

THE MARTIN LUTHER KING JR. CENTER
FOR NONVIOLENT SOCIAL CHANGE, INC.
BELOVED COMMUNITY TEACH-IN
FOR SCHOOLS AND EDUCATORS



2025 LESSON PLAN: K-2



Lesson Plan: Grades K-2

Grade Level: K-2

Theme: Mission Possible – Protecting Freedom, Justice, and Democracy in the Spirit of Nonviolence³⁶⁵

Duration: 1 Day (45 minutes)

Cross-Curriculum Connections:

- Social Studies: Understanding values like freedom, justice, and democracy.
- Social-Emotional Learning (SEL): Learning respect, fairness, and cooperation.
- Language Arts: Listening and responding to ideas about community and responsibility.
- Art: Drawing and expressing ideas creatively.

Thematic Focus:

- Freedom: Making choices for oneself.
- Justice: Treating everyone fairly.
- Democracy: Everyone having a voice in decisions.

Learning Objectives:

1. Students will understand the basic ideas of freedom, justice, and democracy through activities and class discussions.
2. Students will participate in interactive activities that allow them to explore how they can practice these values in their daily lives.
3. Students will express their understanding of these concepts through drawing and simple voting activities.

Success Criteria:

1. Students can explain what freedom, justice, and democracy mean in their own words.
2. Students participate actively in discussions, drawing activities, and the classroom vote.
3. Students demonstrate understanding by completing the activities on freedom, justice, and democracy.

Materials Needed:

- Printable worksheets for each concept: Freedom, Justice, and Democracy
- Crayons or colored pencils
- Whiteboard or chart paper
- Stickers or small rewards for participation

Introduction (10 minutes):

1. Meet Eddie the Eagle:

- Show a picture or cutout of Eddie the Eagle, the friendly eagle who will guide students on a mission to learn about freedom, justice, and democracy.
- Explain to students that just like Eddie the Eagle flies high and free, they too can help protect important ideas like freedom, justice, and democracy in their own school and classroom.

2. Introduce the Mission:

- Tell the students: “Today, Eddie the Eagle has a special mission for us: to learn what these big words—freedom, justice, and democracy—mean and how we can use them every day to help each other.”

Activity 1: Understanding Freedom with Eddie the Eagle (10 minutes):

1. What is Freedom?

- Explain to students that freedom means being able to make choices and express yourself, like how Eddie the Eagle flies in the sky wherever he wants.
- Ask: “What are some choices we make in school?” (Examples: choosing what to play at recess, picking books to read, deciding who to sit with at lunch.)

2. Freedom Worksheet:

- Hand out a worksheet with an image of Eddie flying free in the sky. There are blank spaces where students can draw or write about a choice they like to make at school.
- Encourage students to color in Eddie the Eagle and draw themselves making a choice, like choosing a game to play or a book to read.

Discussion:

- After completing the worksheet, ask a few students to share their drawings and explain their choices.
- Reinforce the idea that freedom is about making choices but also being kind and fair to others while doing so.

Activity 2: Exploring Justice with Eddie the Eagle (10 minutes):

1. What is Justice?

- Explain that justice means being fair and treating everyone the same, just like Eddie the Eagle makes sure all the animals in the forest are treated fairly.
- Ask: “What are some ways we can be fair in school?” (Examples: sharing toys, taking turns, helping someone who is sad or hurt.)

2. Justice Worksheet:

- Hand out a worksheet where Eddie the Eagle is helping a group of forest animals share toys.
- There’s a space for students to draw or write about a time when they were fair and shared with someone or helped a friend.

Discussion:

- Once students have finished their drawings, ask a few to share how they showed justice by being fair or helping others.
- Talk about how important it is to be fair to everyone in the classroom, just like Eddie the Eagle is fair to everyone in the forest.

Activity 3: Discovering Democracy with Eddie the Eagle (10 minutes):

1. What is Democracy?

- Explain that democracy means everyone gets a say and helps make decisions, just like how Eddie the Eagle helps all the animals vote on important things in the forest.
- Ask: “What are some things we can vote on in our classroom?” (Examples: what game to play, what book to read, what to do for free time.)

2. Democracy Worksheet:

- Give students a worksheet where Eddie the Eagle is organizing a vote for the animals. There’s space for students to draw themselves voting on something fun in the classroom.
- Encourage students to draw or write about something they would like to vote on with their classmates.

