

Today is World Compliment Day!

A compliment is when someone says something nice to another person.

I like your shoes.

You are real good at sports.

I think the picture you drew is pretty.

When you compliment someone, you make their day better!
Can you give a compliment to two people today?

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FRUIT SALAD WITH YOGURT

INGREDIENTS:

- 1 Cup chopped fruits (berries, pineapple, cantaloupe, grapes)
- 1 Tablespoon walnuts or nuts of your choice
- 1 Cup plain greek yogurt
- 1 Tsp cinnamon

INSTRUCTIONS:

Wash your hands with soap and warm water before prepping.

Add fruits together in a large bowl

Add nuts

Top with yogurt and mix all together

Sprinkle with cinnamon

Serve & enjoy!

I love all the different ways
I can eat my favorite fruits.
Sometimes I eat them plain,
and other times I like to mix my
fruit together with plain yogurt or nuts.
How will you eat your fruit today?

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Tuesday, March 2, 2021

Responsibility

Today is World Wildlife Day!



Wednesday, March 3, 2021

Responsibility



Thursday, March 4, 2021

Responsibility



Today is National Dentist Day.
Can you honor your dentist by
being responsible for your teeth?

This means drinking water, cleaning your
teeth twice a day, using dental floss,
and scheduling a dental appointment
if it has been longer than 6 months.

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Saturday, March 6, 2021

Responsibility



Sunday, March 7, 2021

Responsibility



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Monday, March 8, 2021

Responsibility



Tuesday, March 9, 2021

Responsibility



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Wednesday, March 10, 2021

Responsibility



Thursday, March 11, 2021

Responsibility



Today is National Plant a Flower Day!



We both love being outside and enjoying nature.
Can you go out and plant a flower?



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Friday, March 12, 2021

Responsibility

March Madness is a special basketball tournament for college students. You can practice basketball skills today by going to a basketball court and playing with others or shooting baskets, or practice dribbling a ball (bouncing it up and down with one hand). You could even make balls of wadded-up paper and practice your shots in a trash basket or an empty box.
How will you practice basketball today?



Saturday, March 13, 2021

Responsibility

Today is Learn About Butterflies Day!

How can you learn about butterflies today?
Can you draw a picture of how
a butterfly changes as it grows?

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Sunday, March 14, 2021

Responsibility

Being safe means being responsible for your actions.
Washing your hands before you eat,
wearing a helmet when riding your bike,
and always wearing your seatbelt in the car
are ways you can be responsible for your health.
Can you name some more ways you can
show responsibility for your health?

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Monday, March 15, 2021

Responsibility



Tuesday, March 16, 2021

Responsibility



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Wednesday, March 17, 2021

Responsibility



Thursday, March 18, 2021

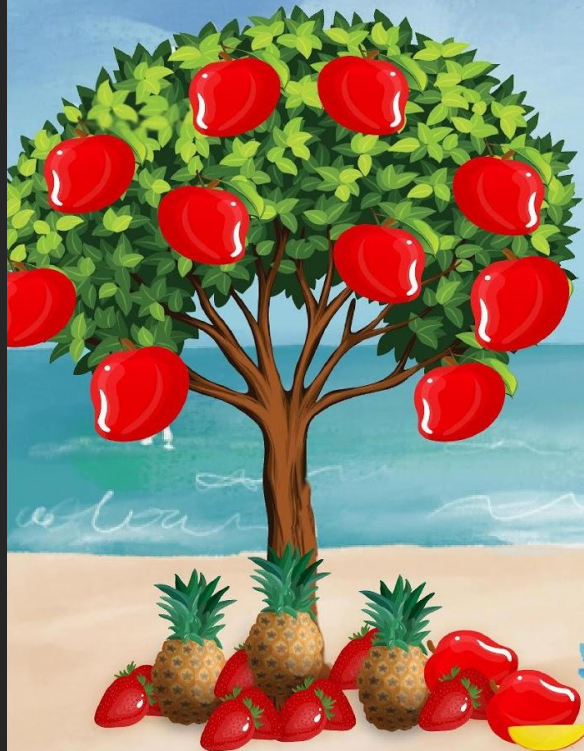
Responsibility



Friday, March 19, 2021

Responsibility

Today is the first day of Spring!



Many fruits are in season during spring. Apricots, jackfruit, mango, lychee, pineapple, and strawberries are just a few. Which spring fruits do you want to try this spring?

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Saturday, March 20, 2021

Responsibility



Sunday, March 21, 2021

Responsibility

Today is World Water Day!

Being active around water is a fun way to spend your time, but it requires some responsibility. You can go to a beach, lake, river, or pool to be active around water, and you can also use a hose, water balloon, or play in a tub. Can you find a way to be active around water today or at least draw a picture of it? Make sure a trusted adult is responsible for you around the water, even the bathtub (making sure to watch you and keep you safe).

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Monday, March 22, 2021

Responsibility

Many vegetables are in season in spring.
Artichokes, asparagus, beets, carrots, peas,
radishes, and spinach are all spring vegetables.
Can you draw a picture of which vegetables you
would like to add to your grocery list this spring?

