

GOOD DEEDS FOR JANUARY

GRADES K-6

January is when our nation celebrates Dr. Martin Luther King, Jr.'s legacy through service. It's also Mental Wellness Month, so there are many things you and your students can do together to kick off your 2019 the right way!

1. Read about Martin Luther King, Jr., and come up with one good deed you'll do in tribute on MLK Jr. Day (January 21.)
2. Make cards for the elderly and deliver them to a nursing home on January 21 for the MLK Day of Service.
3. Donate scarves, gloves, coats or eye glasses that you no longer need to a local organization Goodwill, Salvation Army, or other organization that supports people in need in your neighborhood.
4. Donate books you no longer read to a local public library or children's hospital.
5. Help a classmate, brother or sister who's struggling with a homework assignment.
6. Take a picture with your family and send it to an elderly family member like your grandma or grandpa with a note telling them about your favorite things you did in 2018.
7. With your family, make "care kits" to hand out to the homeless. Simply fill resealable plastic bags with clean socks, a granola bar or other snacks, lip balm, personal hygiene items and gloves or sunscreen, depending on the weather where you live. Research local homeless shelters to find places to donate these kits.
8. Look up on YouTube how to make "birdseed cookies," then hang outside of your window to feed the birds around you. [Here's a recipe!](#)
9. Write a letter to your mom or dad, or other adult you care about, and tell them how much they mean to you.
10. Leave a thank you note for your postal carrier to wish them a Happy New Year!

Thanks for continuing to do doing good deeds all year round. Drop us an email if you have any questions at info@911day.org.

Please share your good deeds on social media with [#mygooddeed](#).

*Thanks to [Random Acts of Kindness](#), [The Corporation for National and Community Service](#), [Points of Light](#) and [Doing Good Together](#) for the good deed inspiration this month.



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