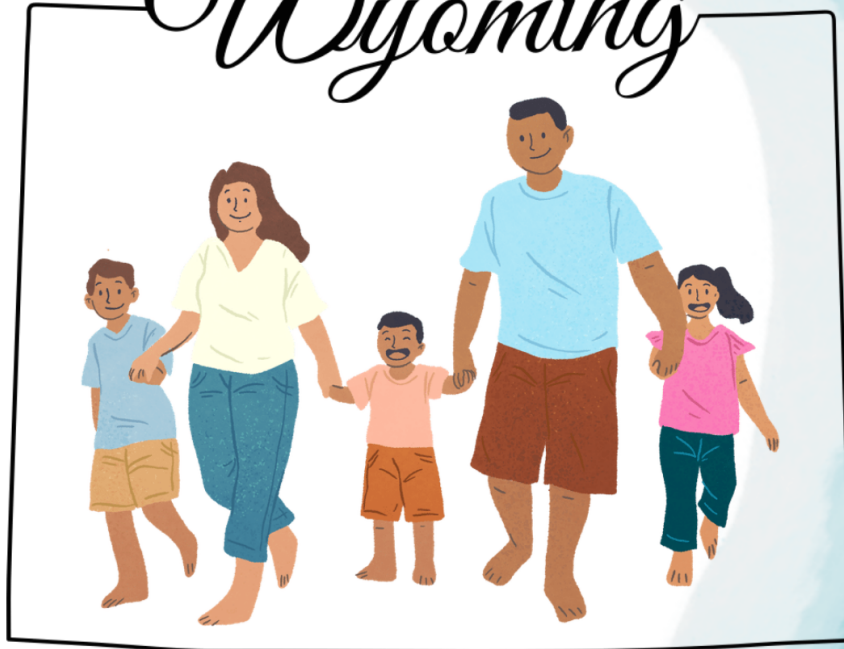


2023

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 CAP throughout 2023!

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

March 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

March 1: National Yellowstone Day!

Complete a word search for National Yellowstone Day! See figure 1 for the word search.

March 2: National Dr. Seuss Day!

What you'll need: Red and White construction paper, paper plates, scissors, glue, and a stapler. Visit for further instruction: www.mamaslikeme.com/easy-dr-seuss-hats/

Step 1: First, prepare to make the hats by cutting large sheets of red construction paper lengthwise into two-inch strips. Older kids can do the cutting themselves. You can also make white strips on a red construction paper background.

Step 2: Cut out the middle circle of a paper plate

Step 3: Show kids how to spread the red stripes parallel to each other on a large sheet of white construction paper. The result should be a red and white stripe effect. Once they are in the right position, glue them to the white paper.

Step 4: After the glue is dry, roll the hat into a cylinder and dit inside the circle of the plate. Staple it in several places.

Step 5: Cut 2 inch slits around the bottom of your paper cylinder and then fold them under the rim of the plate. Staple the ends to the plate.

Step 6: To add optional ties, punch holes in the sides of the plate and thread yarn through to make a string.

March 3: Make Lucky Charm Rice Krispies!

CAUTION: Use of a hot stove is needed for this activity. Parent assistance is advised.

What you'll need: 6 cups Lucky Charms cereal, 10 oz mini marshmallows, 1/4 cup butter (1/2 stick), Extra Lucky Charms marshmallows for garnish.



- Step 1:** In a large saucepan, melt butter on low heat.
- Step 2:** Add mini marshmallows and stir until completely melted
- Step 3:** Remove the pan from the heat
- Step 4:** Add Lucky Charms cereal and stir until well coated.
- Step 5:** Using an oiled spatula, spread the rice krispies into a greased pan
- Step 6:** Top with extra Lucky Charms marshmallows if desired
- Step 7:** Let them cool and then serve.

March 4: Shaving Cream Rainbow!

What you will need: Shaving cream, washable watercolors, containers in desired size, paper plates, paint brushes, cotton balls, scissors, and glue

- Step 1:** Cut your paper plate in half.
- Step 2:** Spray some shaving cream into your container and add a few drops of watercolor to the shaving cream. Then mix. If you want more color feel free to add more!



- Step 3:** Use your paint brush to paint on the colors of the rainbow!
- Step 4:** Use the glue to stick the cotton balls to the bottom of the rainbow

March 5: Paper Cup Frog!

What you'll need: a cup, green paint, pencil, pen, buttons, white pom-poms, green and pink paper, glue, and scissors.

For a video demonstrating the process visit:

<https://www.artycraftykids.com/craft/recycled-frog-craft-kids/>

- Step 1:** Paint the outside of your cup green
- Step 2:** Make two frog eyes; glue two black buttons on top of two white pom-poms

Step 3: Once the paint on the cup is dry, place the cup upside down and glue the eyes to the top

Step 4: Cut your green and pink paper into different circles and shapes. Glue these to the frog's body

Step 5: Cut out froggy feet from the green paper and glue them to the bottom of the cup

Step 6: Use your pink paper to cut out a froggy tongue and glue it to the front of the cup



March 6: M&M Plate Rainbow!

What you'll need: M&Ms, glass or plastic plate, warm water

Step 1: Line the M&Ms up around the edge of the plate

Step 2: Fill your cup with warm water

Step 3: Slowly pour the warm water in the middle of the circle and watch what happens!



March 7: National Flapjack Day!

Grab your favorite toppings and decorate a pancake!

March 8: Salt 4 Leaf Clover!

What you'll need: White glue, cardstock, salt, eye dropper, green liquid watercolor paint OR water with green food dye

Step 1: An adult will draw shamrock shapes on a piece of cardstock paper or a paper plate using glue. Older children may be able to do this step independently.

Step 2: Put the cardstock in a box lid or rimmed tray. Invite children to pinch a bit of salt to sprinkle over the wet glue. Repeat until all of the glue is covered.

Step 3: Gently lift the cardstock. Shake from side to side so any loose salt will adhere to any remaining glue. Then shake the salt down into the tray or lid. You can pour this salt back into a container for another activity

Step 4: Put green liquid watercolor paint in a shallow container. Alternatively, you can add a bit of green food coloring to water in the place of the liquid watercolor paint. Demonstrate to the children how to use the eye droppers if this is a new technique for them.

Step 5: Allow the kids to drip a drop of green coloring at a time on the salted glue shamrocks. This process is so visually appealing as the color is absorbed into the salt!

March 9: Cotton Ball Sheep!

What you'll need: White and black paper, glue, cotton balls

Step 1: Cut a piece of white paper into a circle

Step 2: Put glue all over the circle

Step 3: Stick on cotton balls so the paper is covered

Step 4: Cut sheep legs and a head from the black paper and glue on top of the cotton balls

Step 5: Cut small white circles out for the eyes and glue them onto the head.



March 10: National Mario Day!

What you'll need: 1 large white paper plate, 1 black sheet of construction paper, 1 white sheet of construction paper, black paint, paint brush, scissors, glue stick, and red crayon

Step 1: Cut out the inside rim of each plate

Step 2: Paint the rim of the plate black and let it dry

Step 3: Cut out 4 strips of black construction paper

Step 4: When dry, flip the plate over and glue the strips of black paper. One horizontally and one vertically

Step 5: Cut out a circle from the white paper

Step 6: Use your red crayon to draw a big M in the middle of the circle

Step 7: Glue your white paper to the front of the black strips, in the middle



March 11: Dream Day!

Make a dreamcatcher!

What you'll need: Paper plate, yarn, paint, paintbrush, pony beads, feathers, glitter, glue, scissors, and a hole puncher

Step 1: Cut the middle out of the plate

Step 2: Paint the plate

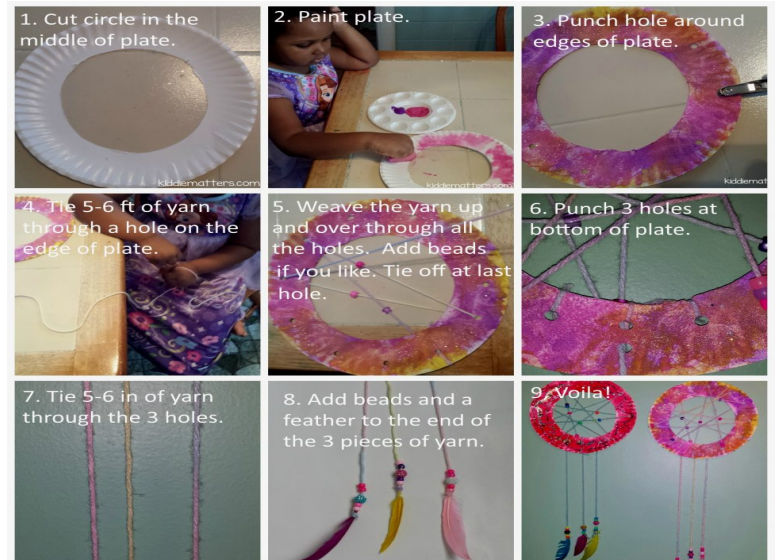
Step 3: Punch holes around the edge of the plate

