

APRIL 2020

*Family Fun*  
**ACTIVITY CALENDAR**

FROM



**SOLTERRA Academy**  
LEADING STUDENTS TO NEW HEIGHTS

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# APRIL 1-5

## APRIL 1 / WED

### April Fools Day

Complete a mad libs with your child! Help them read aloud to tell a funny story. (See Page 7). Cut out your mad lib and share with other members of your household! See what funny tales you can come up with together.



## APRIL 2 / THURS

### World Autism Awareness Day

Have your child draw a sign for #WAAD, or World Autism Awareness Day. Post the sign online or in a window! Educate your family about autism and how important it is to show respect to every member of our community.



## APRIL 3 / FRI

### Yoga Day

Lead your own yoga class! Learn yoga from our pictures on Page 7. Practice new poses or create your own. Then teach your routine to other household members.



## APRIL 4 / SAT

### National Tag Day

Play a game of Tunnel Tag! It's just like freeze tag, except to unfreeze players, you have to crawl through their legs. Make up your own game of tag with a silly rule!



## APRIL 5 / SUN

### Education & Sharing Day

Let your child be the teacher today! Have them teach you a lesson about their favorite subject.



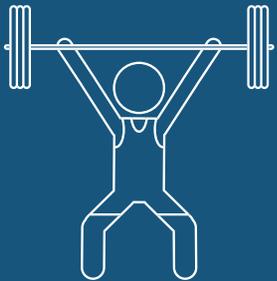
# APRIL 6-10

## APRIL 6 / MON

### National Athlete Day

Show off your skills with exercises. Do push-ups, sit-ups, or tip-ups. See who can complete the most exercises in a row.

Make paper medals for winners of your own athletic competitions.



## APRIL 7 / TUES

### World Health Day

Did you know that regular physical activity can help you sleep better? Get outside and get active today!



## APRIL 8 / WED

### National Zoo Lovers Day

Meet your favorite animal friends at the San Diego Zoo by visiting [kids.sandiegozoo.org](http://kids.sandiegozoo.org)!



## APRIL 9 / THURS

### National Name Yourself Day

Celebrate by giving yourself and your child a silly name for the day.



## APRIL 10 / FRI

### Take a Breath Day

While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. Teach yourself new breathing exercises and learn how controlled breathing can reduce stress.



# APRIL 11-15

## APRIL 11 / SAT

### National Pet Day

Give your pet extra belly rubs... or make them special homemade treats with our provided recipe! (See Page 8)



## APRIL 12 / SUN

### Drop Everything & Read Day

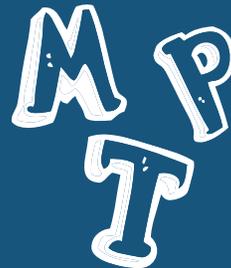
Read a favorite book with your child. Start writing your own story together.



## APRIL 13 / MON

### Scrabble Day

Break out a game of Scrabble! Start a tournament with your household members.



## APRIL 14 / TUES

### International Moment of Laughter Day

Take a moment to read or watch something guaranteed to make you laugh. Collect jokes and share them with family.



## APRIL 15 / WED

### World Art Day

Draw a picture, compose a song, write a poem or story, paint, or mail art to a friend!



# APRIL 16-20

## APRIL 16 / THURS

### National Stress Awareness Day

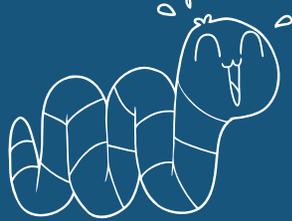
Check out our list of strategies to reduce stress. Share with your family. (See Page 9)



## APRIL 17 / FRI

### Inchworm Day

Spend some time doing inchworm exercises! Perfect your crawl and go on a worm adventure.



## APRIL 18 / SAT

### Rise & Stretch Day

Get up a bit early and get your day started right with stretching exercises! Take stretching breaks throughout the day to keep your blood flowing.



## APRIL 19 / SUN

### Bicycle Day

Grab out your bikes and sidewalk chalk! Turn your driveway or sidewalk into a biking trail.



## APRIL 20 / MON

### National Lookalike Day

Parents: dress up like your kids. Kids: dress up like your parents! Take some goofy pictures!



# APRIL 21-25

## APRIL 21 / TUES

### Scavenger Hunt Day

Hide secret notes for your child around the house. Draw a treasure map for them to follow, with a sweet surprise at the end!



## APRIL 22 / WED

### Earth Day

Draw a picture for the earth! Use the color green. Hang your work somewhere outside!



## APRIL 23 / THURS

### National Picnic Day

Host an outdoor or indoor picnic. Make your favorite snacks with the help of our family-friendly recipes. (See Page 10)



## APRIL 24 / FRI

### Arbor Day

Make up a yoga routine that uses the tree pose! If possible, pay a visit to your favorite tree and take a picture showing off your pose.



## APRIL 25 / SAT

### Play Catch Day

Go outside and throw a frisbee or ball with a family member. How many tosses can you do in a row?



# APRIL 26-30

## APRIL 26 / SUN

### National Kids & Pets Day

Draw a portrait to show off your love. Write a list of things you love about your pet.



## APRIL 27 / MON

### Star Jump Day

Do some star jumps! Bend your knees and launch yourself into the air, spreading out your arms and legs. Try and see if you can take a picture of your jump in mid-air.



## APRIL 28 / SUN

### National Superhero Day

Become your favorite superhero for the day! Parents can become daring sidekicks. Stage a rescue mission.



## APRIL 29 / MON

### International Dance Day

Learn some new dance moves. Create a dance routine for your child's favorite song and perform in front of the whole household.



