



Activity 1 April Fools' Day

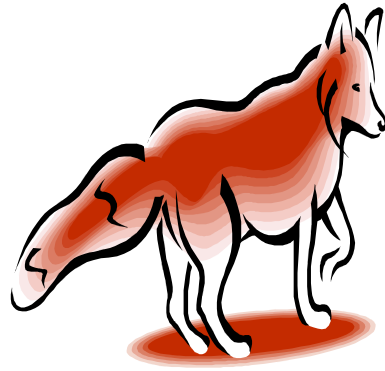
Have you ever been caught in a joke on April 1st? Have you ever played a joke on someone else? Why not try this activity with some friends or family members.

You will need a newspaper or wrapping paper, or crepe paper and tape, as well as a pad of paper and pens. Write down something about yourself that others may not know, such as: "I performed as a clown in my younger years", or "I travelled to Australia". Have each person write down something as well, and put all statements into a bowl.

Before the activity begins, chose an item that will be "the prize". Wrap this item in paper. Then rewrap it again, in some more paper, and so on, until the item is wrapped as many as 10 times. Use different wrap for each layer. Have each person pick a statement from the bowl and read it aloud. The rest of the group must guess whether the statement is true or false about the person reading it. If it is not, the person that actually wrote the statement owns up to it, and tears off a layer of paper. All layers of paper are torn away to reveal the prize of the activity, which is an April Fools' joke. This could be a stone, a slipper, an orange or any item from around the house. This is a fun way to learn about others as well as enjoy the day.

Activity 2

National Wildlife Week



National Wildlife Week is a program of the Canadian Wildlife Federation. NWW is an opportunity to celebrate our country's natural heritage and play a supportive role in its conservation. Proclaimed by an act of Parliament in 1947, NWW falls every year the week of April 10, the birthday of Jack Miner, one of the founders of Canada's conservation movement. Why not check out this website to see what is going on for this event.

<http://www.conservationhalton.on.ca/events.cfm?itemid=10187>

Click onto the Parks and Recreation banner, then the Recreation Activities label. Print off the page with the corresponding signs and talk about what the activities are. Have you ever heard of geocaching? Why not take a trip to your local conservation area and see what signs of spring have begun so far.



Activity 3 Exercises

Spring is a time for new growth and embracing the outdoor weather. Go to the following site and find various exercises that you and your family can do together.

