

NATIONWIDE CHILDREN'S®
When your child needs a hospital, everything matters.

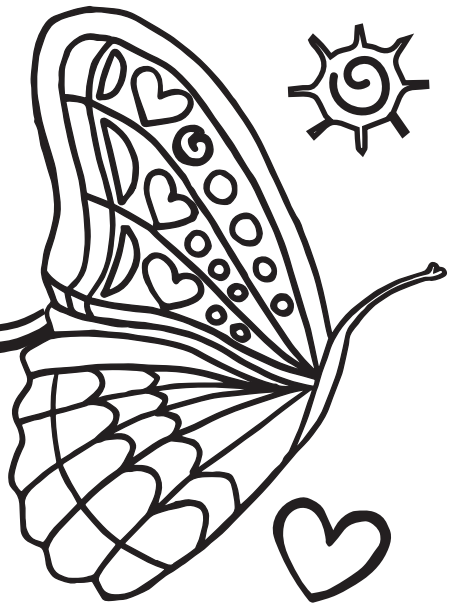


Hello, I am one of the butterfly friends
at Nationwide Children's Hospital.
Join me each day this week
to celebrate the life and legacy of
Dr. Martin Luther King Jr.

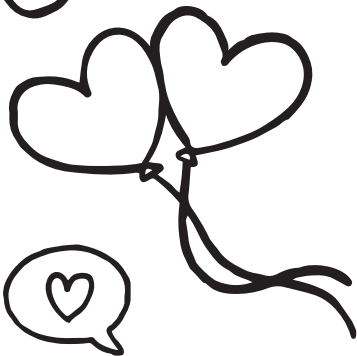


"I decided to stick with love.
Hate is too big a burden to bear."

Dr. Martin Luther King Jr.
1960'S CIVIL RIGHT MOVEMENT



Love



WORD SEARCH

M L K	J R K
A V O L R	I S Z E N
E C I V R E S	H W P H B H F
E C N E I L I S E R K N K T A	
L N O H S I E Q U A L I T Y Z	
M C I M A E R D D M C W I Q Z	
J O Q V M A Q W L Q R X I M B	
U D I B U D U Y P E A C E	
S E K P N N F E P O H	
T E S Q I C X H R	
I R W T T D I	
C F Y F Y	
E X I	
K	

COMMUNITY

DREAM

EQUALITY

FREEDOM

HOPE

JUSTICE

LOVE

PEACE

RESILIENCE

SERVICE

UNITY

WHAT DOES LOVE
MEAN TO YOU?

SHARE ABOUT
SOMEONE YOU LOVE.

CONTINUE THE CONVERSATION

WWW.ONOURSLEEVES.ORG/MENTAL-WELLNESS-TOOLS-GUIDES/CONVERSATION-STARTERS

LOVE DAY

SERVICE is the action of helping or doing work for someone.



"Life's most insistent and persuasive question is what are you doing for others?"

Dr. Martin Luther King Jr.



Share about how you have helped someone or how someone has helped you.

Color this thank you postcard and send it to someone who has helped you.

