

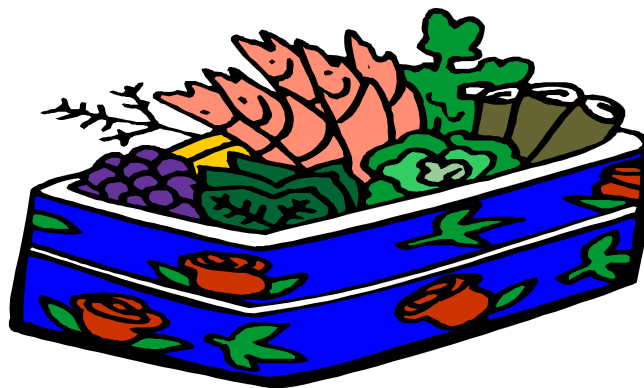


## **Activity 1      Celebrate Food from Field to Table**

How much do you know about where different foods are grown and produced across Canada? Discover little known food facts, access great recipes and celebrate home grown Canadian food.

<http://www.dieticians.ca/Your-Health-/Nutrition-Month/Nutrition-Month-2011.aspx>

Go to your refrigerator and see how many foods there are of different colours. Is there a rainbow of foods that you are eating? This is a good time to see what food items need to be discarded, or make a grocery list of fresh items to purchase.



## Activity 2      Mardi Gras

Mardi Gras is French for “Fat Tuesday”, or in the ethnic English tradition, Shrove Tuesday. This refers to the practice of the final night of eating rich or fatty foods, before the ritual of fasting, of the Lenten season which starts on Ash Wednesday. Learn more about the Canadian Mardis Gras celebrations from the following site.

[http://en.wikipedia.org/wiki/Mardi\\_Gras#Canada](http://en.wikipedia.org/wiki/Mardi_Gras#Canada)



## Activity 3      International Women’s Day

There have been many powerful women in history that have made an impression for generations. Start to make a list of those that have inspired you, or those that have provided entertainment throughout the years. Many are in political positions, and many are in movies. Share a discussion about why these women have made a mark in the world. Find out what activities your community has to share for this event.

<http://www.swc.-cfc.gc.ca/dates/iwd-jif/index-eng.html#factsheet>



## Activity 4 Daylight Savings Time

Discover the history of daylight savings time and why we change the time one hour ahead in March.

<http://www.timeanddate.com/time/dst/> Click onto the World Clock link and see what time it is, at the moment, in other places around the world.

Why not draw a picture of a clock putting all the numbers inside a circle. Draw the two hands of the clock to show the current time.



## Activity 5 St. Patrick's Day

This activity can be played with friends or family members in a small or large group. Leprechaun Loot – Fill a jar with pennies or a variety of coins. Have each person reach into the jar and scoop out as many coins as they can. Count all the money, then record the count, and return the coins to the jar. Repeat for each person. As a special celebration, why not have some foil wrapped coins or a bag of goodies to share when the game is finished.



## Activity 6      The Celebration of Holi

Learn about this colorful festival that has an ancient origin and celebrates the triumph of “good” over “bad”, where everyone has a chance to renew sweet relationships. On this day people hug and wish each other “Happy Holi”.

<http://www.holifestival.org> To honor this celebration, go to your closet and dress in the brightest colours you have: red, magenta, pink, green, blue. Bring joy and color into your home and into your life. Go the distance by applying color to your face. This is a wonderful activity to incorporate with children.



## Activity 7      The 1<sup>st</sup> Day of Spring

Spring begins in the northern hemisphere as Earth’s North Pole tilts sunward. The daffodil is one of spring’s first flowers to bloom.

<http://www.suite101.com/content/the-firt-day-of-spring-a45908>

Print off a template of a daffodil and other spring flowers. Use colored makers or paint to create a booklet of beautiful spring flowers.

<http://familycrafts.about.com/library/coldafodil1.htm>

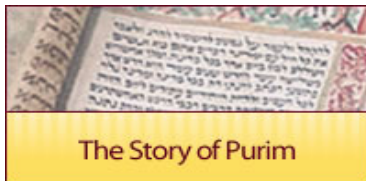


## Activity 8 Purim

Learn about the holiday of Purim, one of the most joyous and fun holidays on the Jewish calendar. Special traditions, songs, games and food are all explored on the following website.

