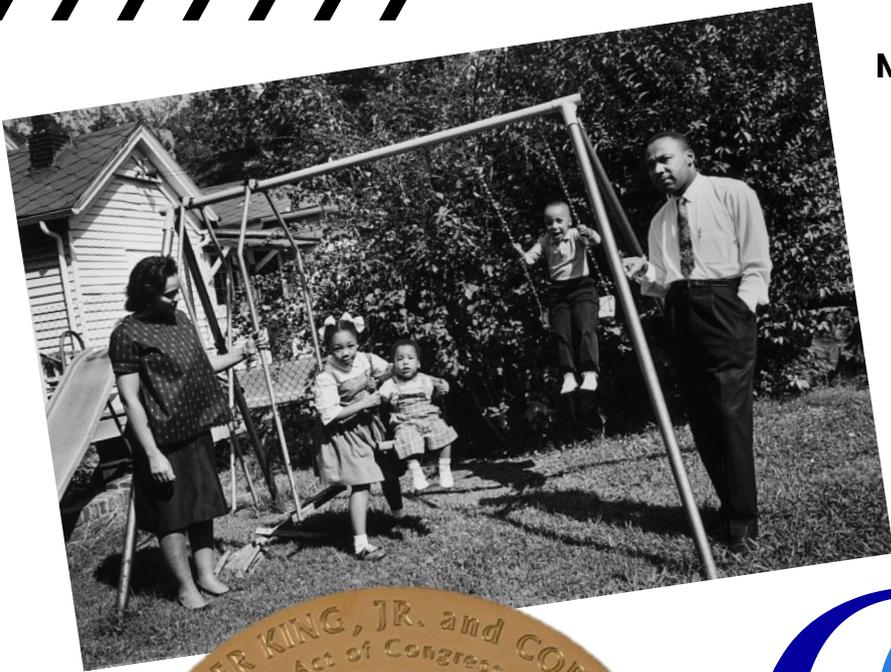
Think, talk and dream together.

- What's something you'd like to see change in your community?
- Is there a problem that needs to be fixed?
- Are there people who should be treated better?
- Who or what is important to you?
- What is your dream for the world?
- What can YOU do to make a difference, fix a problem or help someone?

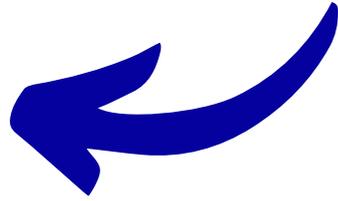
Create art to share your dream.

- ★ Gather a large piece of paper, markers and crayons.
- ★ Think about your earlier discussion and the questions below.
 - What would it look like if everyone was kind to one another?
 - What would it feel like if everyone had what they needed?
 - What would be different if everyone was treated fairly and loved for who they are?
- ★ Imagine the world you dream of. Then, draw a picture of your dream. Where are you in your picture? What are you doing?
- ★ How can you share your dream art with others?
Think about hanging your art in a window or holding it up with a handle, made from cardboard or a ruler.





Martin Luther King Jr. was a great leader and he was a dad too! He wanted to make the world a better place for everyone - including his family!



Making a difference is hard work. Martin Luther King Jr. soaked his feet in this bucket after a long protest march.



This Congressional gold medal was awarded to Martin Luther King Jr. and Coretta Scott King, his wife, for all of the hard work they did during their lives to help others.



Look closely at museum objects.

- Visit our Museum's [Activism Learning Lab collection](#).
- Pick 1 object and 1 photograph that stand out to you.
- How was the object used to tell others about something important?
- What is happening in the photo? How are the people working to make a difference in the world?

What would you add to our collection?

Racism Today

Many of the problems Martin Luther King Jr. worked hard to make better during his lifetime are still going on today. Everyday, in many kinds of ways, people are still treated unfairly and hurt because of the color of their skin. This is called racism. To learn how to talk to your child about race and support your child in speaking up and fighting against racism, explore the resources below.



Watch [Sesame Street's The Power of We](#) via HBO Max and PBS Kids to learn about the importance of embracing and celebrating human diversity and how to be an "upstander" to racism.

- Use this [Watch & Play Together Guide](#) to start meaningful conversations and activities with your child.