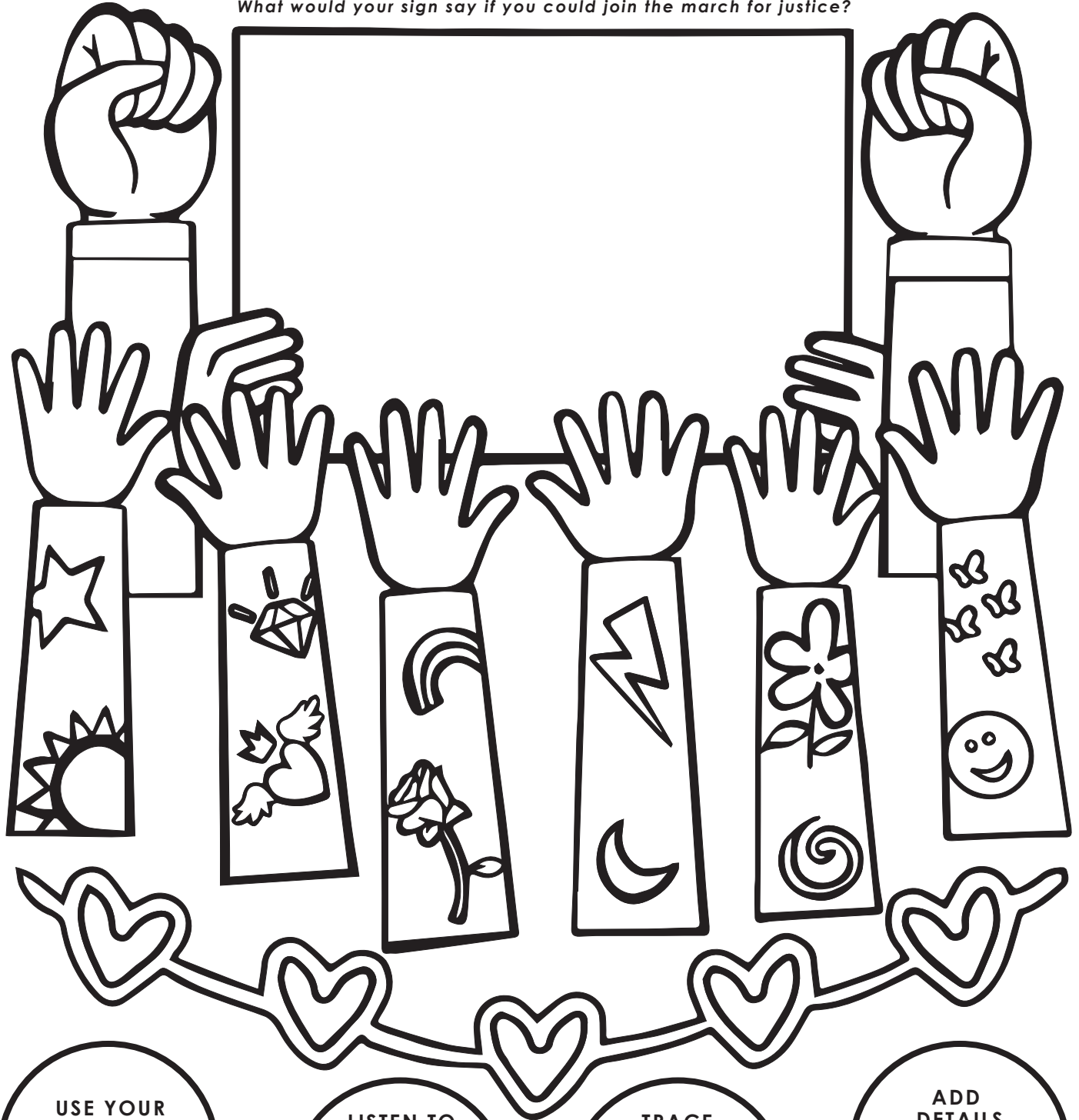


We Are The Change

"Injustice anywhere is a threat to justice everywhere."

Dr. Martin Luther King Jr.

What would your sign say if you could join the march for justice?



USE YOUR IMAGINATION

and draw what
you envision.

LISTEN TO MUSIC

that inspires you
to create.
What does the
song look like
to you?

TRACE

your hand.
Fill the inside of
the outline with
words of things
you care
about.

ADD DETAILS

draw three
different kinds
of flowers
or images.

SOCIAL JUSTICE DAY

















I SPY COMMUNITY

"Let us live together in peace and love
in a beloved community."

Dr. Martin Luther King Jr.

NATIONWIDE CHILDREN'S HOSPITAL ANIMAL FRIENDS

Color each image and count the number you spy in the community.

