



Alaska kids'
Go Blue
Activity Guide

GO BLUE



Learn more:
alaskachildrenstrust.org/child-abuse-prevention-month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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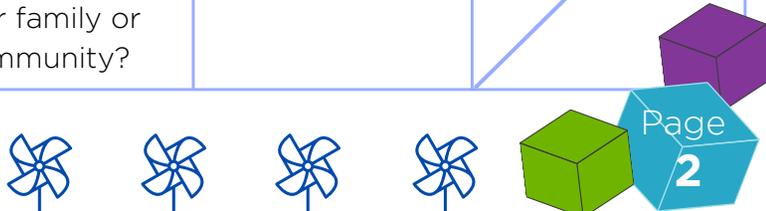
Go Blue: Kids Activity Calendar

April 2023



2. Try an activity from the Go Blue Kids Activity Guide!	3.	4. Talk about it: what is your favorite tradition in your family or community?	5.	6. Talk about it: Where can you go to play where you feel safe?	7.	8. Talk about it: What are you grateful for today? Why?
9. Try an activity from the Go Blue Kids Activity Guide!	10.	11. Talk about it: What is your family's favorite meal to eat together?	12.	13. Talk about it: What activities do you like to do outside in the summer? In the winter?	14.	15. Talk about it: What can you do today to take care of yourself?
16. Try an activity from the Go Blue Kids Activity Guide!	17.	18. Who is an important adult in your life? Write a letter or draw a picture for them!	19.	20. Talk about it: What can you / did you do to make someone smile today?	21.	22. Talk about it: If you could have a superpower, what would it be? Why?
23. Try an activity from the Go Blue Kids Activity Guide!	24.	25. Talk about it: Who is a friend you can always count on?	26.	27. Talk about it: How do you like to help people in your family or community?	28.	29. 30.

Support Child Abuse Prevention Month events and promote conversations about positive experiences through this calendar!



Each year, over 3,000 children in Alaska face child abuse and neglect. This April, celebrate Child Abuse Prevention Month with us by Going Blue. Blue is the color of child abuse prevention awareness; that's why on Friday, March 31st, Alaskans are [Going Blue](#) to raise awareness.

Every Blue activity you do, this Go Blue day or beyond, can be a moment of reflection and appreciation for you and your family.

This guide is full of fun ways you and your family can Go Blue. From science experiments to movies and makeup tutorials to books, there are many ways you can Go Blue. Share your Blue moment by posting on social media with the hashtags [#gobluedayAK](#) or [#BuildingTogetherAK](#)



1. