




March 2021 CACFF Enrichment Activities


Monday

1
Learn about the World!
Molly and Sam will guide you to meet local musicians, learn how to finger paint, and taste tamales and break open a piñata in Mexico! 


8
Learn about Nutrition!
Do you like drinking water? Peter tells Maria all the amazing water facts, and why it is important to drink water! 


15
Learn about the World!
Have you ever seen a glowworms? Follow TJ and Tristan to New Zealand. Have a both ride through the dark caves and find out! 


22
Learn about Nutrition!
Last month, we learned what happens if we eat too much sugar. Maria will teach you just how much sugar is in soda! 


29
Learn about the World!
Today, India celebrates a festival of color, Holi! Let's go to India, visit Lotus Blossom Temple, and enjoy Holi with Holi dance! 


Tuesday

2
Let's Learn Science!
Sun is important source of energy. Jessi and Squeaks will use the power of the sun to have a cool science experiment! 


9
Let's Sing Along!
You don't like to eat vegetables? That's okay! Sing along this song and you will start to like eating veggies! It is fun to eat vegetables! 


16
Let's Learn Science!
Lions are amazing animals, they strong and fast! Discover some of the cool facts about where they live and daily habits! 


23
Let's Sing Along!
Do you like cooking? Listen and sing along the Cooking Song to learn how to cook safely and fun! Soon you will be an expert! 

30
Let's Learn Science!
Cats are adorable pets! They are cute, but also mysterious. Find out more about fun facts about cats and their habits! 


Wednesday

3
Learn about Nutrition!
Are you curious about what types of vitamins and minerals each fruit has? Find out more about fun facts about various fruits! 


10
Learn about the World!
Have you ever seen a pink dolphin? Jessica and Jake will go to Amazon river in Brazil to swim along with the pink dolphins! 


17
Let's Sing Along!
Do you have wobbly tooth and scared to go to dentist? Don't worry. Singing Wobbly Tooth Song will help you go through this together! 


24
Virtual Field Trip of the Month!
Visit Goldenrust Farm near Dover, Minnesota. Meet farmer Jessica and her chickens, cattle, pigs, and sheep!!


31
Time for Arts!
What is your favorite season? Write the name of the each seasons and color the all four seasons! You can make it as a placemat too! 

Thursday


4
Time for Arts!
It is a color by number race car! Color the each part according to the numbers. Soon it will reveal a new awesome race car! 


11
Let's Learn Science!
Do you like collecting pennies? Jessi knows a really cool science trick to clean up old pennies and make it shine like a new one! 


18
Time for Arts!
Camping is fun, sleeping in a tent, the marshmallows, and the campfire! Let's go camping and color some sweet camping sweets! 

25
Learn about Nutrition!
Superfood to the rescue! You can do much more with pumpkins than Halloween and Thanksgiving. They are tasty, and food for you! 

Friday

5
Let's Learn Science!
The weather is getting warmer! Mya will teach you how to make your own thermometer at home with your favorite color! 

12
Let's Move!
Why do we exercise? Peter will tell Chris to tell why exercising is important. It can be both easy and fun! 

19
Let's Learn Science!
Do you like painting but you ran out of it? Don't worry. Jessi and Squeaks will teach you how to make your own water colors at home! 

26
Let's Move!
Did you know breathing is also one of the important part of exercise? Dee and her friends will teach you how to breath to help you relax! 