 #	 #	 #	 #	 #	 #	 #	 #
 #	 #	 #	 #	 #	 #	 #	 #



6 Frog "The Star-gazer"; 5 Butterfly "Ambassador of Peace"; 5 Butterfly "The Gardener"; 7 Rabbit "The Gatherer"; 7 Owl "The Musician"; 2nd Row: 4 Squirrel; 6 Rabbit "The Dancer"; 6 Heart Balloons; 4 Heart House

COMMUNITY DAY

"I have a dream that one day
this nation will rise up and live out
the true meaning of its creed... "

Dr. Martin Luther King Jr.
1963 I HAVE A DREAM SPEECH

Share Your Dreams

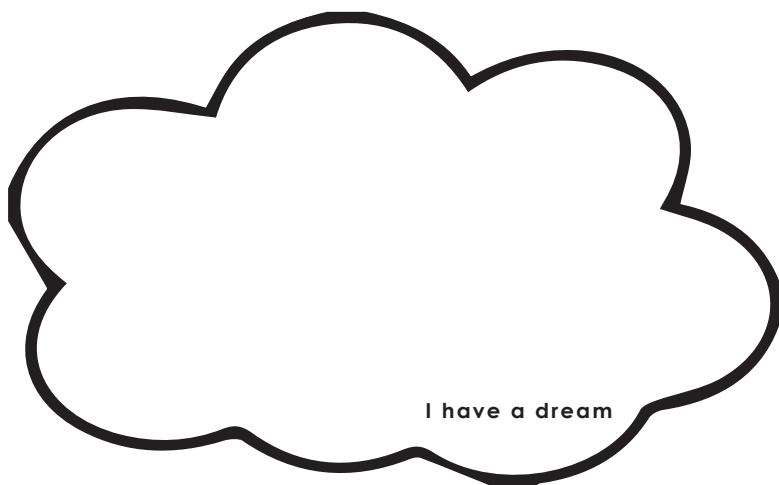
Take a few minutes and think about what you
dream about doing or becoming. Do you have
a dream job? Where do you dream of traveling?
How do you want to treat people?

Every morning when you wake up see if you
remember any of your dreams from the night before.
If you remember write down or draw what
happened in your dream. Try to start your own
dream journal to create in every day.



SHARE YOUR DREAMS WITH US
#DreamNCH

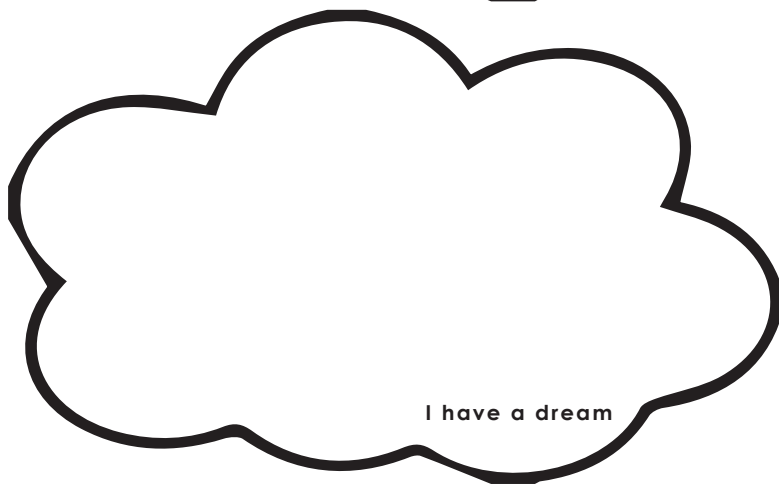
Write or draw your dreams for the future.



I have a dream

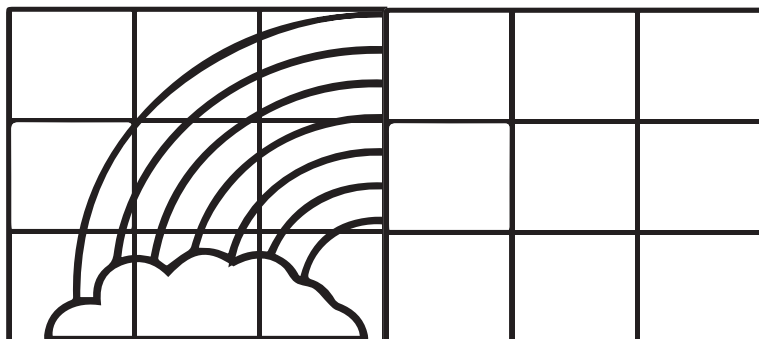


I have a dream



I have a dream

Sketch Warm Up: Draw the other side of the rainbow.



