

# 5 ways to celebrate MLK JR. DAY 2025

## 1 ENGAGE

Listen to Dr. King's speeches, watch a documentary, or read about his lasting impact on our world. Understanding his work for the civil rights movement helps to understand his legacy.

## 2 REFLECT

Reflect on what you learned of his philosophies of empathy, respect, love, and nonviolent action. What would Dr. King say about our world today? How do your behaviors work to achieve Dr. King's dream?



Erin Carter | All resources are hyperlinked

Darkness cannot  
drive out darkness;  
**only light**  
can do that.

Hate cannot  
drive out hate;  
**only love**  
can do that.

—Dr. Martin Luther King, Jr.



## 3 DISCUSS

Discuss what you learned with others. Invite anyone in your life who was alive during the civil rights movement to reflect with you on their experiences. Share your dream for the future!

## 4 SERVE

“Life’s most persistent and urgent question is: ‘What are you doing for others?’” Serve your community throughout the year to create the change you want to see.

## 5 GO BEYOND THE DAY

Take what you have learned today and integrate it into your everyday life. Go beyond today to create constructive action and meaningful change!