Step 4: Feed the yard through the holes of the plate, creating a pattern

Step 5: Punch 3 holes at the bottom of the plate

Step 6: Thread some extra yarm through these holes so it dangles from the plate

Step 7: Add beads and feathers to the bottom of the yarn



March 12: Girl Scouts Day!

Paper plate Samoa!

What you'll need: Paper plate, gold paint, paintbrush, brown construction paper, glue, scissors, googly eyes, white/pink paint

Step 1: Paint the plate completely gold. This is the caramel.

Step 2: Once dry, cut the brown paper into thin strips.

This is the chocolate drizzle

Step 3: Glue them to the pain



Step 4: Glue on your googly eyes and paint a white smile on

Step 5: Let dry completely

March 13: Jewel Day!

Make a bead bracelet!

What you'll need: elastic bead cord/string and beads

Step 1: Measure your wrist with your string and cut it. It needs to be long enough to add the beads and tie it.

Step 2: Pick your beads and what pattern you want

Step 3: Tie a knot at the end of the string and begin threading the beads onto the string

Step 4: Tie another knot at the other end and tie it onto your wrist

March 14: National Pie Day (3.14)!

Find your favorite pie recipe and bake a pie! Adult supervision is advised.

March 15: Butterfly Day!

What you'll need: a coffee filter, markers, a clothespin, scissors, glue, and a pipe cleaner

Step 1: Color your coffee filter

Step 2: Scrunch up your coffee filter for more effect and then pinch it in the middle

Step 3: Place the clothespin in the middle, where your filter is pinched

Step 4: Cut your pipe cleaner into two small antenna and glue it to the top of the clothespin



March 16: Hand Four Leaf Clover!

What you'll need: washable green paint, paintbrush, green construction paper, scissors, glue

Step 1: Cut four heart shapes out of your green paper.

The hearts should be larger than the child's hand

Step 2: Paint green paint on the child's hand and stick it down in the middle of the heart. Repeat for all 4 hearts.

Step 3: When dry, arrange the hearts so the bottoms are all touching or overlapping in the middle. Like a 4 leaf clover.

Step 4: Glue the back of them together in this shape

Step 5: Cut out a stem and glue it to the back



March 17: Saint Patrick's Day!

Color rainbow and gold. See Fig.2 to print off and color the sheet.

March 18: Backyard Day!

Paint rocks!

What you'll need: paint, paintbrush, paper plate, cup, water, paper towel, and rocks

Step 1: Squeeze some paint onto your paper plate and fill your cup with some water

Step 2: Use your paintbrush to paint the rocks. Use any design you want!

Step 3: When switching between colors, swirl your paintbrush in the water to get extra paint off and wipe it on a paper towel

Step 4: Let dry and display your rocks in your room or your yard!



March 19: Very Hungry Caterpillar!

What you'll need: a clothespin, pom poms, small googly eyes, and glue

Step 1: Glue the pom poms onto the top of the clothespin. Do any color pattern you want!

Step 2: On the last pom pom, glue the googly eyes on.

For a demonstration video: www.youtube.com/watch?v=g7sRDOYuQlc&t=25s

March 20: Flour Day!

What you'll need: 4 cups of flour, 1 cup of salt, 1.5 cups of warm water, parchment paper, medium mixing bowl, rolling pin, mixing spoon, and cutting board

Step 1: Mix salt and flour together in a mixing bowl, then slowly add the warm water. Mix thoroughly with a mixing spoon.

Step 2: Add more water if necessary. The dough should be pliable but not too sticky. I use my hands to finish kneading the dough so I can feel how pliable it is.

Step 3: Roll your salt dough clay out on parchment paper, otherwise it may stick to the surface.

Step 4: Leave your salt dough clay on the parchment paper and start your craft. If you have several crafters working at once, lay down a square of parchment paper for them to work on with their dough.

