

# Family Activity Calendar



2026 PREVENTION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Gear Up for April by connecting with us on social media!</b></p> <p> </p>		<p><b>CAP MONTH KICK-OFF!</b> Download the 2026 Prevention resources and share the content with friends, family, and colleagues!</p>	<p>1 Read a picture book with your child. Ask them: "What would you do next if you were the main character?"</p>	<p>2 <b>ARTSY THURSDAY</b> Make a pinwheel! Use paper, a pencil, and a pin to create your own spinning pinwheel. Decorate it with colors and patterns that represent your family's possibilities!</p>	<p>3 Go sightseeing in your home! Walk with your child and point out objects. Describe an item, let them touch it. Ask, "What does this remind you of?"</p>	<p>4 Changing the Narrative — Movie Night! Watch a family favorite and talk about how each character shows resilience. How does your family write its own story?</p>
<p>5 Start the week with intention! As a family, write down one word that describes your superpower as a caregiver. Post it somewhere you'll see it every day this week. You are your child's greatest possibility.</p>	<p>6 Watch one of our Lunch and Learn Videos! Share it with a colleague or fellow caregiver. <a href="http://nhchildrenstrust.org/fsnhlunchandlearn">nhchildrenstrust.org/fsnhlunchandlearn</a></p>	<p>7 <b>CAREGIVER WELL-BEING CHECK-IN!</b> What fills your cup? Take 10 minutes today — just for you. A walk, a quiet coffee, a favorite song. Strong caregivers raise strong kids.</p>	<p>8 Arrange a playdate! Invite kids and caregivers over, or head out for a community outing together. Connection is prevention — and joy is contagious.</p>	<p>9 <b>ARTSY THURSDAY</b> Create a recycled collage! Use old magazines, newspapers, and scrap paper to cut out shapes and images, then glue them into a masterpiece.</p>	<p>10 <b>WEAR BLUE DAY!</b> Send a picture of you or your family to: <a href="mailto:communications@nhchildrenstrust.org">communications@nhchildrenstrust.org</a></p>	<p>11 It's the <b>WEEK OF THE YOUNG CHILD!</b> Visit <a href="http://naeyc.org">naeyc.org</a> to learn more about NAEYC's initiatives.</p>
<p>12 Reach out to someone in your community who supports your family — a teacher, a neighbor, a Family Strength Org staff member — and simply say thank you. Strong communities are built one connection at a time.</p>	<p>13 <b>MUSIC MONDAY</b> is more than singing and dancing, it's a way to be active while developing early literacy skills and having fun with friends and family! <a href="http://www.naeyc.org/events/woyc/plan-your-event">www.naeyc.org/events/woyc/plan-your-event</a></p>	<p>14 <b>TASTY TUESDAY</b> Exploring culturally meaningful foods, sharing stories or recipes, introducing new ingredients! <a href="http://www.naeyc.org/events/woyc/plan-your-event">www.naeyc.org/events/woyc/plan-your-event</a></p>	<p>15 <b>WORK TOGETHER WEDNESDAY</b> build together, experience teamwork and develop social and early literacy skills. Grab some materials and create! <a href="http://www.naeyc.org/events/woyc/plan-your-event">www.naeyc.org/events/woyc/plan-your-event</a></p>	<p>16 <b>ARTSY THURSDAY</b> Find ways to display your art projects for the community to see, and educate them about the importance of early childhood education. <a href="http://www.naeyc.org/events/woyc/plan-your-event">www.naeyc.org/events/woyc/plan-your-event</a></p>	<p>17 <b>FAMILY FRIDAY</b> Connect with NHCT, for advocacy opportunities. Share resources that help support learning and engage with policymakers. <a href="http://www.naeyc.org/events/woyc/plan-your-event">www.naeyc.org/events/woyc/plan-your-event</a></p>	<p>18 <b>STORY TIME!</b> Start a story with "Once upon a time, a pinwheel landed in our backyard and it was magic because..." Let your child take it from there — the sillier the better!</p>
<p>19 <b>COMMUNITY CONNECTION</b> Head outside and introduce yourself to a neighbor you don't know well. Strong communities start with a simple hello. Every connection is a pinwheel spinning toward possibility.</p>	<p>20 Watch one of our Lunch and Learn Videos! Share it with a colleague or fellow caregiver. <a href="http://nhchildrenstrust.org/fsnhlunchandlearn">nhchildrenstrust.org/fsnhlunchandlearn</a></p>	<p>21 <b>STORY TIME!</b> Make up tonight's adventure — a brave child finds a magical spinning pinwheel that opens doors to places where anything is possible. Make sure to do lots of funny voices!</p>	<p>22 Celebrate Earth Day! Head outside with your family! Plant something together — a seed, a flower, a small garden. Talk about what it needs to grow. Just like kids, plants thrive with care and attention.</p>	<p>23 <b>ARTSY THURSDAY</b> Wear blue and join us on the State House Lawn from 11-2! Color and create signs to hold up at our Community Commitment to Family Well-Being!</p>	<p>24 Does your child love to pretend? Act out a pinwheel spinning in the wind together — what possibilities does it spin toward? Let your child's imagination lead!</p>	<p>25 Family Movie Night! Coco! Follow Miguel's journey as family, memory, and love light the way forward. After the movie, ask your family: "Who in our family inspires you most, and what makes them special?"</p>
<p>26 <b>FAMILY ACTIVITY</b> Start a family tradition today! It doesn't have to be big — a Sunday walk, a special breakfast, a silly game. The moments you create together are the ones your children will carry forever.</p>	<p>27 Watch our April CAP themed Lunch and Learn Video! Share it with a colleague or fellow caregiver. <a href="http://nhchildrenstrust.org/fsnhlunchandlearn">nhchildrenstrust.org/fsnhlunchandlearn</a></p>	<p>28 <b>Day of Giving!</b> Today is the day to invest in New Hampshire families! Make a gift to NHCT and help ensure every family has the support they need to thrive. <a href="http://nhchildrenstrust.org">nhchildrenstrust.org</a></p>	<p>29 Watch the Moments of Joy video on our social feeds, featuring Granite State families! Share it with your network. <a href="http://tinyurl.com/NHCTmojoy">tinyurl.com/NHCTmojoy</a></p>	<p>30 <b>ARTSY THURSDAY</b> Create your family's Pinwheel of Possibility! Decorate a pinwheel with words, drawings, or symbols representing your family's strengths and hopes. Display it proudly — and keep spinning forward!</p>	<p><b>Stay engaged with us online as we continue to build together!</b></p>	

Email your photos to [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org)