<http://orthoinfo.aaos.org/main.cfm>

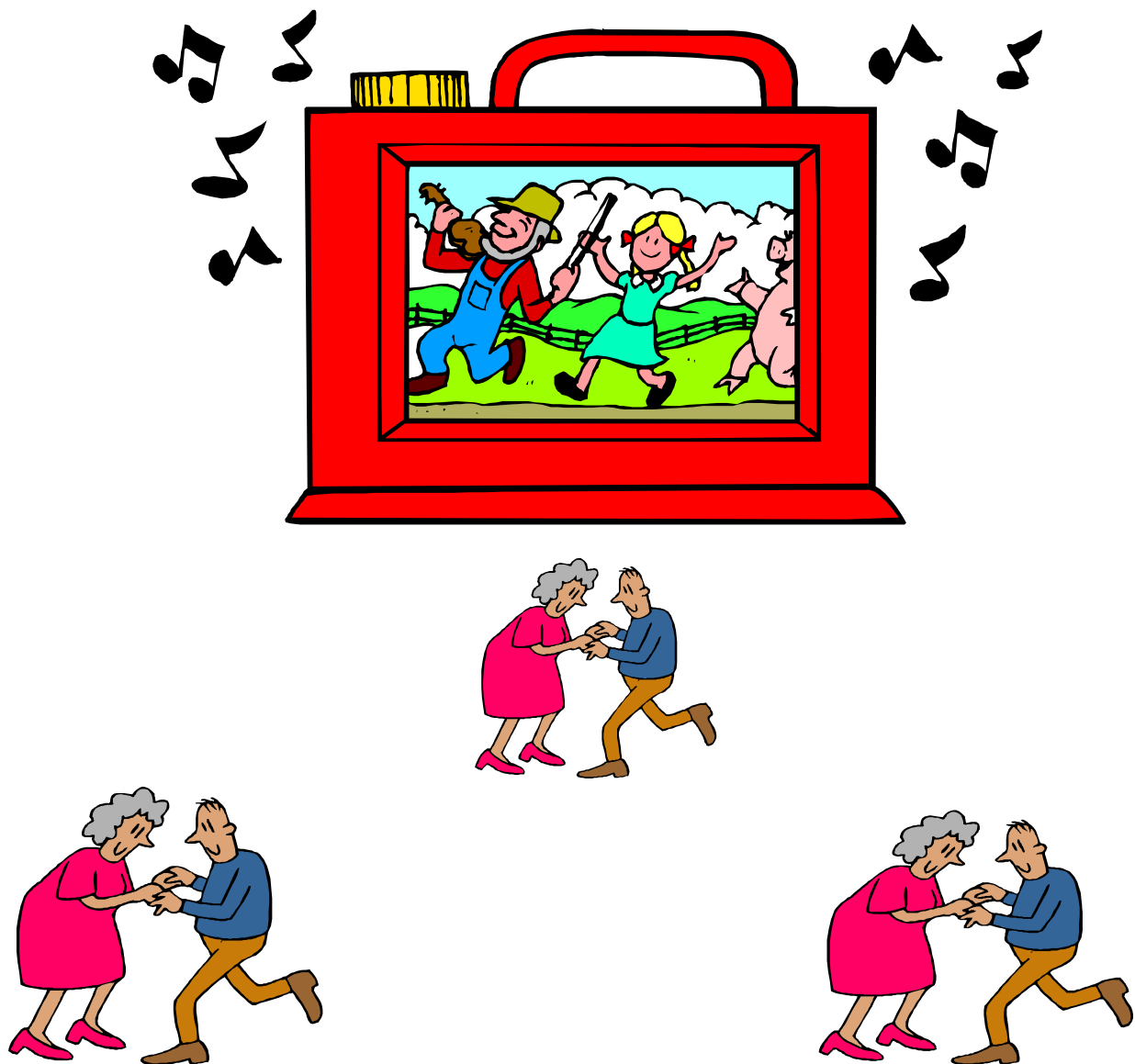
There are many small things that can be done in your home that is an excellent start for keeping the body moving. This site gives you some very beneficial information. Always get your doctor's permission before starting any exercise regime.

<http://www.in-lawsuite.com/exercises-for-seniors-types-of-exercise-tips-and-getting-started/>



Activity 4 The Power of Music

Music is something that reaches into the soul of people and brings out some kind of reaction. It could be very subtle or as powerful as making you want to dance. Perhaps there are some old records around the house, or you could make a trip to the library to find some favorite tunes. Why not make a list of some songs and discuss how they make you feel. Share some memories related to a certain song. This would be a wonderful time to share a slow dance, and reminisce about how the song makes you feel.

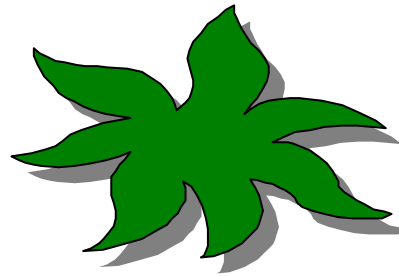
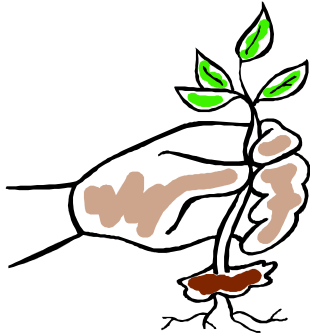


Activity 5 Plant an Indoor Garden

The climate in North America in the spring can be very unpredictable for any sort of outdoor planting. As we get more anxious to get our hands into the dirt, a very satisfying activity is to plant some seeds indoors, and watch them take root. For a very thorough guide to starting seeds indoors, check out this site.

<http://www.gardenguides.com/3021-starting-seeds-indoors.html>

This is a continuous activity that can be enjoyed as the plants can be transplanted outdoors, and cared for during the entire growing season. Follow up with watering, pruning, and proper feeding of the plants.



