



Hello everyone to the 20th edition (Week 13), of the NLLB Activities Packet!!!

It's April!!! Officially the 4th month of the year. Wow, can you believe it, already three months down already, I personally hope all of you are having a great year soo far!!

This weeks theme, International Beaver Day!!! Don't ask why, just kinda pick them at random and make them things that may be fun. Cause aren't they just super cute with their teeth and their tails! There is however, as I'm sure you can guess, only soo much beaver stuff to go around, so this isn't going to exactly be a beaver themed Packet, just the general theme.

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Helpful Notes:

Sorry again for the long time viewers, I know the Turtle is recycled, but again, I liked it and it's cute.

Also, kinda stuck page 6 in last minute as a kind of tiller, but I'm thinking I may do something similar every so often... What do you guys think?

Holiday's and Observances

Weekly Observances:

Laugh at Work Week
American Indian Awareness Week
National Library Week
Animal Cruelty/Human Violence Awareness Week
National Coin Week
National Karaoke Week
National Organ/Tissue Donor Awareness Week

Monthly Observances:

World Autism Awareness Month
National Garden Month
National Humor Month
National Poetry Month
Prevention of Cruelty to Animals Month
Stress Awareness Month
Sexual Assault Awareness Month
Scottish-American Heritage Month
National Soft Pretzel Month
National Pet Month
National Pecan Month
Distracted Driving Awareness Month
National Kite Month

Week 8:

Apr 1st:
April Fools' Day, International Fun at Work Day

Apr 2nd:
World Autism Awareness Day, International Children's Book Day, National Peanut Butter and Jelly Day, National Ferret Day

Apr 3rd:
National Find a Rainbow Day, World Party Day

Apr 4th:
National Hug a Newsperson Day, International Carrot Cake Day

Apr 5th:
National Deep Dish Pizza Day, National Dandelion Day

Apr 6th:
National Siamese Cat Day

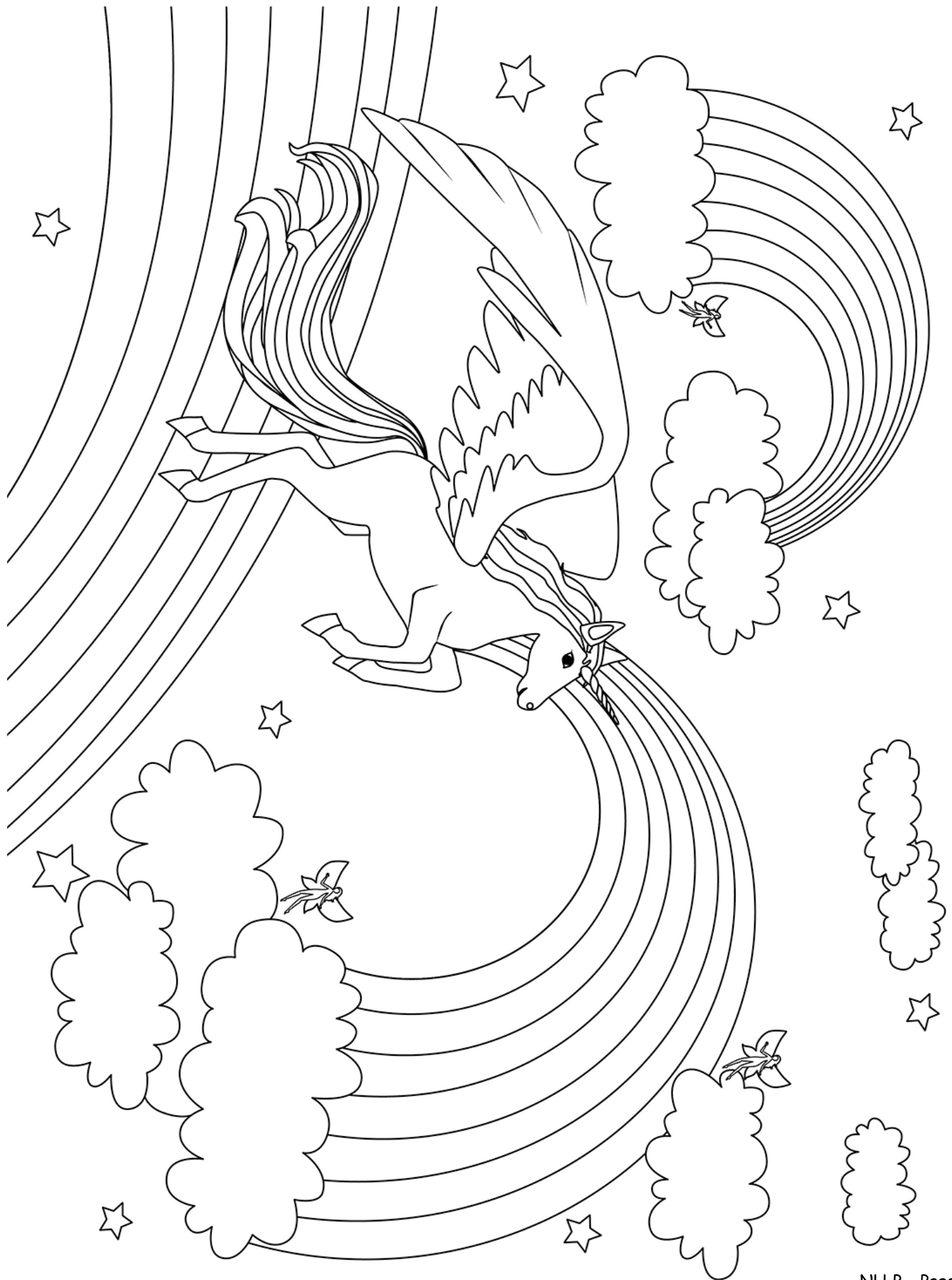
Apr 7th:
National Beer Day, International Beaver Day, National No Housework Day, National Bookmobile Day, National Burrito Day (first Thursday)*

Fun Fact of the Month:

The Gateway to Spring:

April comes from the Latin verb aperire, which means "to open." Many like to believe the name of the month describes the flowers and trees opening at springtime.