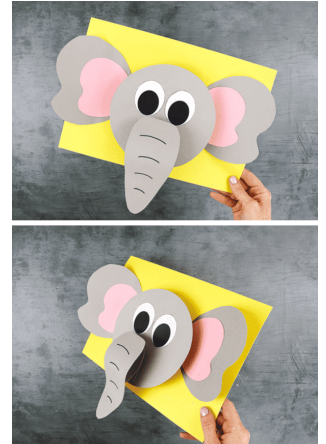
March 21: 3-D Day!

3D Paper Elephant!

What you'll need: colored paper (1 background color, 2 gray, 1 pink, 1 white), scissors, glue, and a black pen

Follow this video:

<https://www.artycraftykids.com/craft/3d-paper-elephant-craft/>



March 22: National Goof Off Day!

You pick an activity for today!

March 23: National Puppy Day!

What you'll need: 1 light brown paper bag (lunch bag size) – *You can find these just about anywhere, including the grocery store*, 1 sheet pink construction paper, 1 sheet white construction paper, 1 sheet brown construction paper, 1 sheet black construction paper (or a black Sharpie), glue stick, and scissors.

Step 1: See fig. 3 for the template sheet. Cut out shapes #1 through #5 from the template sheet. Using the templates, trace two ears and one tail onto brown construction paper, one belly and one face stripe onto white, one tongue onto pink. Cut out shapes. Optional – cut two small circles and one triangle (with round corners) from the black construction paper for the eyes and nose.



Step 2: Fold under lower corners of bag's flattened bottom and glue. (*This is optional. We chose to skip this step when working with the little ones.*)

Step 3: Glue shapes in place as shown below, securing tongue under face and tail to the back of bag.

March 24: Raisin Day!

Dancing raisins; What you'll need: unopened bottle of sprite, raisins, and a glass

Step 1: Fill your glass about $\frac{3}{4}$ the way with sprite

Step 2: Drop the raisins in. You can either do one at a time or a couple at a time but do not put more than 10 in at once.

Step 3: Watch the raisins jump up and down!

March 25: National Waffle Day!

Get your favorite toppings and decorate a waffle!



March 26: World Purple Day!

Purple Minion Bookmark.

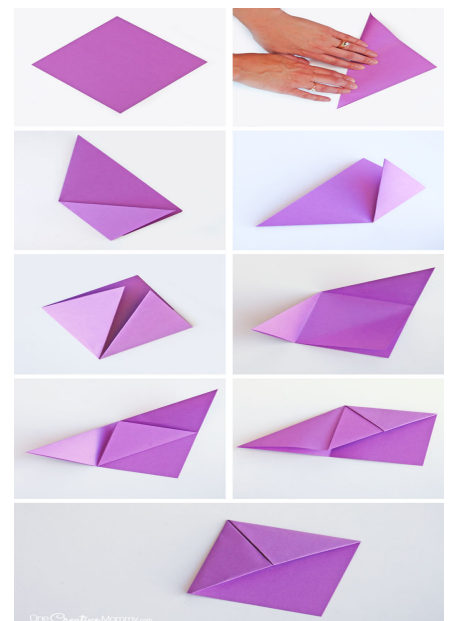
What you'll need: Purple paper (cut into 6" x 6" squares), white paper, black paper, purple marker, black marker, silver marker, white marker or pen, glue

Step 1: Fold the 6"x6" square into a triangle

Step 2: Fold corners of the triangle (along the fold) down to the tip of the triangle.

Step 3: Unfold the corners and fold one side of the tip of the triangle up toward the first fold from step 1.

Step 4: Fold the corners back down and tuck them under the small triangle



Now it's time to decorate! Let's create the eye (or eyes). The single eye can be fairly large. If you want your Minion to have two eyes, make the eyes slightly smaller.

Step 1: Cut a circle (or circles), and draw a small black dot in the center.

Step 2: Outline the black dot with the purple marker.

Step 3: Highlight the pupil with a white marker.

Step 4: Trace the eye onto a small piece of purple paper. Cut out the circle and cut it in half. Glue the half circle on top of the eyeball.

Step 5: Outline the eye and eyelid with a silver marker

Step 6: Cut a thin strip of the black paper to make a goggle band. Glue it to the top of the bookmark and overlap it to the back.

Step 7: Glue on the eye

Step 8: Make your teeth with the white marker just below the eyeball



March 27: National Scribble Day!

