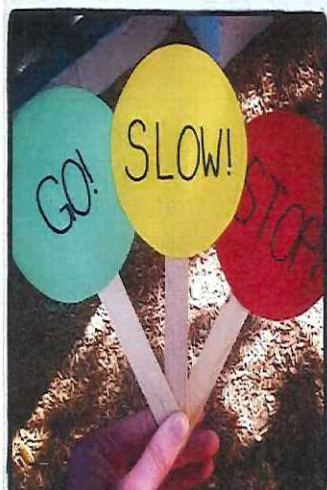
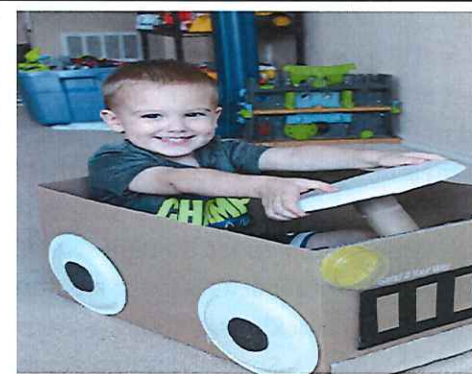


March 2020 Activity Calendar – Continuing on this month with the disposition of **Play/Playfulness** (inventing, exploring, taking risks, imagining, telling stories, creating) look at how your child observations influence your program planning and support the children in your day homes playfulness. March is also **Nutrition Month** and on the 17th is **St. Patrick's Day**. *Accred. Standard 2.4 Child care programs use observation, recording, and documentation to plan the program based on the needs abilities, and interests of children and their experiences with families and communities.*

How to implement Play/Playfulness into programming that is based on the children's interests – As you interact with children daily you learn what things they are interested in and hear about the experiences that they have with their families. Your role in supporting their Play/Playfulness is taking these daily observations and providing the children with resources to expand their play. For example, if one of your children in care is currently in love with cars and another child loves all things green use this knowledge to implement their interests into your program planning. So, for the month of March and nutrition month you could collect large boxes and recyclables and assist the children in creating a car and painting it green. For some dramatic play fun the children could all get in the car and drive to the grocery store to shop for green food or they could go on a picnic. *Accred. Standard 2.4e Use information shared by families about their children's experiences, interests and needs in program planning.*



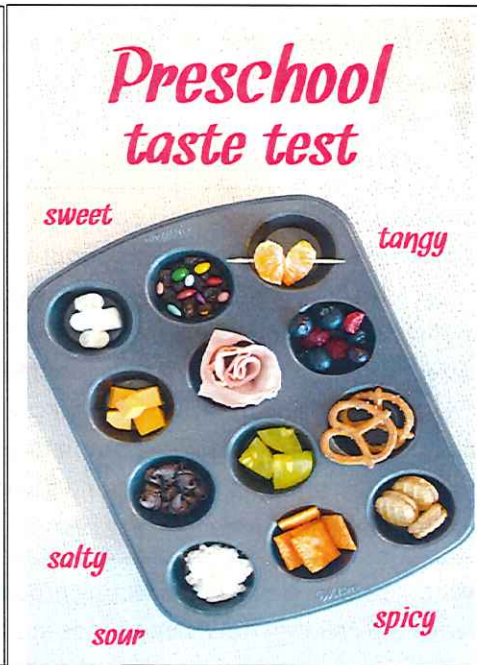
Go, Slow or Whoa Game – Begin by collecting grocery store flyers and have the children cut out pictures of different types of food. Discuss with the children how some foods are full of nutrients and vitamins and others have ingredients that are not that nutritious like artificial sugar and dyes. Have the children think about food in terms of “Go, Slow, or Whoa!” The healthiest foods are “Go” foods; they can be eaten anytime. Foods that are ok to eat sometimes are “Slow” foods. Some unhealthy choices should make you stop, think and say, “Whoa! Should I eat that?” To play the game have the children paint 3 paper plates – 1 yellow, 1 red and 1 green then attach a popsicle stick to each plate so that they look like traffic signs. One child could choose the food from the flyer and show it to the other children, they can decide if it is a “Go, Slow or Whoa” food and then hold up the yellow, green or red sign. If space allows the children could then move from one side of the yard or room, doing a slow turtle crawl, a medium speed turkey trot or a fast cheetah run. If there is a strong interest from the children to learn more about the food that they are eating let them assist you with your menu planning and selecting “Go, Slow and Whoa” foods. *Accred. Standard 2.4 g. Invite children to participate in the development of program planning, routines and rules. Visit these websites for more information: <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/> <https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/>*



