

Programs Resource Guide - March 2024

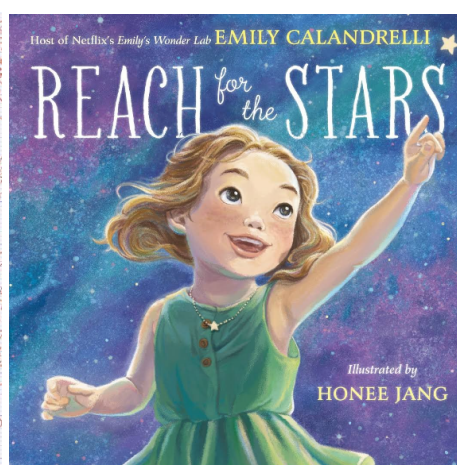
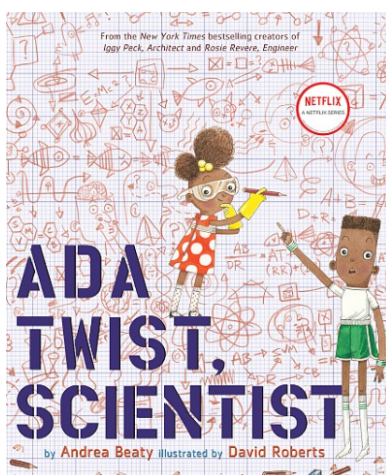
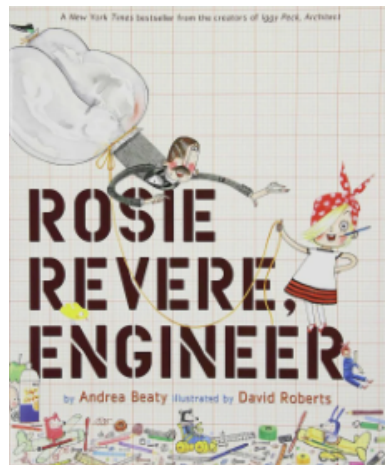
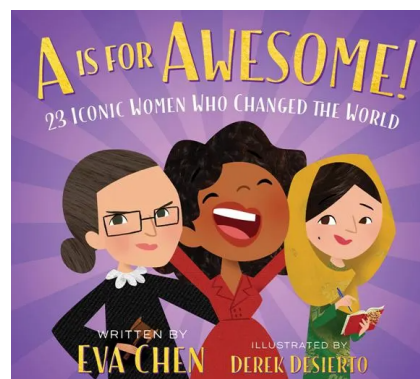
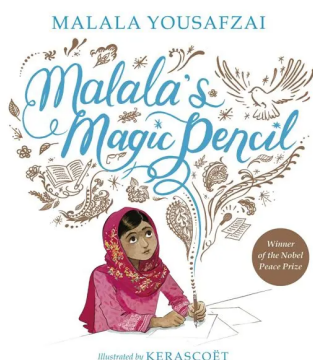
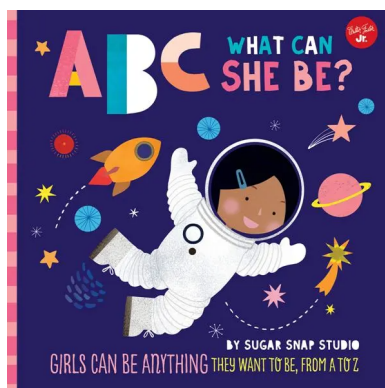
March 8th- International Women's Day

What is International Women's Day?

International women's day is a day to celebrate and recognize the contributions of women and to continue to conversations on equal rights.

How to bring International Women's Day into programs:

- Read stories that counter gender stereotypes and showcase girls and women doing important things.



- Check your classroom for signs of gender stereotyping, including:
 - People figures in 'helping' professions are represented by various people
 - Books represent women and girls in various roles and identities

- Ensure children are able to explore various roles and classroom areas—for example, girls are able to explore risk play, and construction, and boys are able to explore the home area, and doll play.

March 10th – Ramadan Begins

What is Ramadan?

Ramadan is the ninth month of the Islamic calendar. It is considered one of the holiest months. Muslims believe that some of the first verses of the Qu'ran were revealed to the Prophet Muhammed 'peace be upon him' during the month of Ramadan. Observing Ramadan requires that Muslims be mindful of their faith and participate in specific rituals of fasting, prayer, and charity.

When is Ramadan?

