



# Honoring Dr. Martin Luther King, Jr.

Monday  
January 18, 2021

*Honoring MLK as families  
and individuals*

Honoring Dr. Martin Luther King, Jr. on MLK Day 2021 takes on an entirely different meaning during COVID times. Annually, Points of Lights Foundation recommends MLK Day as a day on not a day off. They encourage us to give that time back to our community in service hoping to come closer to Dr. King’s goals that “we can’t skip justice and get to peace,” and “true peace is not merely the absence of tension, it is the presence of justice.”

In addition to treating MLK Day as a day of service, families can treat this day as a day of conversation. Think about introducing your family to sharing thoughts about history, service to others, changing the world, and civil rights and equality. Points of Light Foundation has provided four “recipe” cards with several conversation starters. Select a question from each card, use one card or use the cards as a guide to get started. It is simply important to take this opportunity to honor this great man and changing any action begins with conversation.



RECIPE FOR CONVERSATION

TALK ABOUT: LEARNING FROM HISTORY



*In 1961, nine black students were arrested after staging a sit-in in South Carolina. The students, known as The Friendship 9, served 30 days in a prison labor camp.*

After The Friendship 9's charges were cleared, a descendant of the judge said “we cannot rewrite history, but we can right history.” What do you think he means?

Talk about a time when you or someone you know righted a wrong. What happened and how did it make you feel?

It's been said that “history is written by the victors.” What do you think this means? Are there ways the history you've learned would be different if it were told from a different point of view?





RECIPE FOR CONVERSATION

Talk About: Service to Others



*Use these conversation starters around your dinner table*

Have you ever wanted to volunteer? What would you want to do?

Who is a role model for you as a caring person?

What one thing would you change about the world if you had the power to do so?

The poet Maya Angelou once said, “If you don't like something, change it. If you can't change it, change your attitude.” What do you think she meant by this?

What does it mean to be compassionate? How is this different than just being “nice”?

Talk about the last movie you saw or book you read where someone was compassionate.





RECIPE FOR CONVERSATION

Talk About: Changing the World



*Use these conversation starters around your dinner table*

If you could change one thing about your family, school, or community, what would it be?

Margaret Mead is quoted as saying “Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.” Can you give an example of this from your lifetime?

Do you have a favorite movie, book or song that deals with change? Why is this your favorite?

Finish this sentence: “One day, I will be the first person to \_\_\_\_\_.”

Do you think it always requires large amounts of money to make change in the world? Are there ways you can make a positive impact that don't cost anything?





RECIPE FOR CONVERSATION

Talk About: Civil Rights and Equality



*Use these conversation starters around your dinner table*

Is “fairness” the same as “justice?” Why or why not?

Rosa Parks said “you must never be fearful of what you are doing when it is right.” Have you ever been afraid to do the right thing?

Talk about a person you admire, famous or otherwise, who has fought or fights for the freedom of others.

Have you ever seen someone else treated unkindly or unfairly by others because they looked different, spoke a different language, or came from a different culture? How did it make you feel?

Have you ever stood up for something you believed in, even if other people thought you were wrong? What did you do? Was it hard to stand up for your beliefs?

