



SHOW COMPASSION.

TEACH KINDNESS. MAKE A DIFFERENCE.

Celebrate the legacy of Martin Luther King, Jr this month. Now more than ever, action feels better than anxiety. Here are some activities you can do with your family and promote community, kindness, and equity:

1. In honor of the Martin Luther King, Jr. holiday we are reminded that Dr. King stressed the importance of education for all children in all communities. Take a moment to show how much we support the work our teachers are doing by **writing a note of thanks**.
2. January is **National Mentoring month**. Sign up to be a **Vello volunteer** or help support our **Vello Install Support Hotline** to help families with their installation of the Vello home bot.
3. New Year, new habits. Learn more about recycling and supporting sustainability efforts in your community and check out **Phoenix Public Works - Education and Outreach**. Make a goal to reduce your **carbon footprint** as a family for 2021.
4. Decorate **Kindness Rocks**. Add sayings that MLK championed, like "Dream," "Equality" and "Peace" to share and populate your neighborhood.
5. Watch **Martin Luther King - I Have A Dream Speech** with your family and talk about the dream Dr. King had for all people.
6. January 11th kicks off **Letter Writing week**. Participate by **writing letters to isolated seniors**. You can add some cheer someone's day.
7. Decorate reusable grocery bags and fill them with your favorite non-perishable food items. Feeding America offers a **Food Bank locator**, searchable by zip code, where you can safely drop off your donations.
8. Make **"Peace Crafts"** to celebrate unity and kindness. Place around your home or mail to family and loved ones.
9. Explore virtual exhibitions and learn more about the **Smithsonian National Museum of African American History and Culture**.
10. Watch a **documentary about systemic issues affecting our communities**. Here are some suggestions:
 - * Waiting for Superman
 - * A Place at the Table
 - * No Small Matter
 - * 13th
11. Join a **Virtual MLK March** in conjunction with ASU West Campus on Tuesday, Jan 19th.
12. Sign up to play the **Compassion Games: MLK 40 Days of Peace** challenge and turn your compassion into action to build a more peaceful, sustainable and healthy community.
13. Share a love of reading with our young people by populating libraries with **books that promote** literature that reflects our diverse landscape.