Ramadan falls on the 9th month of the Islamic calendar, with the holiday starting at the beginning of the month and lasting until the end of the month. Dates may vary due to the differences between the Islamic calendar and the Gregorian calendar, but in 2024 Ramadan is predicted to start on Sunday, March 10th and last until Tuesday, April 9th. The end of the month marks that Ramadan is over and brings about Eid al-Fitr, which is an important Islamic festival celebrating the end of Ramadan.

How to Bring Ramadan into Programs:

- Wish Muslim families and staff members “Ramadan Mubarak” or “Happy Ramadan”
- Ask families who celebrate Ramadan about their traditions.
- It's important to be aware of children, parents, or colleagues who may be fasting. Be sensitive that sleeping patterns may be disturbed, and colleagues or parents may be hungry as a result of fasting.

Read about Ramadan:



Countdown the days of Ramadan leading up to Eid-al-Fitr:



March 21st- World Down Syndrome Day

From the Canadian Down Syndrome Association

What is Down Syndrome?

“Down syndrome is a naturally occurring chromosomal arrangement that has always existed and is universal across racial, gender, and socio-economic lines. One in every 781 babies born in Canada has Down syndrome. Down syndrome is associated with chromosome 21 and there are three types: Trisomy 21, Translocation, and Mosaicism.”

What is World Down Syndrome Day and Why is it Important?

“On March 21st, we celebrate World Down Syndrome Day by advocating for the rights, inclusion, and well-being of people with Down syndrome around the world.

This year, Down Syndrome International has chosen the theme With Us, Not For Us. A reminder to the entire community that people with Down syndrome need to be a part of the work being done to secure them the same rights and opportunities as everyone else.”
#NothingWithUsWithoutUs

How can you show your support for World Down Syndrome Day?

- Wear mis-matched or funky socks to start a conversation about Down Syndrome awareness and advocacy.



March 24th- Holi

What is Holi?

[Holi](#) is an Indian celebration and is often called “Festival of Love”. This festival holds religious values for Hindus and is celebrated with a lot of colour and vibrancy. Holi is celebrated on the last full moon in the lunar month of Phalguna.

How is Holi Celebrated?

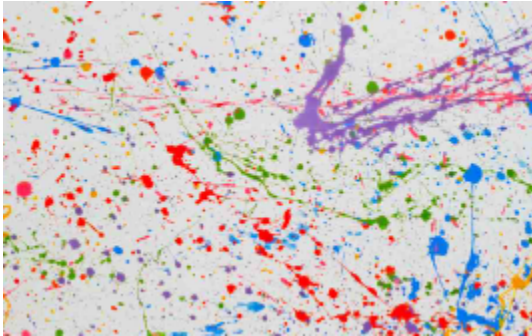
Many communities in India celebrate Holi by throwing coloured powder on one another in a joyous celebration.

How to bring Holi into programs:

Create a colourful sensory bin: use coloured sand, pompoms or colourful aquarium gravel to create a bright sensory bin for children to explore.



Do splatter or marble painting. Allow the children to explore bursts of colour by setting up splatter or marble painting provocations.



Make powder paint to be used indoor or outdoors (as chalk). Used a 1:1 ratio of cornstarch and water with food dye.

March 31st- Easter

What is Easter?

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. The holiday concludes the “Passion of Christ,” a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus’ Last Supper with his 12 Apostles, also known as “Maundy Thursday”), Good Friday (on which Jesus’ crucifixion is observed) and Easter Sunday.

Although this is one of the most significant religious holidays within the Christian faith, many family celebrations surrounding Easter date back to pagan times. In fact, “it’s believed that eggs represented fertility and birth in certain pagan traditions that pre-date Christianity. Egg decorating may have become part of the Easter celebration in a nod to the religious significance of Easter, i.e., Jesus’ resurrection or re-birth”.

How to bring Easter into programs:

Decorate Easter Eggs- Shaving Cream Method:

There are various ways to dye Easter eggs. Some are more child friendly than others. Consider placing eggs (hard-boiled, or artificial) in shaving cream with food colouring. Allow the children to get messy while they decorate eggs.



Decorate Easter Eggs- Paint:

Allow children to get creative and paint the eggs in whatever way they see fit. Artificial eggs (available at the dollar store) may be best for this activity.



Create an Easter Sensory Bin:

Allow children to “hunt” for eggs in an Easter sensory bin. Use Easter grass and artificial eggs to create an enjoyable sensory experience for children.



Additional Resources:

<https://www.history.com/topics/holidays/history-of-easter>