

April 2025

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Reading Fort

Sundays in the month of April are reading fort days! This is when you take the time to build a fort out of whatever you find in your house. Once you have the fort built, it is now time to pick out your favorite books and read them in the fort! This is a fun way to get in some quality reading time! Once you are done you can either play more in the fort or clean it up! This can take up as much or as little of your Sunday as you have time for in the month of April.



Trash Bash

Earth day is on Tuesday April 22nd. In honor of this day, we are challenging all families to take some time every Tuesday this month to clean up! Whether that is picking up trash at a playground or park or pulling weeds in your yard. You could also plant a new tree or plants! You can also learn as a family how to recycle and why it is beneficial for the Earth! Even spending 30-60 minutes cleaning up the Earth every Tuesday in the month of April will help!

DIPpity-Do-Da

Dips can be a fun way to try new things! It can make a veggie you do not like enjoyable. Or it can make the fruit you do not love to eat your new favorite! There are so many different dip recipes on the internet it can be overwhelming. To get you started, here are a few links to try! Find some that you like and try different foods in them! The dip options are endless!

Fruit Dip: [Easy Yogurt Fruit Dip Recipe \(Healthy\) | The Clean Eating Couple](#)

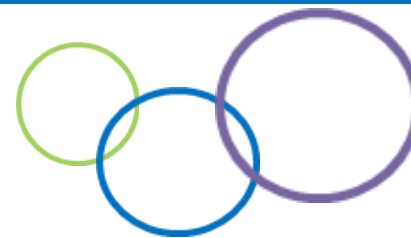
Veggie Dip: [Healthy Greek Yogurt Veggie Dip | The Clean Eating Couple](#)

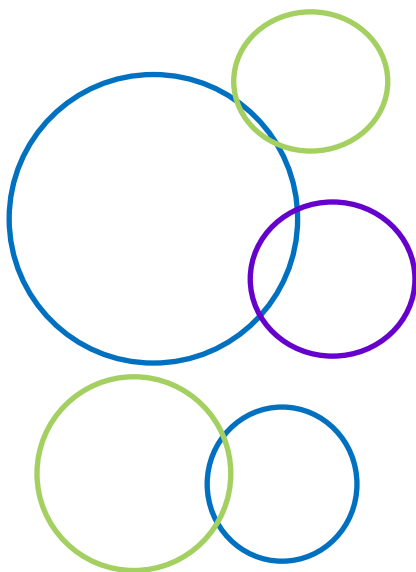
Avocado Humus Dip: [Avocado Hummus](#)

Buffalo Chicken Dip: [Healthy Buffalo Chicken Dip – WellPlated.com](#)

Walking Wednesday

April 2nd, the first Wednesday of the month, is national walking day. In honor of this holiday, Wednesdays for this month are considered walking Wednesdays! Take 60 minutes or however long you have time for and go on a walk! Get outside and enjoy the fresh air while also getting some exercise and activity in your day! You can walk to your plans for the day or just take a little time and walk around the block. Whatever works for you, enjoy your walking Wednesday's!





Mini MasterChef

Snacks and meals can be more fun when you have a chance to help out. The challenge for Saturday's this month is to include your kiddos in cooking! Whether that is giving them ingredients and letting them put together their own little snack plate or having them help you make dinner! It is good to learn how to be in the kitchen as you grow up and the kids enjoy having more of a say or help with their food! It can be a fun bonding moment to be able to spend some time in the kitchen together! This can look a little different each week and for each family. It might be that the children just help by pouring ingredients into a bowl when you tell them or having them mix. If your child is older, it can be having them help prep ingredients like cutting them! However, you choose, include everyone in the cooking process and create Mini MasterChef masterpieces.

Electrolyte Lab

Electrolytes are very important in life, especially as it starts to get warmer outside! There are so many kinds of electrolytes that you can try. Learning how electrolytes work and why they make you feel better when you are dehydrated is a great lesson to learn! Thursdays this month are Electrolyte Lab days. On this day try different kinds of electrolytes and find what is your favorite kind! You can make your own mix of flavors or just try different brands to see what your favorite is! Is there a better way to learn about electrolytes than having fun making your own?!

I Spy

The game I Spy is one most of us know how to play. One person takes a turn and says, "I Spy something ____." The blank can be filled with either a color, an object, or a shape that they see nearby. The rest of the people then try to guess what they were talking about. For this kind of I Spy this month, take the game outside! Go to a park and play it! Go on a walk and play it while you are walking! Get creative and have fun taking turns guessing! Enjoy your time in the fresh air!

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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