## APRIL 30 / TUES

### Rock Paper Scissors Tag Day

Host a tournament of Rock Paper Scissors Tag. Both players start by counting down to 3, then playing rock paper scissors. The loser chases the winner. See how many games you can win in a row!



# APRIL ACTIVITIES

## APRIL 1 / APRIL FOOLS DAY

Here's an April Fools Mad Lib!  
Cut out and share the fun.

On April 1st every year, people play  
silly \_\_\_\_\_ on their \_\_\_\_\_.  
PL. NOUN PL. NOUN

They might tape a \_\_\_\_\_ to the  
desk, put a whoopee-\_\_\_\_\_ on  
NOUN NOUN

their seat, or use their \_\_\_\_\_ to  
NOUN

make a prank call. Not everyone  
enjoys the \_\_\_\_\_ that their  
PL. NOUN

\_\_\_\_\_ play, but it's all in good  
PL. NOUN

\_\_\_\_\_.  
NOUN

## APRIL 3 / YOGA

Learn some new yoga poses!



WARRIOR 1



LOTUS POSE



VOLCANO POSE



CROCODILE POSE



CHILD'S POSE



HIGH LEG POSE

# APRIL ACTIVITIES



## APRIL 11 / PET DAY

### (PEANUT-FREE) VEGAN DOG TREATS

- 2 1/2 cups all purpose flour
- 1 1/5 cups oats
- 4 large carrots
- 1/3 cups sunflower seed butter, unsalted
- 1/4 cup applesauce
- 1 cup water

1.) Preheat the oven to 350 degrees fahrenheit.

2.) Combine the flour and oats in a medium sized bowl.

3.) Chop off the ends of the carrots, toss them in a food processor, and blend until very fine.

4.) Put carrots and flour into bowl. Add sunflower seed butter, applesauce, and water. Mix until the batter is sticky and dough-like.

5.) Move the batter to a floured surface. Knead the dough slightly.

7.) Press or roll dough until it is about 1/2-inch thick. Cut it into desired shapes using a cookie cutter.

8.) Transfer the treats to greased baking sheet.

9.) Bake for 25 minutes. Let cool.

# APRIL ACTIVITIES



## APRIL 16 / STRESS AWARENESS

### OUR TIPS TO REDUCE STRESS

- **Don't overschedule yourself.** Take time to refresh and rest. Dedicate part of your day to relaxing activities that you enjoy.
- **Make sleep a priority.** Sleep improves mood and reduces stress. Reduce commitment and give yourself enough time away from screens to fall asleep peacefully.
- **Understand that making mistakes is okay.** No one is supposed to know how to do everything perfectly. Learning how to accept mistakes is important.
- **Listen to your body.** Headaches and jitters can be signs of stress. Listen to your feelings and take moments to rest when needed.
- **Eat healthy, well-balanced meals.** Taking care of your physical health will make a direct impact on your mental health.
- **Practice relaxation techniques.** Try meditation, yoga, tai-chi, or breathing exercises. Find a cooldown routine that works for you and removes your mind from stressful situations.

# APRIL ACTIVITIES



## APRIL 23 / PICNIC DAY

### GLUTEN FREE LEMONY SNACK MIX

- 5 cups Rice Chex Mix
- 4 cups Corn Chex Mix
- 1 1/2 cups white baking chips
- 4 tbsp grated lemon zest
- 2 tbsp lemon juice
- 1/4 cup butter, softened
- 1 1/2 cups confectioners' sugar
- 1/4 cup yellow coarse sugar (optional)

- 1.) Place cereal in a large bowl. In top of double boiler or metal bowl over hot water, melt baking chips with lemon zest and juice.
- 2.) Stir in with butter until smooth.
- 3.) Pour over cereal. Toss to coat.
- 5.) Add confectioners' sugar and, if desired, coarse sugar. Toss to coat.
- 7.) pread onto wax paper to cool. Store in airtight container.

# APRIL ACTIVITIES



## APRIL 23 / PICNIC DAY

### HOMEMADE HONEY GRAHAMS

- 1 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/2 cup toasted wheat germ
- 2 tbsp dark brown sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 6 tbsp cold butter, cubed
- 1/4 cup honey
- 4 tbsp ice water

1.) Whisk together both flours, wheat germ, brown sugar, cinnamon, salt, and baking soda. Cut in butter until crumbly.

2.) In another bowl, whisk together honey and water. Gradually add to dry ingredients, tossing with a fork until dough holds together.

3.) Divide dough in half. Shape each half into a disk; wrap in plastic wrap. Refrigerate until firm enough to roll (about 30 minutes).

4.) Preheat oven to 350. NEXT PAGE >

# APRIL ACTIVITIES



## APRIL 23 / PICNIC DAY

### HOMEMADE HONEY GRAHAMS (cont.)

- 5.) On a lightly floured surface, roll each portion of dough into an 8-inch square. Using a knife or a fluted pastry wheel, cut each into 16 2-inch squares.
- 6.) If desired, prick holes with a fork.
- 7.) Place 1 inch apart on baking sheets lined with parchment paper.
- 8.) Bake until edges are light brown (10-12 minutes). Remove from pans to wire racks to cool. Store in an airtight container.

### CRUNCHY GRANOLA PRETZELS

- 1 package (12 ounces) dark chocolate chips
  - 24 pretzel rods
  - 1 cup granola without raisins
- 1.) In a microwave, melt chocolate chips in a 2-cup glass measuring cup. Stir until smooth. Pour into one side of large shallow dish.
  - 2.) Roll each pretzel halfway into chocolate. Allow excess coating to drip off, then sprinkle pretzels with granola. Place on waxed paper until set. Store in an airtight container.



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