

## Celebrate Martin Luther King, Jr. Day With Your Preschooler

This month, our schools are celebrating the life of Martin Luther King, Jr. and discussing the importance of acceptance, love and kindness for all people. Many of our students will participate in a hands-on experiment using brown and white eggs. They will investigate the color of the shells and describe similarities and differences. Teachers will crack open the eggs and show the students that although the eggs are different on the outside, they are the same on the inside – just like people.



At home, books are an easy way to familiarize your child with Martin Luther King, Jr. and the theme of equality in a way that he can understand. Appropriate titles include *Happy Birthday, Martin Luther King, Jr.* by Jean Marzollo (ages 3-5), *I Am Martin Luther King, Jr.* by Brad Meltzer (ages 4-5), *The Story of Martin Luther King, Jr.* by Johnny Ray Moore (ages 4-5) and *My Uncle Martin's Big Heart* by Angela Farris Watkins (ages 5+).

Another fun way to celebrate Martin Luther King, Jr. is through art. There are many free printables online that you and your child can enjoy coloring together after reading one of the books above. Use this as a learning opportunity to recap the story, review colors and encourage sharing.