






join us

Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gear Up for April by connecting with us on social media!</p> <p>    </p>		<p>1</p> <p>CAP MONTH KICK-OFF! Download the 2025 Prevention Resource Guide and share the content with friends, family, and colleagues!</p>	<p>2</p> <p>Make a list of all 10 things your family values. Can you design an activity around one of the entries on your list?</p>	<p>3</p> <p>ARTSY THURSDAY is HERE: Create a bird feeder! Use peanut butter, birdseed, and a toilet paper roll. Roll the paper in peanut butter, and coat with seeds! Hang outside for the birds to enjoy!</p>	<p>4</p> <p>WEAR BLUE DAY! Send a picture of you or your family to: communications@nhchildrenstrust.org</p>	<p>5</p> <p>LIFT UP a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see that they are doing a great job!</p>
<p>6</p> <p>It's the WEEK OF THE YOUNG CHILD! Visit naeyc.org to learn more about NAEYC's initiatives.</p>	<p>7</p> <p>Listen to an episode of the NH Family NOW podcast, a conversation about strong families across NH!</p> <p>nhchildrenstrust.org/nhfn</p>	<p>8</p> <p>Decision-Making—Kids Choice: Tonight your kids get to pick a family fun activity. A family walk? Building a fort? Maybe a game of uno?</p>	<p>9</p> <p>It's TIME TO BAKE: Gather up some simple supplies and try a baking session that teaches math conversations and calculations!</p>	<p>10</p> <p>ARTSY THURSDAY is HERE: Create nature collages! Gather leaves, flowers, and twigs, then glue them onto paper to make beautiful Earth-inspired artwork. Get creative!</p>	<p>11</p> <p>HELP US celebrate the Week of the Young Child with Brain Building Basics from VROOM!</p> <p>CLICK HERE!</p>	<p>12</p> <p>Changing the Narrative—Movie Night: Encanto! Note the ways Mirabel writes her own story! How does your family do the same?</p>
<p>13</p> <p>Read a picture book with your child, paying special attention to expressions. Talk about what they mean and why they might be happening.</p>	<p>14</p> <p>Listen to an episode of the NH Family NOW podcast, a conversation about strong families across NH!</p> <p>nhchildrenstrust.org/nhfn</p>	<p>15</p> <p>Does your child like to pretend? Pretend a flower is growing on their nose. Describe what it looks like. Then pretend to grab it! Now have your child try!</p>	<p>16</p> <p>STORY TIME! Start a story with the first thing you see. Begin with "Once upon a time, there was a ..." Ask your child to continue the story. And the sillier the better!</p>	<p>17</p> <p>ARTSY THURSDAY is HERE: 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>18</p> <p>Go sightseeing in your home! Walk with your child and point out objects. Describe an item let them touch it. Ask, "Do you feel the lamp shade? It is rough. Is it smooth?"</p>	<p>19</p> <p>SOCK PUPPETS! Encourage your child to find a pair of old socks you can turn into puppets. Use the puppets to have a conversation about what you might like to do today!</p>
<p>20</p> <p>Familiarize yourself with the resources in your community. Find your local Family Resource Center (FRC) at fsh.org.</p>	<p>22</p> <p>Listen to an episode of the NH Family NOW podcast, a conversation about strong families across NH!</p> <p>nhchildrenstrust.org/nhfn</p>	<p>22</p> <p>Celebrate Earth Day with a nature scavenger hunt! Head outside with your family to find leaves, rocks, animal tracks, and more. Snap photos or collect items to create a nature collage!</p>	<p>23</p> <p>Arrange a PLAYDATE! Invite the kids (and caregivers) over to play or make plans to go for an outing together.</p>	<p>24</p> <p>ARTSY THURSDAY is HERE: Rock painting! Find smooth stones, paint them with fun designs or positive messages, and turn them into little works of art to share or keep.</p>	<p>25</p> <p>Show a small act of kindness to a friend, colleague, or neighbor, like buying them coffee or helping unload groceries!</p>	<p>26</p> <p>It's STORY TIME! Make up tonight's story! This one takes you on an adventure with a brave little bunny who discovers a magical forest full of friendly creatures. Make sure to do lots of funny voices!</p>
<p>27</p> <p>Find organizations involved in anti-racism efforts, preferably led by people of color, and help uplift their voices and ideas.</p>	<p>28</p> <p>VROOM can also help parents and caregivers with CHALLENGING MOMENTS!</p> <p>Find strategies that build foundational skills: tinyurl.com/0-to-5-Challenging-Moments</p>	<p>29</p> <p>Watch the Moments of Joy video on our social feeds, featuring Granite State families! Share it with your network.</p> <p>https://tinyurl.com/NHCTJoy</p>	<p>30</p> <p>Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you.</p>	<p>1</p> <p>2</p> <p>3</p> <p><i>Stay engaged with us online as we continue to build together!</i></p>		