



MARTIN LUTHER
KING JR DAY
TAKE HOME PACKET



Thank you for joining us for our celebration of Martin Luther King Jr Day through storytime and discussion. [Rainbow Action Network](#) encourages your family to continue discussions around being anti-racist and advocating for social justice through activism. Here are a few resources to support these efforts:

Who was Martin Luther King Jr.? Martin Luther King Jr. was a civil rights leader and activist in the 1950s and 60s. He led marches and gave speeches to inspire others.

What is an activist? An activist is someone who speaks up for change. Anyone can be an activist and help make the world a better place!

What was the civil rights movement? People come in many shapes, colors, and sizes. We are all amazing! Throughout history, people have been treated unfairly because of the color of their skin, who they love, or because they moved here from a different country. In the 1960s, a lot of progress was made thanks to civil rights workers and leaders like Martin Luther King Jr. Today, people are still fighting to make things fairer for black, brown, and LGBTQ people.

What is social justice? Social justice is, in many ways, a combination of fairness and opportunity: In a just society or group, people have the same rights and are not punished more because of who they are, what color their skin is, or who they love.

Resources

Visit our [Napa Strong Enough campaign page](#) for resources on interrupting, educating, appreciating, and get involved locally.



Still Finding Your Voice?

Here Are Some Ways to Speak Up -- Without Saying a Word!

(from Speak Up by Miranda Paul)

- Make a sign or work of art
- Be a witness - Record what you see or hear
- Attend a march or peaceful demonstration
- Refuse to join in negative behavior
- Send a thank-you card
- Give a gift
- Smile or wave
- Sign a petition
- Write a letter
- Cast a vote
- Volunteer your time
- Donate money or goods
- Read books about all kinds of people and experiences



Anyone can be an activist!

We invite our young activists and their families to make signs (with pictures and/or words) around the following prompts:

Celebrate Diversity

Include Others

Stand Up for Fairness/Equality

Love Makes A Family

We invite all families to submit their signs (digital photo of sign or child holding sign if comfortable with it posted to social media) to Anne at anne@first5napa.org. Note: by submitting your photo you are giving First 5 Napa County/Rainbow Action Network permission to post your image on our social media accounts.

Everyone submitting a sign will be entered to win a \$15 gift card to [Ashay by the Bay](#) – a Black-owned Children’s bookstore in Vallejo. We will display all submitted signs on social media and somewhere in the community (reach out if you have a good place!)

***Please remember that it is our responsibility to learn about Black history and civil rights **ALL YEAR**, not just on MLK Day and during Black History Month. RAN continues to coordinate and collaborate on projects to encourage educating ourselves and standing in solidarity with our BIPOC neighbors and friends all year round.