Yarn Turtle:

You will need:

3 Mini Popsicle Sticks

1 Sharpie

Hot Glue Gun

Yarn

Directions:

First paint 3 mini popsicle sticks. Once the paint dries draw on a face and some toes. Then hot glued the turtle together.

Now we grabbed our colorful yarn and got weaving.

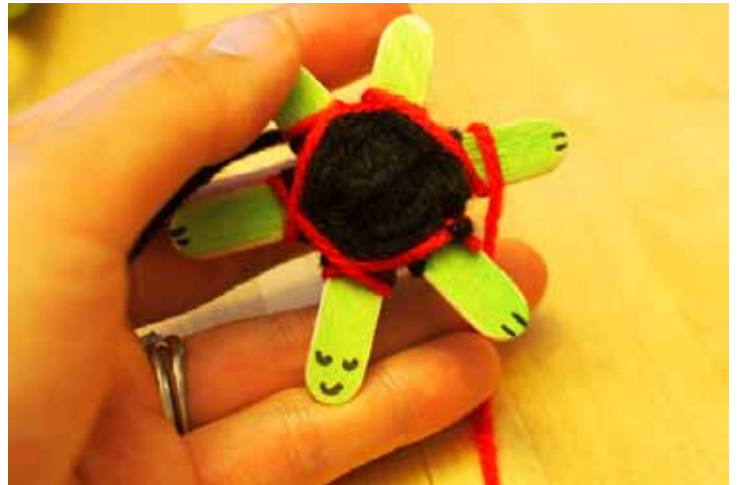
Tie on a piece of long yarn. Make sure to leave a bit of excess yarn so that you can tie the last piece of yarn to the first piece of yarn at the end.

Then, wrap the yarn around your turtle (across the center), making sure to cover the middle portion. (Wrap it around 2-3 times each time.)

Then, begin weaving just like you would with a normal two stick God's eye pattern. Placed your yarn over a popsicle stick, wrap it around once, and then placed your yarn over the next popsicle stick, and wrap it around... and kept repeating that process over and around the turtle

To change colors, simply tie on another piece of yarn.

Once you finish, tie your last piece of yarn to the first piece of yarn.



Health and Wellness

Ok everyone, I've titled this "Health and Wellness" but that's going to be a very loose definition of what this is. But you'll see why I titled it like that in a second.

General Tips:

Remember you're basically a house plant that can move. Remember to drink water throughout the day, and stay fueled up with good stuff, not just junk food.

Remember to do some stretches in the morning, it helps get the blood flowing and is a good and easy way to start the day off. (I know it's kind of cliché saying "it gets the blood flowing" but I always do better in the day if I stretch a bit and do a few jumping jacks, it's amazing the difference it makes.)

Don't forget to take out some "me/you time" throughout the day. A few minutes here and there to collect your thoughts and make some action plans helps the day go smoother, trust me.

Sage Wisdom (From the old guy):

I know it's hard to do, esp in the world today, but try not to stress. The motto I try and live by lately is this...

Don't worry about stressing over anything. If you have the power to change something you will, it may take time, but you can and will change it, so there is no need stressing about something you will change. And if you can't change it, don't stress about it. If you have no power over it, and can't steer it's course, you don't need to stress over it, since you can't do anything about it, you may as well let it run it's course and figure it out then.

Other Misc:

Honestly, idk. Just kinda wanted to fill the page up. But just so you know, if you ever need anyone to talk to and you feel like you have no one, you can always talk to me. I may not know everyone who reads this, but you all matter to me. I'm here if you need to chat, or vent, or just feel like there is no one around you and you feel alone. I'll chit chat with you, and do my best to make time for you. Remember, no matter what you think, you are all important, you all matter. Someone somewhere misses you, someone loves you, someone cares for you. Most people are just horrible at saying it, and I think none of us say it as much as we should. Just know I care for all of you, and you matter to me, no matter what. Don't forget to remind yourself every morning of the good things in life, even if they are hard to see. I'm guilty of not doing this enough myself, and have been trying to remember to do this every morning. It honestly does make a little difference in the day. It may be small, and may be slow, but any movement is progress, remember that, even if it's backwards!

Credits/Notes

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Holidays and Observances

In House

Page 3

Beaver Coloring Page

www.SuperColoring.com

Page 4

Rainbow Coloring Page

www.SuperColoring.com

Page 5

Yarn Turtle

www.PinkStripySocks.com

Pages 6

Health and Wellness

In House

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Credits/Notes

In House

• We're always looking for ideas that we can put in with our activities. If you have any ideas, feel free to e-mail us, we're always here!

• If you're an artist and feel like doing some original doodles/drawings for us we'd love anything you wish to give us, just keep it P.G. of course. If you want to do some for free, awesome! If you want to do some to get paid, we can always talk about that, feel free to e-mail us! Just know we don't really make any money right now, so we don't have much to go around.

• We're always accepting new recipes! If you want to submit a new recipe, head over to our other site, Mr. G's Cookbook, or e-mail them to recipes@mrgscookbook.com.

Shout Out & Special Thanks:

Just a few notes for anyone making it this far.

1) Do you know how hard it is to find a good coloring page of a Beaver?!? The only reason I picked this one was cause of his cute little face. I mean really, look at it!!

2) It is also National Find a Rainbow Day this week as well, hence the Rainbow one complete with Unicorn!