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Tuesday, March 23, 2021

Responsibility



Wednesday, March 24, 2021

Responsibility



Thursday, March 25, 2021

Responsibility

Today is National Spinach Day!

Spinach is one of my favorite veggies,
and it is one of the healthiest vegetables you can eat.
Can you try to eat some spinach today?

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Friday, March 26, 2021

Responsibility



Today is Earth Hour!

Spring is a beautiful season. The leaves on the trees blossom, certain flowers grow, the weather gets warmer. Can you see any spring-like changes outside of your home? Or can you draw a picture of your favorite spring activity?



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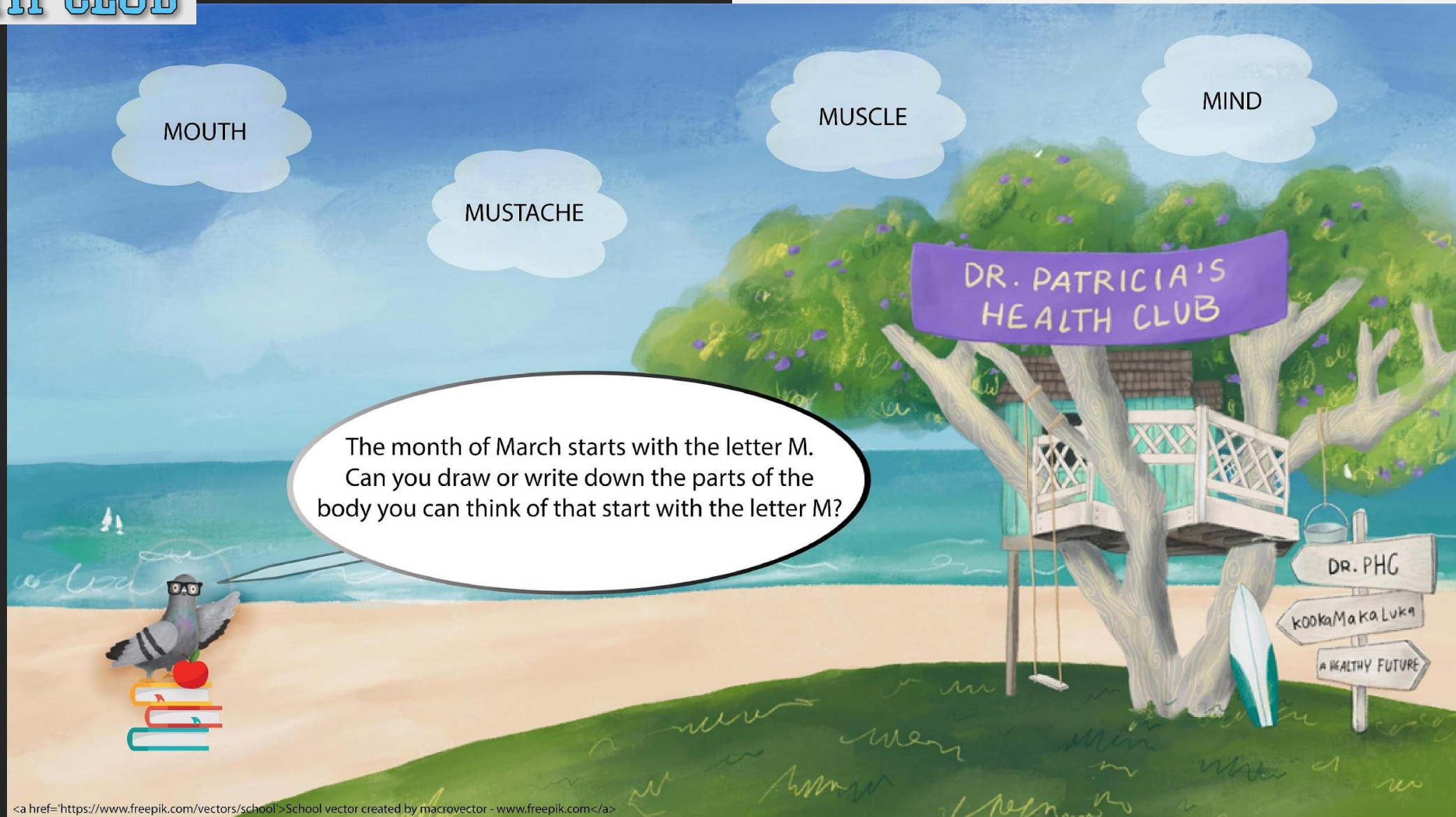
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Saturday, March 27, 2021

Responsibility



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Sunday, March 28, 2021

Responsibility



Monday, March 29, 2021

Responsibility

Today is "Take a Walk in the Park Day!"

Walking in the park can be a very healthy, mindful activity.
Can you take a walk in a park today?

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Tuesday, March 31, 2021

Responsibility



Wednesday, March 31, 2021

Responsibility