



Speak Up
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Reading and Activity Guide

*We encourage you to purchase the book which includes other activities.

BEFORE READING

- + If you could have any superpower, what superpower would you choose? Superman can fly, Elsa can shoot ice out of her hands – what power would you want? (*Take answers.*)
- + Did you know that you already HAVE a super power?? It's your VOICE! What?!! This book will help us understand how your voice is your superpower!!

DURING READING

- + Periodically ask children if they've experienced one of these situations - whether someone spoke up for them, or they spoke up for someone else. How did they feel before and after? Or, maybe they were lonely, hurting, frustrated, and no one was around to help. How did they feel? *Allowing children to share personal experiences and inviting others to empathize with them builds understanding and a desire to speak up and help in future situations.*

AFTER READING

- + Tell me one example we read from the book about how or when we could use our voice to help someone. Discuss personally applicable situations and solutions with your children.
- + Discuss Pastor Matt's questions: Who could you tell when something is wrong? Who could you speak up FOR if they're hurt, lonely, lost, or struggling - a sibling, friend, classmate?

Springboard Activities:

Activity #1: Who used their voice to speak up? God used His voice to create the whole world! We listen to God's voice ("Love others"), then we use our own voice to help others around us! Just like Pastor Matt said, "When we use our voice, we are working in step with who God made us to be" - just like some of these people: (*Take some time to read/explore one or more of these people's stories!*)

- + **David** used his voice to call his people to courageous action, to take a stand against Goliath! (*1 Samuel 17, specifically vs. 26*)
- + **Esther** used her voice to change a law and save her people. She could have been killed! (*The Book of Esther, specifically Esther 4:12-16*)
- + **Martin Luther** realized that the church in Germany was getting the Bible all wrong. He used his voice to help them see the Gospel. (*Read an age-appropriate book about Martin Luther's life and work.*)
- + **Dr. Martin Luther King, Jr.** was troubled when he saw how African Americans could not use the same entrances, schools, seats, and even bathrooms and water fountains as White people. He used his voice to cast a beautiful vision of justice, dignity, and brotherhood for all. (*"I Have A Dream Speech" - video or text/audio*)
- + **Dr. Rosa J. Young** used her voice to open many Lutheran schools and chapels for Black children, and encouraged many more to become pastors and Lutheran school teachers - people who used their voice for good, too! (*Click here for a full-length documentary, Bible Studies, and Sunday School and classroom lessons.*)

Activity #2: 7-Day Challenge This week, notice times when you can use your voice to love your neighbor as yourself. Can you share a compliment? Encourage someone who's feeling down? Invite someone who seems lonely? Ask someone if they need help, and speak up for them if they do? Maybe you are feeling afraid or worried and need some help! Try to use your voice once every day this week! At the end of the week, reflect and share on how you used your voice to help others. Think about ways you can continue this!



visit www.lutheranstoracialjustice.com for more resources.