



**Investing
in Children**

*Their future is in our hands.
Our future is in theirs.*

Calendar of Events

March 2002

No-cost or low-cost activities for you and your children

*March is National Nutrition Month.
Veggies and Fruit - Make 5 or more your daily score!
Count your fruits and veggies each day.*

<p>4 Book of Me Staple 3 sheets of paper together and title it "My Favourite Things", "My Family", or "My Neighbourhood". Help your child illustrate it according to the topic.</p>	<p>5 Bubble Basketball Play Bubble Basketball. Try to blow a bubble across the room and into a container. Bring the container closer for younger children.</p>	<p>6 What If?? What if you could carry stars in your lunch bag? How sparkly would they be?</p>	<p>7 Fruit Dip Mix together: 1 container (750g) plain yogurt with 100mL (8 tbsp.) of frozen orange juice concentrate. Enjoy with apples, bananas and oranges.</p>	<p>8 Queen / King for the Day. Elect one family member as Queen or King for the day. Let them choose a family activity and a meal that you can cook together.</p>	<p>1 Family Storytime at the Children's Library Saturdays, 10:30 - 11:15am</p>	<p>3 Spring Countdown Make a countdown calendar. How many days until spring?</p>							
<p>11 March Break March 11-15 Check with your local library, community centre or other children's services for special programs for this week.</p>	<p>12 Magic Show J.K. McQuik the Magic Man, 10:30 - 11am, at Centre Court, Galleria. 2 hours free parking. Co-sponsored by: Children's Library, New Millennium and Galleria London.</p>	<p>13 Name that Tune Play "Name that tune" with nursery rhymes. Hum a few bars and have your child try to guess the song. Take turns.</p>	<p>14 Full Moon Go for a walk tonight and see how much light the full moon gives off.</p>	<p>15 Sparkle Painting Have your child paint on a thick sheet of paper. When the paint is still wet, sprinkle table salt on the painting. When it's dry, you'll see it sparkle!</p>	<p>16 Leprechaun Mischief While the children are out, make some silly changes in the room: put things out of place, hide things, leave gold chocolate coins, etc...</p>	<p>17 St. Patrick's Day Leprechaun Treats Make pistachio instant pudding or lime Jell-O for St. Patrick's Day.</p>							
<p>18 Book Recommendations Walking through the Jungle by Julie Lacombe or The Ant & the Elephant by Bill Peet</p>	<p>19 Grocery Trip While shopping have your child spot things of different colours or shapes. What's red? What's round?</p>	<p>20 First day of Spring Collect broken branches with buds on them and put them in a vase of water. Watch the buds open up over time.</p>	<p>21 Baggy Bugs Crush graham crackers in a plastic baggy. Add raisins and have the kids dig in the "sand". Add other tasty critters: chocolate chip "ants" or fruit snack "worms".</p>	<p>22 Marble Challenge Place paper towel tubes in a pattern on the floor. Try to move marbles through the tubes.</p>	<p>23 Rain Sticks Cover one end (with wax paper and an elastic) of a paper towel roll and put some dried beans or rice down the tube. Cover the other end and then decorate!</p>	<p>24 Family Art Day Make this a special day for arts and crafts. Keep it simple: make a collage, play music, build with clay...</p>							
<p>25 Wind Experiments Take a variety of objects outside. Will wind move a piece of paper? A leaf? A book? A ball?</p>	<p>26 Water Play Fill the kitchen sink with warm soapy water. Add plastic measuring cups, containers and spoons and let your child measure, fill and have fun!</p>	<p>27 Ambitexterity Try writing, eating cereal, spreading butter on your bread with your non dominant hand. What other things can you do with the opposite hand?</p>	<p>28 Cotton Ball Bunnies Glue cotton balls on paper cut-outs of bunnies. Let your child decorate the bunny with markers, paint or sparkles.</p>	<p>29 Good Friday Decorate Easter Eggs and place them on egg stands made of decorated toilet paper tubes cut in 1 inch lengths.</p>	<p>30 Easter Lunch: EGG-salad sandwiches, carrot sticks, and pink milk (color with food coloring).</p>	<p>31 Easter Hunt Leave a trail of jelly beans leading to a special treat: stickers, craft supplies or even a big hug from you!</p>							
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	