

2023

Child Abuse Prevention Toolkit

Wyoming



2023 Child Abuse Prevention Yearly Toolkit



The 2023 yearly toolkit has an activity for families and children to do each day, for the next year and each month has their own theme!

January: Snowmageddon

February: All About Love

March: Crafts

April: Outer Space

May: Gardening

June: Animals

July: Water

August: Back to School

September: Fall

October: Take a Photo Challenge

November: Give Thanks

December: Winter Wonderland

We invite you to participate in activities that interest you and are easily accessible. We want to join with you to promote child welfare across our state.

Prevent Child Abuse Wyoming, affiliates, and stakeholders want to work on promoting child welfare every day, not just in April. Children and families are our greatest asset and we want you to have access to resources to be successful. Together we can prepare children to grow into thriving members of our communities.

Each family is unique, but all parents and caregivers need support sometimes. We can all help by providing children with positive experiences, and families the resources they need, when they need them.

We proactively call out inequity and injustice and work to create the conditions for safe, stable, and nurturing spaces. All children and families thrive when communities focus on addressing root causes that lead to health and social inequities.

Policies and services that put families first strengthen all of us during times of uncertainty or increased stress. Working together, we can relieve some of the overload that parents experience and allow them the freedom to focus on caring for themselves and their kids.

We hope that you will join us in spreading awareness about child abuse prevention every day this year. Included in this toolkit are ways to get involved with Child Abuse Prevention throughout 2023!

We encourage you to post to social media with **#WYKidsMatter** for every activity you participate in!

January 2023 Activity Calendar

For all of our awareness events, we encourage you to post photos of yourself participating in each event on social media using #WYKidsMatter

January 1: Frozen Bubbles!

What you'll need: Glycerin, liquid dishwashing soap, a bubble wand, freezing weather.

Step 1: Stir a drop of glycerin into a small dish of dishwashing soap.

Step 2: Use the bubble wand to blow a few bubbles indoors to make sure the bubble solution works.

Step 3: Dress warm! Take the bubble solution and wand outside into the freezing air. Use the bubble wand to blow bubbles.

Step 4: Let some bubbles fall to the ground. Pop some bubbles as they fall. Watch what happens!



January 2: Study Snowflakes!

Watch the video to learn more about snowflakes:

<https://www.youtube.com/watch?v=-M48RfaWcWA&t=2s>



January 3: Weigh Snow!

Measure one cup of snow and one cup of water. Which one weighs more? Why?

January 4: Waterproof a Boot!

Print off the rain boot image below (see fig. 1) and color it! Then grab different materials from around the house such as aluminum foil, wax paper, sticky notes, plastic wrap, and whatever you can find! Tape them to the coloring page and drop water onto the material.

January 5: Erupt a Snow Volcano!

What you'll need: Snow, baking soda, warm water, dish soap, vinegar, red food dye, tall cup or plastic bottle

In a tall cup or plastic bottle, add 1 TBSP of dish soap. Fill halfway with baking soda, and mix in ¼ cup of warm water. If you use a bottle with



a more narrow opening, you may get your lava to shoot up a bit into the air so watch out! Add several drops of red food coloring in the cup. Place the cup in the snow and move the snow to build a volcano around the cup. You want to pack the snow right up to the cup and make sure you can't see the cup. Leave a hole in the top for the lava to come out! Now pour the vinegar in the hole at the top of the volcano and watch it erupt (the more vinegar, the bigger the eruption)!

January 6: Snowball Fight!

January 7: Make an Igloo!



January 8: Measure the Water Content!

Fill two clear cups with different amounts of snow. Mark with a sharpie or marker where the snow level reaches. Guess how much water will fill the cup when it melts and after it melts see how much water is in the cup. Were you right?

January 9: Make Snow Cones!

Get a cup of snow and some flavored syrup and enjoy!

January 10: Make Snow Angels!



January 11: Mr. Potato Head Snowballs!

All you need for these is the accessories from a Mr. Potato Head toy and some snow. Roll a ball of snow and decorate with your accessories.

January 12: Cookie Cutter Snow!

What you'll need: Snow, food coloring, water, dropper, small bowl, 2 baking sheets, cookie cutters.

Step 1: Set up your colored water in separate bowls for painting with any food coloring colors you would like.

Step 2: Go gather some snow and put it onto your baking sheet. *The secret to making your snow last inside without melting is packing a lot of snow onto the baking sheet.

Step 3: Grab your cookie cutters in any shape/size you would like and get to shaping! After they are shaped, take your dropper or syringe and start painting your snow cookies.

Step 4: Once the snow starts melting and the baking sheet is full of water and food coloring, rinse it all down the sink and start fresh with different colors and cookie cutter shapes!

January 13: Go Sledding!