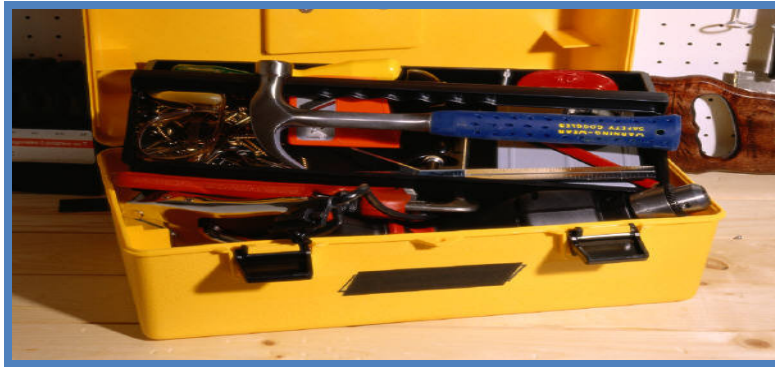
Activity 6 Baisakhi / Vaisakhi

Baisakhi or Vaisakhi Festival is celebrated as the Sikh New Year and the founding of the Khalsa Panth. History of Baisakhi traces its origin from the Baisakhi Day celebrations of 1699 organized by the Tenth Sikh Guru, Guru Gobind Singh to form Khalsa - Brotherhood of Saint Soldiers to fight against tyranny and oppression. Learn about a different culture and this day of celebration, through the following website.

<http://www.nriinternet.com/NRIsikhs/Vaisakhi/Baisakhi.htm>



Activity 7 Toolbox Sort



Each household usually has some tools that are either kept in the garage or in a box or a storage container. This is a great one to one activity. Cover a large table with an old tablecloth, and bring the toolbox to the table. Together you can empty out the items in the toolbox, and write down the names of each piece, on its own separate piece of paper, in bold print, until the entire toolbox is empty. One person will place the bold printed paper with the name of the item on the table, and the other person will pick up the item that matches the word, and put it back into the toolbox. This is a very positive activity for men. Talk about what the tools are used for, and how any job is important when you have the proper tools.

Activity 8 Passover



Learn about the holiday's history and observances as well as classic Passover foods such as: horseradish, borsht, beet borsht, meaty borsht, fluffy egg drops.

http://www.chabad.org/holidays/passover/pesach_cdo/aid/1844/jewish/Study-History.htm

Activity 9 Polishing Shoes



This activity can be done outside at a small table that has been covered with newspaper. Gather a few old cloths, some paper towels, and a wet cloth to clean your hands. If you do not have a polishing kit, one can be purchased at the dollar store, or from home retail stores. Go through the house and gather several pairs of shoes that need polishing. Once the dirt has been wiped from the shoes, use the brush and colored polish to bring back the luster to the shoes. This would also be a perfect time to clean up the old winter boots, and give them a fresh look for next season.



Activity 10 Coloring Eggs

When was the last time you colored eggs? Use colored eggs as decoration, or if possible enjoy this fun activity with children. There are many coloring kits available, or see what natural dyes can be used.

http://www.pioneerthinking.com/tk_eggstravaganza.html

Activity 11 Earth Day



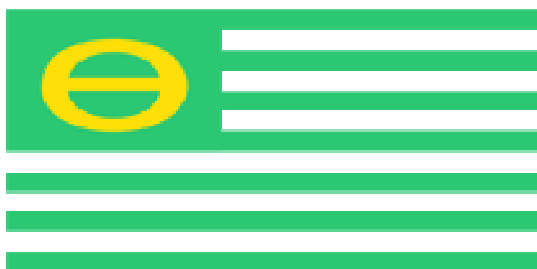
There are so many things that you can do to show respect for the environment on Earth Day, which is celebrated on April 22. Many communities have scheduled events.