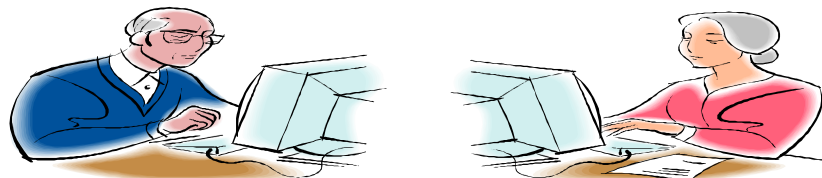
[http://www.chabad.org/library/howto/wizard\\_cdo/aid/644343/jewish/The-Fun-Holiday.htm](http://www.chabad.org/library/howto/wizard_cdo/aid/644343/jewish/The-Fun-Holiday.htm)

Why not celebrate the day with making a mushroom and rice casserole or chicken noodle soup for dinner. Follow the “recipes” link under “More Features”.



## Activity 9 Days of Celebration Sort Activity

This one to one activity can be fun to do as well as prepare. Print pictures from online sources, or cut out from magazines, photos that represent holidays or celebrations. Start with one month at a time: e.g. Remembrance Day – have a picture of a poppy, white cross, and a soldier’s uniform. In large bold letters, write out the word “Remembrance Day”. Continue with other holidays such as New Years, Robbie Burns, Valentines, St. Patrick’s, April Fool, Easter, Mother’s Day, May Day, Victoria Day, Father’s Day, Canada Day, Labor Day, Thanksgiving, Halloween, Oktoberfest, Christmas, Boxing Day, Chinese New Year etc. Make a sign in large bold print for each holiday. Keep all photos and headings in a folder or envelope. Thoroughly mix the photos. Start to match the appropriate photos with the correct headings. This is a great way to stimulate the brain.



## Activity 10      World Day for Water

Since 1993 the United Nations General Assembly declared March 22 as World Day for Water. The purpose of World Water Day is to focus international attention on the impact of rapid urban population growth, industrialization and uncertainties caused by climate change, conflicts and natural disasters on urban water systems.

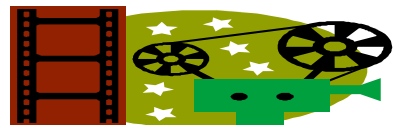
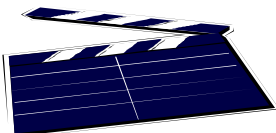
<http://www.unwater.org/worldwaterday/>

Why not appreciate your local indoor swimming pool by paying a visit. Public swims as well as water therapy classes are available.



## Activity 11      The Oscars

This can be done as an ongoing activity. Research the top movies of each year from the 1930's, 40's, 50's, 60's, 70's, 80's, 90's and up to and including the current year. Who were the stars of the films, what was the location of the movie, what were the fashions like, what was the theme, what was the music like? Who is your favorite actor? What has changed so much in today's movies? What is your favorite animated movie? Celebrate Hollywood's greatest annual event and try to guess who will win this year!



## Activity 12      Maple Syrup Festival

It has often been referred to as “Nature’s other gold” maple syrup is a Canadian treasure. Go on a “virtual tour” of a maple sugar bush by clicking [here](#). If you are close to a sugar bush, why not visit there in person and experience the real thing. You could make some pancakes and of course have maple syrup as a topping. Why not reminisce about any traditions you have about making pancakes.

<http://www.flickr.com/photos/deafdj/sets/269772/>      or here

<http://www.johnharveyphoto.com/ParrySound/>

Here is an adult appropriate coloring page.

<http://homeschooling.about.com/library/syrupcolor2.pdf>

Check out this word search activity.

<http://homeschooling.about.com/library/syrupword.pdf>

Here is a maple syrup crossword activity.

<http://homeschooling.about.com/library/syrupcross.pdf>



## Activity 13      Bake Home Made Bread

Nothing rekindles the senses more than the aroma and taste of homemade bread. With a bread machine, you can follow the instructions. Plan ahead as this activity requires special ingredients, and can take 2-3 hours before the bread is finished. Not quite as hands on as this activity once was, it still provides stimulation and comfort. Once the bread is baked, let cool and slice for all to enjoy. Have a selection of toppings to add such as: butter, jam, peanut butter, honey or even brown sugar and cinnamon. Reminisce about various types of bread that you enjoy, or about other types of baking. Various types of bread are popular in diverse cultures. How many types of bread have you tried? This website will highlight several kinds.

<http://www.abigailsbakery.com/bread-recipes/types-of-bread-in-the-world.htm>

