



We can all have a positive impact on the life of a child. Use the ideas below to connect with the children in your life.

• April is Family Strengthening Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					March 31	1
					Wear blue day	Take a walk in your neighborhood
2	3	4	5	6	7	8
Look at baby pictures	Practice mindfulness	What is your favorite animal? Why?	Play in puddles	Color eggs	Family sing along	Hop like a bunny
9	10	11	12	13	14	15
Compliment family members	Blow bubbles outside	Read a book about nature	Touch your toes ten times	Turn off TV day	What makes you happy?	Family Olympics
16 Read Sunday comics	17 Volunteer as a family	18 Learn to say hello in a different language	19 Invite friends over to play	20 Try a new food	21 Earth Day – plant flower seeds	22 Family slumber party
23 Play cards 30 Craft night	24 Watch squirrels play	25 Donate gently used clothes	26 Hug someone you love	27 What do you do when mad?	28 Arbor Day – Learn about trees	29 Look at the moon and stars
	2 Look at baby pictures 9 Compliment family members 16 Read Sunday comics 23 Play cards 30	2323Look at baby picturesPractice mindfulness910Compliment family membersBlow bubbles outside1617Read Sunday comicsVolunteer as a family23 Play cards 3024 Watch squirrels play	234Look at baby picturesPractice mindfulnessWhat is your favorite animal? Why?91011Compliment family membersBlow bubbles outsideRead a book about nature161718Read Sunday comicsVolunteer as a family18232425Play cards 30Watch squirrels playDonate gently used aluste	2345Look at baby picturesPractice mindfulnessPractice animal? Why?Play in puddles9101112Compliment family membersBlow bubbles outsideRead a book about natureTouch your toes ten times161718 Learn to say hello in a different language19 Invite friends over to play232425 Watch squirrels play26 Hug someone enty used enty used	23456Look at baby picturesPractice mindfulnessMhat is your favorite animal? Why?Play in puddlesColor eggs910111213Compliment family membersBlow bubbles outsideRead a book about natureTouch your toes ten timesTurn off TV day161718 Learn to say hello in a a family19 linvite friends over to play2023 Play cards 3024 Squirrels play25 gently used26 Hug someone27 What do you do when	234567Look at baby picturesPractice mindfulnessWhat is your favorite animal? Why?Play in puddles6791011121314Compliment family membersBlow bubbles outsideRead a book about natureTouch your toes ten timesTurn off TV dayWhat makes you happy?161718 Learn to say hello in a different language192021 Earth Day- plant flower seeds23 9024 Watch squirrels play25 Watch gently used26 Hug someone27 What do you do when comeone28 Hug someone27 Learn about