The following website will direct you to the activities closest to your home.

http://www.earthday.ca/pub/events/search/shell_form_public.php

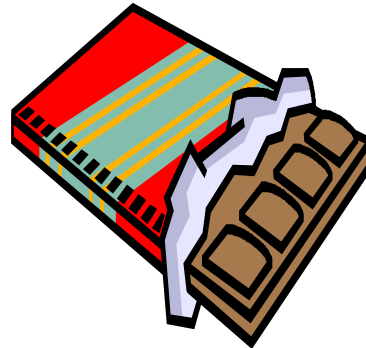
One activity would be to go outside to a neighbourhood park with a garbage bag, and pick up some of the litter. Another activity would be to honor the day by creating your own Earth Day flag, and displaying it in your window. A history of Earth Day as well as the sample flag design can be obtained by visiting the following site.

<http://www.altiusdirectory.com/Society/earth-day-2009.html>



Activity 12

Chocolate Taste Test



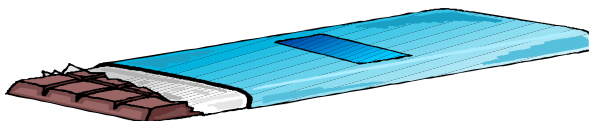
What a more delicious way to enjoy the day, than by taste testing various types of chocolate. Did you know that there are 18 different kinds of chocolate? They are: Cacao, Chocolate Liquor, Unsweetened Chocolate, Bittersweet Chocolate, Sweet Chocolate, Milk Chocolate, White Chocolate, Cocoa, Ground Chocolate, Baking Chocolate, Chocolate Coating, Couverture, Gianduja, Single Bean Chocolate, Cocoa Butter, Chocolates, Chocolate Extract, and Chocolate Oil.

You can read about the differences from the following website.

<http://www.facts-about-chocolate.com/types-of-chocolate.html>

Purchase a few different solid chocolate candy bars. A selection of four would give you a nice variety: dark chocolate, milk chocolate, white chocolate, unsweetened chocolate. Break the bars into bite size pieces. Place the pieces on a serving tray, and pass out one flavor at a time, for all to sample. Have each person close their eyes before they eat. Can everyone guess which type is which? Have a pitcher of water available so you can have a drink in between tastings.

Many chocolate products are available in no sugar added types. Be sure to follow your own health guidelines.



Activity 13

Easter Word Activities



The following website contains many activities with word challenges, including word scrambles, word searches and anagrams.

<http://www.dltk-holidays.com/easter/worksheets.htm>

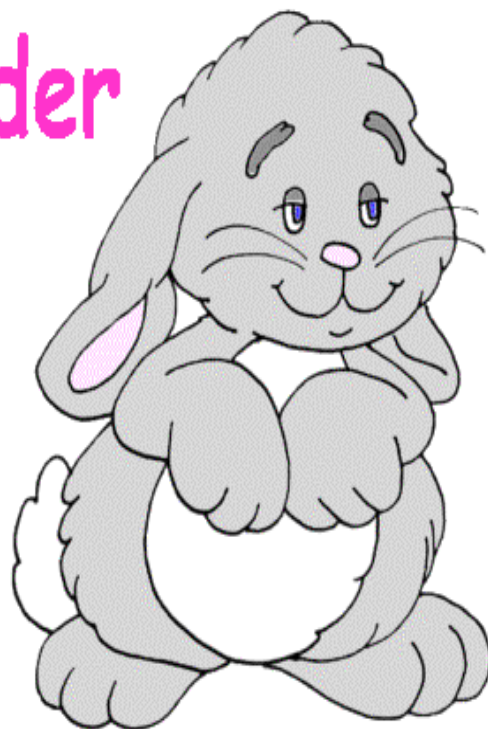


Easter Themed Printables
[Memory Cards](#)

This is another great activity for playing alone or one on one. Create your own memory cards that can be laminated and used over and over again. These cards can be adapted to any season or special holiday theme.

Easter Word Ladder

Make your way from HIDE to FIND by changing just one letter on each step to make a new word!



H I D E

Conceal.

	I	D	
--	---	---	--

Large distance from side to side.

	I		E
--	---	--	---

Grown-up drink.

	I	N	
--	---	---	--

Blowing air.

F I N D

Di

Easter Word Ladder

Make your way from HIDE to FIND by changing just one letter on each step to make a new word!



H I D E Conceal.

W I D E Large distance from side to side.

W I N E Grown-up drink.

W I N D Blowing air.

F I N D Discover.