Cooking with kids is an excellent activity that develops so many important skills like; number recognition, measuring, pouring, taking turns, fine motor skills as well as talking about the benefits of healthy eating. Keep things simple when discussing healthy eating with little ones. Talk about eating a rainbow of colored foods daily, that way they will be getting a variety of vitamins and nutrients. Ask parents if they have any kid-approved recipes that they could share with the day home. Document the children participating in the cooking and tasting process to share with families. *Accred. Standard 2.4 I Provide children with opportunities to share and display their learning.* Here are two child friendly recipes for pretzels and cheerio snack bars <https://www.averiecooks.com/no-bake-honey-nut-cheerios-snack-bars/> <https://simplytodaylife.com/alphabet-numbers-pretzel-snack-recipe/>



Taste Testing - A great learning experience for the children would be to take a trip to the grocery store, each child could choose a new fruit or vegetable that they have never eaten before to take back to the day home to try. When getting ready to try the new food have the child thoroughly inspect it and make observations and guesses like; What does the papaya's skin feel like? When we cut it open will there be seeds inside? Does it taste sweet or bitter? These are fun questions to have the children think about food that allows them to slow down and think about what they are putting into their bodies. If this is an activity that the children really enjoyed, you could expand on it by creating a taste test game. While blindfolded have the children sample foods that are sweet, salty, sour, spicy or bitter. They must use their other senses like taste, touch and smell to guess the food. To celebrate **St. Patrick's Day**, create a menu plan with all **green food** for Tuesday March 17. Some awesome green foods could include guacamole, grapes, hard-boiled eggs that have been dyed green, green crackers or taco chips, kiwi, sugar snap peas, noodles dyed green, green olives and cucumbers. Have fun!



10 Fun Facts About Ireland

1. Dublin is the capital of Ireland
2. The Shamrock is one of the national symbols of Ireland
3. Another national symbol is the harp
4. Ireland is called Eire in Irish (Gaelic)
5. There are over 3 million sheep in Ireland
6. The Currency in Ireland is the Euro
7. Gaelic is Ireland's 1st official language
8. Ireland is an island nation
9. An Irishman designed the White House
10. There are no wild snakes in Ireland + only 1 type of lizard



St. Patrick's Day Gold Coin Dig – You will need; Shaving cream, 3-4 drops green food coloring, green glitter, Gold coins, Clear dish, Spoons, Paper towels. This is a simple and fun sensory activity that a wide age group will enjoy. Begin by filling a big glass bowl about 3/4 of the way with shaving cream (allow the children to participate in the set up as possible) and add 3-4 drops of green food coloring. Next, shake in some glitter, and stir. Add in the gold coins (available at the dollar store) or any other St. Patrick's Day themed items like four leaf clovers or mini rainbows. Invite your little leprechauns to dig in!

Check out these delicious reads at your neighborhood Library

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|--------------------------------------|--------------------|
| "We're Going to the Farmers' Market" | By Stefan Page |
| "Rainbow Stew" | By Cathryn Falwell |
| "Dumpling Dreams" | By Carrie Clickard |
| "Bilal Cooks Daal" | By Aisha Saeed |
| "The Donut Chef" | By Bob Staake |
| "Avacado Baby" | By John Burningham |
| "The Vegetables We Eat" | By Gail Gibbons |
| "Hooray, for St. Patrick's Day!" | By Joan Holub |
| "How to Catch a Leprechaun" | By Adam Wallace |

