

2023 March

National Nutrition Month



Flower of the Month
Daffodil



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

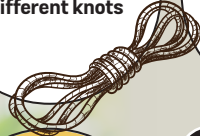
Saturday

Do not be wise in your own eyes;
Fear the Lord and depart from evil.
It will be health to your flesh,
And strength to your bones.

Proverbs 3:7-8

5

Learn to tie
3 different knots



6

Find out who
invented marbles



7

Eat granola
for breakfast

12

Daylight
Saving Time
Begins in Northern
Hemisphere

19

National
Let's Laugh Day

26

Wear something
PURPLE

13

How many
sit-ups can you
do in a minute?

20



27

Discover who
invented the
cotton gin

14

Learn about
butterflies



21

World Poetry Day
Compose a poem

28

The daffodil
is the national
flower of
Wales.



1

National
Peanut Butter
Lover's Day

2

Read a book for
20 minutes



8

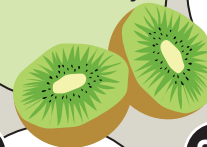


9

Popcorn
Lover's
Day

16

Eat kiwi fruit today



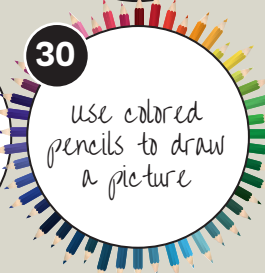
23

National
Puppy Day



30

use colored
pencils to draw
a picture



3

World Wildlife Day



10

Drink plenty
of water



17

Saint Patrick's Day

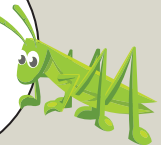
24

Leave a
**THANK
YOU**
note in your empty
lunchbox



31

Name 5 insects
that jump



4

Read
1 Corinthians
6:19-20

11

Read
3 John 1:2

18

Read
Proverbs 17:22

25

Read
Proverbs 4:20-22