

Martin Luther King Jr. Challenge



Leader of the American civil rights movement!

A Baptist minister and civil rights activist he managed to travel approximately 6 million miles in his fight for equality. Let's find out more about him and his work...

For even more programme ideas check out our 'MLK' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



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PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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Make a peace pledge using our Peace Pledge Dove resource.

Why?

Martin Luther King Jr. believed in peaceful protest (challenging views without resorting to violence) and was quoted as saying, "Nonviolence is a powerful and just weapon which cuts without wounding and ennoble the man who wields it. It is a sword that heals."



Martin Luther King is often referred to by his initials MLK. Make a monogram of your initials or add your monogram to personalise a garment or object.



There are over 730 streets named after MLK in the USA. Make your own street sign.



MLK is one of only 2 Americans whose birthday is a national holiday, the other being George Washington. Martin Luther King Jr. Day is celebrated on the 3rd Monday in January. Make a birthday card.



Make or decorate a clock. "We must use time creatively, in the knowledge that the time is always ripe to do right," Martin Luther King Jr.



Create your own dreams mobile.

Why?

Martin Luther King is probably most famous for his "I Have a Dream" speech delivered in 1963, in which he spoke of a United States free from segregation and racism. Write your dreams on clouds and make a mobile to hang in your room/home.



Collage a piece of art showing your dreams and aspirations; you could use magazines and newspapers or collage photos. You choose.



Make an equality wreath using hand prints cut from different colours of paper or printed using different colour paints.



In King's "I Have a Dream" speech he said black African-Americans were still, "crippled by the manacles of segregation and the chains of discrimination." Make a paper chain and write your hopes, wishes and commitments for racial equality on each chain.



Make a bell and "let freedom ring!"



Design a memorial for Martin Luther King Jr. and take a look at the symbolism of the Lincoln memorial from which King delivered his famous speech. His words are now carved in to the stone where he stood.



Food

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Martin Luther King Jr. was born in Atlanta, Georgia where the state food is peaches. Bake with peaches and make a dessert.



Grits is the state food of Georgia. Find out what it is and try some.



BBQ is a favourite pastime in Georgia with pork being the most popular meat. Have your own BBQ and have a go at cooking pork; why not make a marinade for your meat too?



Cornbread is popular across the southern states of America; have a go at making your own or try some.



MLK was assassinated in Memphis, Tennessee where the state food is the tomato. Cook with tomatoes or have a go at growing your own.



Make a pecan pie; known to be a favourite of Martin Luther King Jr. and enjoyed by Americans across the south.



Find some soul food recipes to try.

What?

Soul food is associated with African Americans in the Southern United States. Not all Southern food is considered soul food but all soul food is definitely Southern. The term "soul food" originated in the mid-1960s when "soul" was a common word used to describe African-American culture. Many soul food recipes have been passed down through generations.



Use some Tony's slavery free chocolate in a recipe of your choice. "As long as the mind is enslaved, the body can never be free." Martin Luther King Jr.



Show that we are all equal with an egg-speriment!

How?

Gather a variety of eggs with different coloured shells (local farm shops are a great place to look). Compare the colours of the shells and note any differences. Then crack all the eggs open and take a look at the insides, what do you notice?



Bake a Hummingbird cake; a dessert with its origins in Jamaica and popular in Southern United States made with pineapple and bananas.



Martin Luther King Jr. was known to enjoy a meal of fried chicken, stewed greens and sweet potatoes; have a go at making and trying this for yourself.



Games

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On 20th September 1958 King was stabbed and underwent hours of surgery. Play a game of operation.



Create your own board game about the life of MLK.



Use our free resource and complete a Martin Luther King Jr. word search - there are 3 difficulty levels available.



The Montgomery Bus Boycott lasted for 381 days, can you name 381; towns, cities, foods, people's names, etc.



Jump, skip or hop 381 times. Why not get sponsored and raise money to support a charity or cause close to you?



"Let freedom ring!" and play musical statues/chairs.



Have a game of civil rights seats. When King was in high school he was ordered to give up his seat on a bus for a white person. Decades later he told an interviewer, "it was the angriest I have ever been in my life."

How?

Based on musical chairs. Divide the group in to two halves and give half a hat, arm band, etc. something to define them. Then divide the seats and mark some and not others this could just be with a piece of masking tape. Play the music and when it stops those without an armband can sit in any seat and those with can only sit in the designated chairs. If there are any players left standing without an armband they can ask a player with an armband to give up their seat. Is this fair? Who will win the game? Can you imagine how MLK must have felt?



Create and play equality maths pairs, i.e. one card of the pair may say $2+3=5$ and the other $1+4=5$. A great game for demonstrating that although we may be different to each other we can still be equal.



Play a game of true or false with statements about MLK's life or complete a quiz; see our Pinterest board for some ideas.



Using our free resource have a game of Boycott BINGO.



Play a game of Freedom Footsteps; loosely based on Granny's Footsteps. One player is the freedom leader and all the other players line up along the opposite end of the playing space. Players ask, "What time is it freedom leader" and the leader replies with either a time "one o'clock," "two o'clock", (players then step forward the corresponding number of steps) or with "freedom time". The next player to be tug becomes the new leader.



Other

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At birth Martin Luther King was called Michael King but was later renamed by his father after the German protestant leader Martin Luther. Who else has changed their name? Many famous people are known by stage names or pseudonyms.



MLK helped organise the Montgomery bus boycott in 1955. Take a ride on a bus or role play the Rosa Parks story.



King is believed to have travelled about 6 million miles between 1957 and 1968. Find out where he travelled and plot the locations on a map.



Listen to, read or watch the "I Have a Dream" speech and have a go at writing your own speech.



In October 1964 Martin Luther King Jr. won the Nobel peace prize and at the age of 35 was the youngest man to have received the prize. Find out who else has won the Nobel Peace Prize and why.



Celebrate Martin Luther King Jr. Day on 3rd Monday in January.



Watch *Gone With The Wind*. Martin Luther King Jr. sang at the Atlanta premier with his church choir.



MLK was a Baptist minister. Visit your local Baptist church and compare it with other places of worship and other religions.



In 1963 MLK was named Man of the Year by Time magazine. Debate who is your man of the year and why?



King was instrumental in gaining votes for black Americans; debate with friends or family, "You should be allowed to vote at 16".



Take part in or organise a peaceful protest.



Find a way to raise awareness of a cause that is important to you; whether through fundraising, advocacy, hosting an event or creating marketing materials; there are lots of ways to choose from.



Investigate how racism is portrayed in the media and see if the publications you look at are truly representational. What can be done to improve the diversity of the media?



MLK visited the UK in 1964 giving a sermon at St. Paul's Cathedral. If you can, visit and see the pulpit where King stood to speak.

Adventure Complete?

Reward your young adventurers with their Martin Luther King Jr. Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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