## **How Can I Show Light and Love?**

Martin Luther King, Jr. was a man of perseverance and freedom movement. He was a beacon. He had a message of freedom, equality, justice and love. He was not a United States President or war hero, but a citizen activist for civil rights and peace. Like he did, I can show light and love everywhere I go.

One way I can show light and love is by having positive actions. One action I can do is have positive emotions. For example, I can always act outgoing and not let the negative words and phrases affect me. Another action I can do is always have nice expressions on my face. For instance, I can smile at other people as they walk by me or say "Good morning!". The last positive action I can do is use manners or be polite. For example, I can hold the door for elders, say "Thank you!" or "Yes Sir." or I can help people clean supplies up if they drop some. All in all, there are many ways for me to show light and love with my positive attitude and actions.

Another way I can show light and love is by using affirmations or encouraging others. One way I can show affirmation and encouragement is by using kind words. For example, I can say "Great job!" or "You are so lucky!". Another way I can show affirmation and encouragement is by my actions. For instance, I could hug someone or I could pat them on the back with a smile on my face. The final way I can show affirmation is by having a positive attitude and a kind, caring heart. An example is saying "Allow me." or doing acts of kindness for other people and trying my best to calm people and show that I care about everyone. Therefore, there are many ways I can show light and love through affirmations and encouragement.

The final way I can show light and love in my community is by volunteering. One way I can show light and love by volunteering is by serving in my community. For example, I can serve at my community food kitchen or serve at a homeless shelter. Another way I can volunteer is by donating and giving. For instance, I could donate my money to charity or donate some toys to some kids that do not receive as many gifts as me. The last way I can volunteer is by tutoring or teaching. For example, I can teach in my church's bible study or tutor some of my classmates if they need help with an assignment. All in all, there are many ways for me to show light and love by volunteering.

In conclusion, Martin Luther King, Jr. accomplished many great things during his life. He has impacted my life deeply. If it were not for him, there might be some racism and segregation going on today. As I know, there are many great ways to show light and love in my community, just like Martin Luther King Jr. did.

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Category 2