What you'll need: white paper, black paper, scissors, black marker, crayons, and glue

Step 1: Use the black marker to make a swirly scribble all over your white paper

Step 2: Color in the shapes made through your scribbles

Step 3: Cut out the outline of your scribble

Step 4: Glue it to your black piece of paper and hang it up!

March 28: National Something On A Stick Day!

Superhero Sticks!

What you'll need: markers, craft sticks/popsicle sticks, white paper, skin colored paper, colored paper for a cape pens, and glue



Step 1: Design and color your superhero mask and badge using white paper and markers. Make sure they are small enough to fit on the face and stick!

Step 2: Cut out a shape for the head using the skin colored paper and glue your mask to it. Make sure to include eyes and a mouth!

Step 3: Glue the heads and badges to a craft stick

Step 4: If you want to add a cape, cut out a cape and glue it to the back of the stick

March 29: National Mermaid Day!

For a video demonstration on, visit this website

<https://kidsactivitiesblog.com/64067/salt-art-process-art/>

March 30: National Pencil Day!

Pencil Topper Day!

Go to this website and pick which topper you want to make! Click on the orange title to find instructions on that topper. artsycraftsymom.com/diy-pencil-toppers-for-kids/

March 31: National Crayon Day!

Monogram Melted Crayon Art!

CAUTION: This craft involves heat. Parent assistance is advised!

What you'll need: white canvas board, lots of crayons – the cheaper the better, newspaper, duct tape, letter cutout, sharpener, and the oven or a heat gun

Step 1: Line your work area with old newspapers.

Step 2: On the canvas board, make your letter of choice by lining duct tape or washi tapes. For the first & second canvas, we used a washi tape to make a P. Cut small strips to make curved surfaces. For the third canvas, we used a cutout of a paper monogram and stuck it using a glue stick.

Step 3: Remove all the wrappers from the crayons, Get the kids to use a sharpener or a grate to make lots of crayon shavings. You can stick to warm colors like in the first

frame, mix and match like in the second canvas or use powdered crayon shavings arranged row wise in rainbow colors.

Step 4: Once your canvas is covered, use a hot gun at low setting and carefully heat the crayon bits. Be careful as they melt really fast. Heat them just enough so that tiny blobs of color are formed. Alternatively, you can just pop the canvas into a microwave oven for 10 seconds. If you mix the colors too much, the darker colors overpower the lighter ones and make one gooey mess. A beautiful mess, but still a mess!



MARCH 2023



#WYKIDSMATTER

			1 National Yellowstone Day	2 Dr. Seuss Day	3 Lucky Charms Rice Krispies	4 Shaving Cream Rainbows
5 Paper Cup Frog	6 M&M Plate Rainbow	7 National Flapjack Day	8 Salt Four-Leaf Clover	9 Cotton Ball Sheep	10 National Mario Day	11 Dream Day
12 Girl Scouts Day	13 Jewel Day	14 National Pie Day	15 Butterfly Day	16 Hand Four-Leaf Clover	17 St. Patrick's Day	18 Paint Rocks Backyard Day
19 Very Hungry Caterpillar	20 National Four Day	21 National 3-D Day	22 National Good-Off Day	23 National Puppy Day	24 National Raisin Day	25 National Waffle Day
26 World Purple Day	27 National Scribble Day	28 Something on a Stick Day	29 National Mermaid Day	30 National Pencil Day	31 National Crayon Day	