Discover resources that help bring conversations and celebrations about race into everyday moments with your child:

- EmbraceRace: [10 Tips for Teaching and Talking to Kids About Race](#)
- PBS Kids: [Talking to Young Children About Race and Racism](#)

Begin conversations about race and racism by watching videos:

- CNN & Sesame Street: [Racism Town Hall](#)
- The Atlantic: [How to Talk to Kids About Race](#)
- Sesame Street: [What is Racism?](#)
- Sesame Street: [How to Be An Upstander to Racism Song](#)
- PBS Kids: [Arthur on Racism: Talk, Listen and Act](#)

They're not too young.

Starting in infancy, children are noticing and thinking about race - and making decisions based on what they see. Learn about it.

[NMAAHC Talking About Race](#)

[Children Are Not Colorblind: How Young Children Learn Race](#)

by Erin N. Winkler

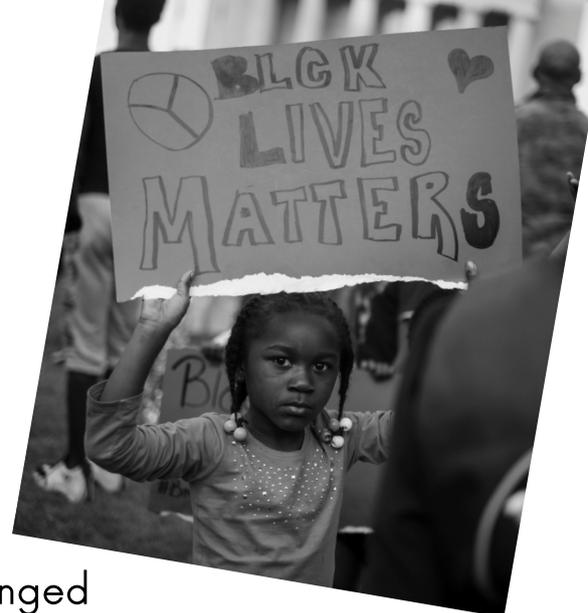
[They're Not Too Young to Talk About Race!](#)

by The Children's Community School





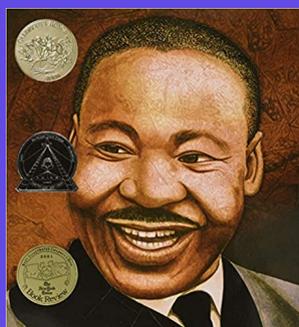
Activism: Then & Now



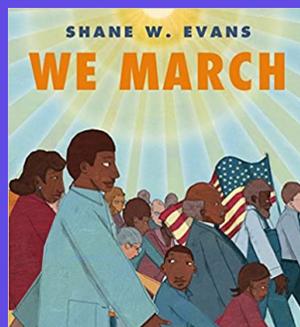
When you feel that something is unfair or can be changed for the better, it's important to do something about it! Protest marches are one way Martin Luther King Jr. used his voice and body to fight for justice - and you can too. When you march and protest, you're making sure a lot of people can see and hear what you believe in and what you want to see change.

Martin Luther King Jr., along with many others from across the United States, joined together to speak up and march for the fair treatment of people of all races and every skin color. Today, children and adults still march and protest for what they believe in!

Read about marches then & now. What will your activism look like today?



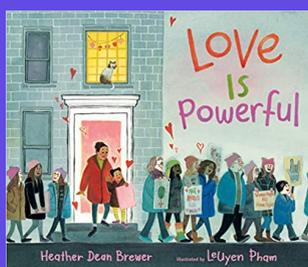
Martin's Big Words:
The Life of Dr. Martin Luther King, Jr.
by Doreen Rappaport
illustrated by Bryan Collier



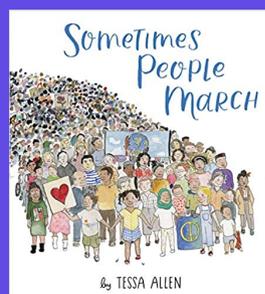
We March
by Shane W. Evans



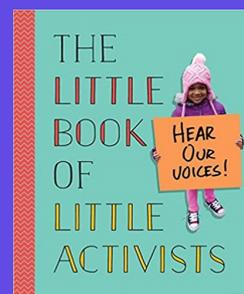
Let the Children March
by Monica Clark-Robinson
illustrated by Frank Morrison



Love Is Powerful
by Heather Dean Brewer
illustrated by LeUyen Pham



Sometimes People March
by Tessa Allen



The Little Book of Little Activists
by Penguin Young Readers