Discussion:

- After completing the worksheet, ask a few students to share what they voted on.
- Reinforce the idea that in a democracy, we all get to share our ideas and make decisions together.

Conclusion (5 minutes):

1. Mission Accomplished!

- Gather the students and congratulate them on completing their mission with Eddie the Eagle.
- Review what they learned:
 - **Freedom** means making choices.
 - **Justice** means being fair and kind.
 - **Democracy** means everyone has a voice and helps make decisions.

2. Closing Reflection:

- Ask the students: “How can we use freedom, justice, and democracy in our classroom every day?”
- Let a few students share their thoughts.

3. Reward:

- Give each student a small sticker or reward for participating in the mission.

Printable Worksheet Descriptions:

1. Freedom Worksheet:

- Eddie the Eagle flying in the sky with space for students to draw themselves making a choice they like in school.
- Text: "I have freedom when I can choose to..."

2. Justice Worksheet:

- Eddie the Eagle helping animals share toys, with a space for students to draw themselves being fair or helping someone.
- Text: "I show justice when I share or help by..."

3. Democracy Worksheet:

- Eddie the Eagle holding a voting box, with space for students to draw themselves voting on something in class.
- Text: "I can practice democracy when we vote on..."

Glossary for K-2:

- **Advocacy:** Helping to make things better for others by speaking up for what is right.
- **Civil Rights Movement:** A time when people worked together to make sure everyone was treated fairly, no matter their skin color.
- **Democracy:** A way for people to make decisions together, like voting on what game to play.
- **Equality:** Treating everyone the same and making sure everyone has the same rights
- **Freedom:** Being able to make choices for yourself, like what to play or what to wear.
- **Justice:** Making sure things are fair and that everyone is treated kindly.
- **Legacy:** Something special that is passed down from one person to another, like stories or important lessons.
- **Peace:** A time when everyone is calm and happy, without fighting.
- **Tension:** A feeling of worry or stress, often when people disagree or are not getting along.
- **Inclusivity:** Making sure everyone feels welcome and included, no matter who they are.

Supports for Students with Individualized Education Plans (IEPs):

- **Visual Supports:** Use visual aids such as drawings or images to reinforce each concept (e.g., showing images of freedom, justice, and voting).
- **Movement Breaks:** Incorporate short, sensory-friendly movement breaks if necessary.
- **Simplified Instructions:** Offer clear and simple instructions for each activity. Provide additional verbal reminders as needed.
- **Extended Time:** Give additional time to complete the worksheets or participate in the voting activity.
- **Flexible Seating:** Allow students to work in comfortable seating arrangements if needed.

English Learner Supports:

- **Pre-Teach Vocabulary:** Introduce key terms like **freedom**, **justice**, and **democracy** with visual examples.
- **Bilingual Materials:** Provide worksheets with simplified text or translations in the students' home language.
- **Peer Support:** Pair English learners with a buddy who can assist with translating or explaining the activity.
- **Gestures and Visuals:** Use gestures, pictures, or props to demonstrate abstract ideas such as fairness and choice.
- **Simplified Language:** Use simple and direct language during instruction, repeating important concepts.

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WORKSHEETS



THE KING CENTER

Name _____ Date _____



EDDIE THE EAGLE'S FREEDOM FLIGHT

I HAVE FREEDOM TO CHOOSE WHEN I ...

Draw a picture of yourself making a choice at school, just like Eddie the Eagle flies freely in the sky.



Write a sentence below that explains what choice you are making at school.

WORKSHEETS



THE KING CENTER

Name _____

Date _____

EDDIE THE EAGLE'S JUSTICE CIRCLE I SHOW JUSTICE WHEN I SHARE OR HELP BY...



Draw a picture of yourself helping someone or being fair, just like Eddie the Eagle makes sure everyone is treated fairly.



Write a sentence below that shows how you help other people.

.....

.....

WORKSHEETS



THE KING CENTER

Name _____ Date _____

EDDIE THE EAGLE'S DEMOCRACY VOTE

I PRACTICE DEMOCRACY WHEN WE VOTE ON...



Draw a picture of yourself voting on something fun for your classroom, just like Eddie the Eagle helps the animals vote.



Write a sentence below that explains how you practice democracy.

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