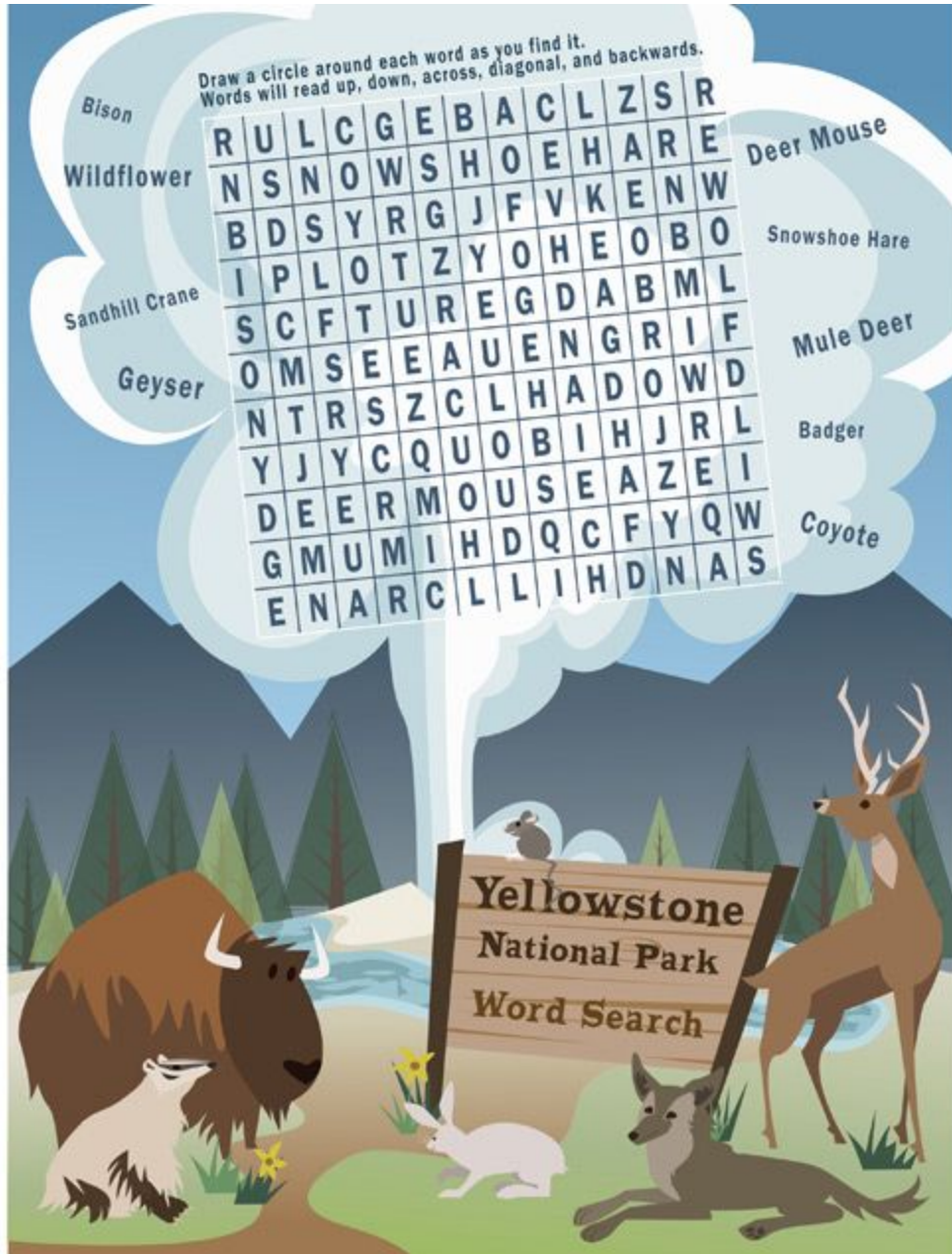


Fig. 1

St. Patrick's Day

