



Freedom's Feast MLK DAY

Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has.

MARGARET MEAD, ANTHROPOLOGIST

There are three kinds of people: those who make things happen, those who watch things happen, and those who say, "what happened?"

CASEY STENDEL, MAJOR LEAGUE BASEBALL PLAYER & MANAGER

Life's most persistent and urgent question is "what are you doing for others?"

REVEREND DR. MARTIN LUTHER KING, JR.

Service is the rent we pay for living.

MARIAN WRIGHT EDELMAN, PRESIDENT, CHILDREN'S DEFENSE FUND



★ MAKE A SERVICE MEDALLION ★

Everybody can be great because everybody can serve.

DR. MARTIN LUTHER KING, JR. (DRUM MAJOR INSTINCT SERMON)

Martin Luther King is our hero. He taught us that we can change the world through service. We also have personal heroes who teach us about service.

The Idea

Make your own MLK Service Medallion to wear as a necklace, bracelet or use as a keychain.

Why?

Because you are an American and Americans do service. It's an American value. Your keepsake will remind you of Martin Luther King's commitment to do service. It will help you to remember your own commitments and be proud of what you do!

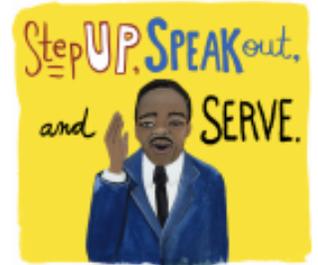
What It Is

A medallion is a round object that has been sculpted, stamped, or designed with a special insignia, portrait or flourish. It is often awarded to recognize a person or organization for athletic, military, scientific, academic, or other special achievements but can also be used to memorialize individuals or events. The service medallion for Martin Luther King, Jr. Day will be used as a reminder of your service to our community or to honor someone else's service. The medallion can be made with a variety of materials, in many shapes and forms (bracelet, necklace, keychain, etc.).

Option #1: Plastic/Shrinky Dinks

To create a medallion out of plastic, you can use Shrinky Dinks sheets which can be purchased online, or at many local outlets (Target, Toys R Us, craft stores).

- colored pencils
- regular hole punch
- oven or toaster oven
- non-insulated cookie sheet covered with aluminum foil or parchment paper
- scissors to cut the plastic
- jumprings, keychains, cording, etc., depending on what you make



- 1 Cut a shape out of the plastic (plastic shrinks about 1/3 of the original size), a 2" circle becomes about 3/4" when shrunk.
- 2 Punch a hole either at the top of your shape to create a pendant, charm or keychain. Or punch a hole on either side of your shape to create a non-dangling bracelet.
- 3 Color one side with colored pencils, markers or pens. The color becomes more intense once shrunk.
- 4 Place the plastic on a thin non-insulated cookie sheet. Bake plastic at 350 degrees for 2 minutes. Each oven is different so watch closely. The plastic will curl up and then flatten back out. You may need to use a napkin to flatten it out (once the object is out of the oven). This process can give off some fumes, so provide ventilation.
- 5 Add jump rings, if necessary, and string or cording.
- 6 An alternative is to cut out a shape out of thin cardboard, like cereal box packaging. The shape can be painted and decorated or use Mod Podge to add cut out letters or images from a magazine.



Option #2: Duck Tape Medallions

- thin cardboard, like a cereal box
- regular hole punch
- scissors
- permanent markers or paint pens
- jump rings, keychains, cording, etc., depending on what you want to make

- 1 Cut out a shape from the thin cardboard.
- 2 Punch a hole at the top of your shape to create a pendant, charm, or keychain. Or punch a hole on either side of your shape to create a non-dangling bracelet.
- 3 Wrap no more than one or two layers of duck tape around your shape and trim off excess.
- 4 Re-punch the hole or use a nail to poke a hole in the duck tape.
- 5 Decorate with permanent markers or paint pens.
- 6 Add jump rings, if necessary.
- 7 Attach your medallions to leather, satin cord, ribbon, twine, gimp or embroidery thread for bracelets, necklaces and keyring chains.



Or, you can make Option #3: Duck Tape Service Bracelets

Watch this video [<http://www.monkeysee.com/play/19078-duct-tape-bracelets>]

- to learn how to make them
- permanent markers
 - duck tape
 - velcro dots to create a catch for your bracelet (purchase at crafts, hardware or general retail store)
 - glue gun
 - beads, rhinestones, charms, & other decorative elements

- 1 Cut or tear duck tape in 8" strips.
- 2 Fold in thirds for thinner bracelets.
- 3 Place 8" strips back to back to make a thick cuff. Try 2 different colors.
- 4 Use permanent markers to add sayings and other messages.
- 5 Glue on beads, other decorations or make duck tape accents.
- 6 Add a velcro button and trim edges of your bracelet.

Thank you to our partner [Art With a Heart](#) for their help on this project!

IDEAS TO GET YOU GOING

1. Put the names of civil rights heroes on our medallions so that we will do service in their memory or honor or to start a conversation about them with others.

2. Put the names of people we love who have died to remind us to actively support causes that mattered to them. When we see their names on our medallions we do something again and again to support those causes. [Walk in a walkathon, make donations or volunteer, etc].

3. Put the name of an organization where we volunteer or the way in which we are going to help out in our family, school or community to make it better [once a week, once a month, etc.]

4. Put the day of the week to remind us that that is the day we go to a place to volunteer our time and help others.

5. Draw symbols on our medallion to remind us of our community service work and feel pride in what we do.

6. Write inspiring quotes from service role models whom we admire.

CONSIDER SELLING THE HIGH QUALITY MEDALLIONS YOU MAKE TO SUPPORT THE SERVICE CAUSES YOU LOVE!

...and share your creations with us! Visit us on [Facebook!](#)