

MARCH

ACTIVITY LIST

- Color with sidewalk chalk
- Find spring flowers in your neighborhood
- Play in the rain
- Dye Easter eggs
- Jump in rain puddles
- Swing at the park
- Feed ducks at a pond
- Bake or eat a pie on March 14 for pie day
- Spring clean your house
- Eat strawberry shortcake
- Visit a farm and see the baby animals
- Spring forward
- Fly a kite
- Plant some peas
- Read a book about bugs
- Get your bike tuned up
- Make Irish stew
- Celebrate St. Patrick's Day and eat green food
- Have an Easter egg hunt
- Celebrate March as National Nutrition Month

Extension
UtahStateUniversity.



Created by Kerry Garvin

CREATE BETTER HEALTH SNAP-ED