

# Celebrate New Year's Day: Heroes Past and Present

- **Martin Luther King, Jr.** was a civil rights leader who fought for equality and justice for all Americans. He led the Montgomery bus boycott and the March on Washington, and he was awarded the Nobel Peace Prize in 1964.
- **Rosa Parks** was an African American woman who refused to give up her seat on a bus to a white man in Montgomery, Alabama. Her act of defiance sparked the Montgomery bus boycott and helped to launch the civil rights movement.
- **Nelson Mandela** was a South African anti-apartheid revolutionary and political leader who served as the first president of South Africa. He spent 27 years in prison for his opposition to apartheid, but he never gave up hope. After his release from prison, he led South Africa to democracy.

These are just a few examples of the many heroes who have made a difference in our world. Their stories are inspiring and motivating, and they remind us that anything is possible if we set our minds to it.

- **Malala Yousafzai** is a Pakistani activist for female education. She was shot in the head by the Taliban for speaking out in favor of education for girls. She survived the attack and has since become a global advocate for education.
- **Greta Thunberg** is a Swedish environmental activist. She started the Fridays for Future movement, which has led to worldwide protests

demanding action on climate change.

- **Alexandria Ocasio-Cortez** is an American politician who is the youngest woman ever elected to the US Congress. She is a strong advocate for progressive policies, including Medicare for All and the Green New Deal.

These are just a few examples of the many heroes who are making a difference in our world today. Their stories are inspiring and motivating, and they remind us that we can all make a difference, no matter how small.

- **Reflect on the past year.** Take some time to think about the past year and all that you have accomplished. What are you most proud of? What are you grateful for?
- **Set goals for the new year.** What do you want to achieve in the coming year? Write down your goals and make a plan to achieve them.
- **Spend time with loved ones.** New Year's Day is a great time to spend time with family and friends. Share a meal, play games, or just talk about your hopes and dreams for the new year.
- **Volunteer your time.** There are many people in need in our communities. Volunteer your time to help others and make a difference in your community.
- **Make a donation to charity.** Donate to a charity that you care about and help to make a difference in the world.

## Let's Celebrate New Year's Day (Holidays & Heros)

by Julie T. Lamana

★★★★☆ 4.5 out of 5



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