January 14: Enjoy Some Hot Cocoa Inside!

January 15: Food Coloring Melting Ice!

Fill some containers with water and let them freeze overnight. When you take them out, sprinkle some salt on them. Adding food coloring. Watch as it highlights the tunnels and crevasses made from the salt. Visit: <https://www.youtube.com/watch?v=Em8UcMYxYos>



January 16: Paint the Snow!

What you'll need: Liquid food coloring, spray bottles, small plastic bowl and assorted paint brushes.

Visit for further instructions:
<https://www.thespruce.com/do-snow-painting-1449262>

January 17: Create Colorful Icicles!

This easy one step activity is so fun! All you need is food coloring and to find some icicles. Drop the food coloring at the top of the icicles and watch it drip down, coloring the entire icicle!



January 18: Snow Counting

Using a baking sheet packed with snow, get some numbers and have your little one poke holes per the number. If you want to get creative, get pom poms or food coloring and allow them to do it that way!



January 19: “Snow” Castles!

What you'll need: Water, food coloring, spray bottle, 2 plastic cups, gloves, and snow.

To begin making these fun snow castles, start by selecting your food coloring colors. Fill up your bottle with water and food coloring drops. Put the lid on tightly and shake well. Take your cups and scoop snow into them. Put on your gloves and pack the snow into the cup. Next, take the bottles and squeeze out the colored water into the cups. A great way to ensure you get enough coloring into the snow is inserting the tip of the bottle into the snow cup and squirting it down towards the bottom. Watch what happens!

January 20: Create Rainbow Ice Towers!

Watch this video for instructions: <https://www.youtube.com/watch?v=OCwG4O-p3nl>

January 21: Treasure Hunt!

Toss toys into the fluffy snow and use “tools” to find them and dig them out

January 22: Stick and Pinecone Tic-Tac-Toe

Draw a tic-tac-toe board in flat snow. Use sticks as X's and pinecones as O's.

January 23: Pin the Smile on the Snowman!

Build a snowman and take turns putting the stick/ “smile” on the snowman without looking.

January 24: Look for Animal Tracks!

If there is fresh snow, go outside and look for animal tracks on sidewalks, greenbelts, and streets. Are there any that you recognize?

January 25: Build a Snowpet!

Do not forget your gloves!

January 26: Snow Shapes

Similar to January 12th activity, you will need a baking sheet, snow, and cookie cutters except this time we are practicing our shapes instead of just enjoying the sensory activity! Get different shaped cookie cutters and either quiz your child or have them practice their shapes.

January 27: Marshmallow Snowman!

What you'll need: Colored paper, mini marshmallows, glue, and a marker or pen.

Glue the marshmallows in three circles to create a marshmallow man. See figure 2 as a demonstration!

January 28: What Melts Snow Faster?

Use a muffin pan. Put balls of snow/ice into each muffin hole. Using hot water, sugar, salt, and cold water to see which melts the snow quicker!

January 29: Make Paper Snowflakes!

Fold a piece of paper in half. Use scissors, with the help of an adult, to cut pieces out of the paper. When finished, color it and open it. Hang it up on your wall!



January 30: Hot Water Evaporation!

CAUTION: Parent lead due to risk of injury!

In freezing temperatures, take a pot of boiling hot water and throw it into the air. Watch the evaporation show! Youtube is full of examples. Be careful if there is wind. Be sure not to burn yourself!

January 31: Snow TyeDye!

Fill plastic water bottles with lukewarm water and food coloring. Poke a small hole in the lid of the bottles. Go outside in the snow and use the plastic bottles to spray the water and color the snow!

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Frozen Bubbles	2 Study Snowflakes	3 Weigh and Compare Snow	4 Waterproof a boat	5 Erupt a Snow Volcano	6 Snowball Fights	7 Build an Igloo
8 Measure the Water Content	9 Make Snowcones	10 Make Snow Angels	11 Mr. Potato Head Snowballs	12 Cookie Cutter Snow	13 Go Sledding	14 Enjoy some Hot Cocoa Inside
15 Food Coloring Melting Ice	16 Paint the Snow	17 Create Colorful Icicles	18 Snow Counting	19 "Snow" Castles	20 Create Rainbow Ice Towers	21 Treasure Hunt
22 Stick and Pinecone Tic-Tac-Snow	23 Pin the Smile on the Snowman	24 Look for Animal Tracks	25 Build a Snowman	26 Snow Shapes	27 Marshmallow Snowman	28 What Melts Snow Faster
29 Make Paper Snowflakes to Hang	30 How Water Evaporation	31 Snow TyeDye	 <p>WYChildren's TRUST FUND Prevention of Child Abuse & Neglect Wyoming</p>			

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Fig. 1



Fig 2.