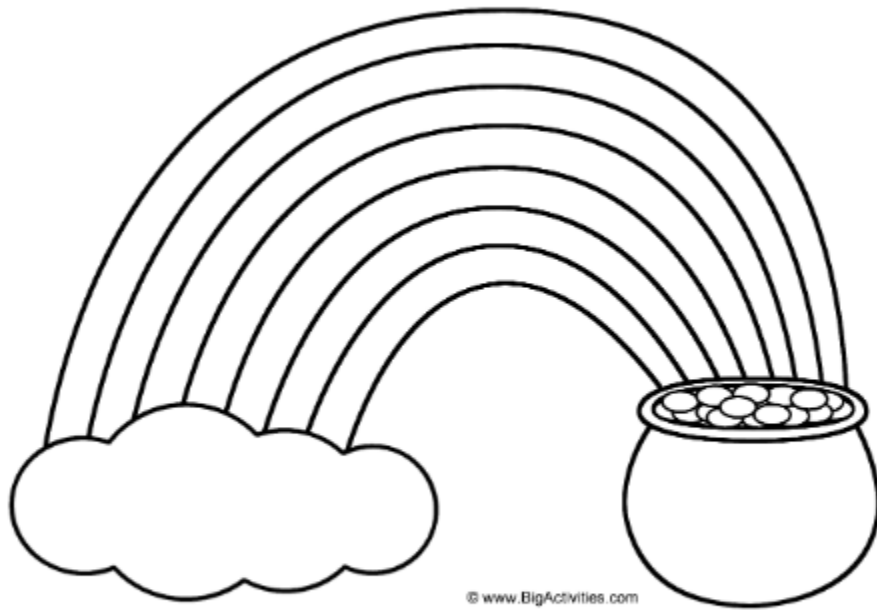


Fig. 2

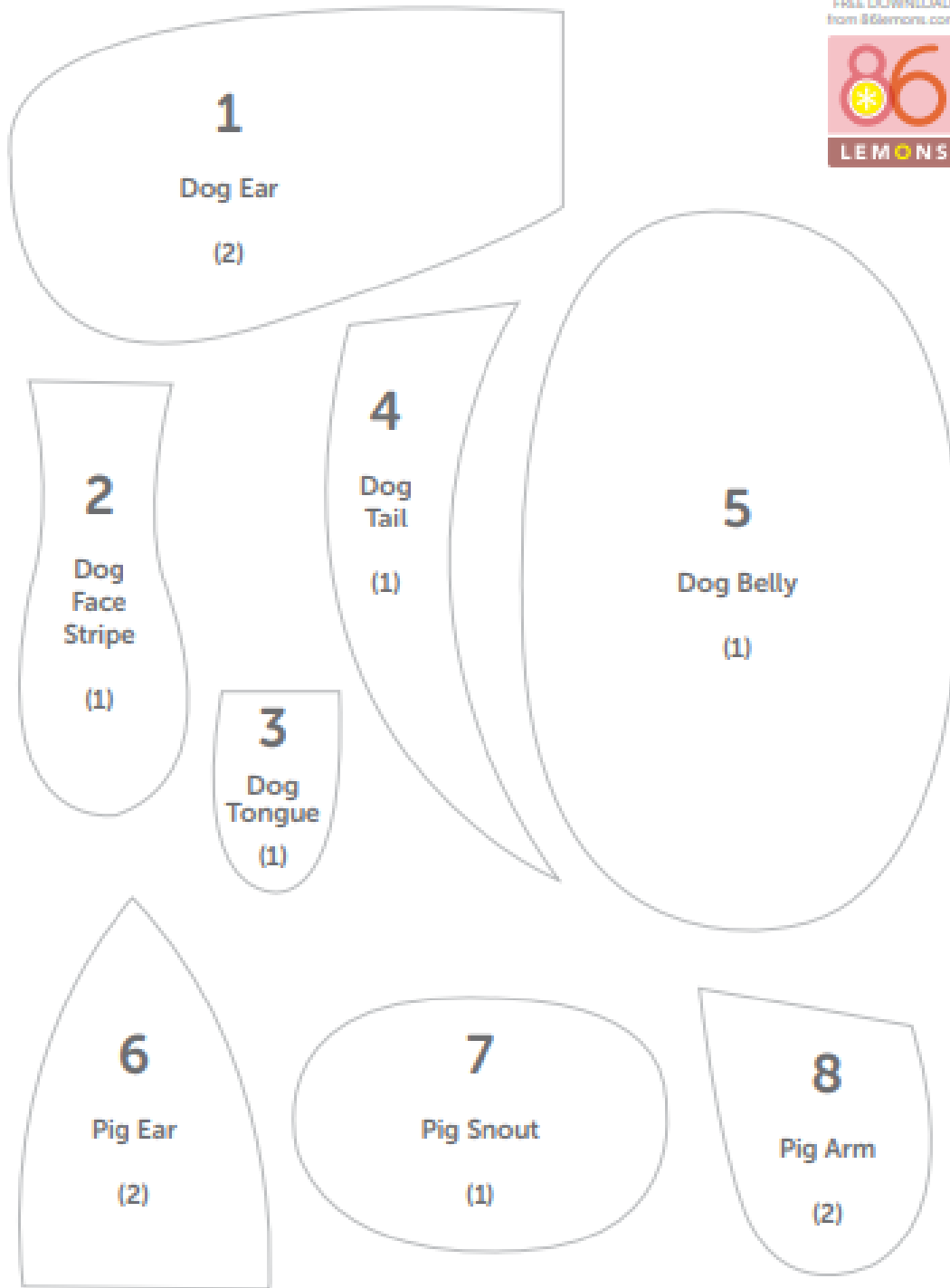


Fig. 3