DREAM DAY

Color and write positive words on the flower petals.

“ ”

*We must accept
finite disappointment
but never lose
infinite*

HOPE

Dr. Martin Luther King Jr.

HOPE DAY

Did You Know
that a group of butterflies
is called a
KALEIDOSCOPE?



AMBASSADOR OF
LOVE
BUTTERFLY

"If I cannot do great things, I can do small things in a great way"

Dr. Martin Luther King Jr.

JOIN THE KALEIDOSCOPE

COLOR AND SEND A PHOTO OF YOUR BUTTERFLY TO #HopeNCH
We look forward to having your butterfly join the Kaleidoscope.

ABOUT THE ARTIST
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www.NationwideChildrens.org

Rosa Parks

Activist (1913 – 2005)

Courageous Risk Taker



Would you do the right thing if it meant you could get into trouble? Would you do it if God gave you the courage to do so? Life isn't always easy, especially when we see something that is wrong and know we need to do something that is right. Rosa Parks courageously took a stand against a wrong, and she did it sitting down!

America suffered greatly because of the Civil War; the struggle lasted four years, and many people died. However, freedom for African Americans slaves emerged as the great victory from the war.

Unfortunately, even though African Americans were declared free, people still treated them unfairly. In the South, laws known as Jim Crow laws kept white people and black people separate. This separation, called **segregation**, included separate bathrooms, separate entrances restaurants, separate drinking fountains, even separate schools. Even years after the Civil War, people struggled to treat each other equally.

Growing up in the South, Rosa Parks saw segregation firsthand. She knew it was wrong because she believed God loves all people. Her grandparents read to her from the Bible almost every day. She later wrote, "Stories of God caring for His people were a comfort. I wanted to trust God to take care of me too, but sometimes that was hard.

Segregation laws were strictly enforced in Montgomery, Alabama, where Rosa and her husband lived in the 1950s. On public buses, African Americans had to board through the front door to pay the driver, then get off and reenter the bus through the back door to sit in a segregated section in the back. Rosa worked as a seamstress in a department store, and like many people, she used the bus to get to and from work.

One evening in 1955, Rosa boarded the bus to ride home. She sat near the back of the bus as usual. As the bus continued to pick up passengers, the driver noticed that there was no room for a man to sit in the white section. The driver told Rosa and the others sitting near her to either find another seat or stand to free up the seats for the white people. When no one moved, the driver told them again.

What would you have done? Would you have moved as the driver ordered or stayed in your seat to protest?

The other three passengers did not want any trouble, so they got up and moved. Rosa did not move. And when the driver asked again, she said no. Rosa took a stand for her right. She deserved a seat on the bus and set an example by standing firm.

Of course, Rosa was afraid. When a black person refused the orders of a white person, bad things often happened. But she later wrote, "I instantly felt God give me the strength to endure whatever would happen next. God's peace flooded my soul, and my fear melted away. All people were equal in the eyes of God, and I was going to live like the free person God created me to be." How courageous!

Police came to arrest Rosa. She was released later that night, but her arrest began an important chain of events. African American leaders in the city organized a bus boycott—they encouraged people to stay off the city buses on the day of Rosa's trial. Hundreds of people walked to school and work or stayed home in protest. Meanwhile, the judge found Rosa guilty of breaking the law.

Rosa made a hard choice to stand up for what was right in God's eyes.

The Montgomery bus boycott lasted 381 days! During that time, Rosa and her husband lost their jobs and moved to Michigan, where Rosa found a job as a secretary for a US Congressman.

Over time the Supreme Court, the highest court in the land, said the Jim Crow laws were illegal. Busses no longer had black and white sections.

What an incredible victory!

Rosa lived to the age of ninety-two. She was laid in honor in the Capitol Rotunda in Washington, DC, where fifty thousand people paid their respects to the “Mother of the Civil Rights Movement.”

Rosa inspires us to find courage with God’s help so we can do what is right.

Prayer

Dear God, thank you for Rosa’s courage and willingness to do hard things. Help me to stand up for what is right, even when it seems difficult.

Amen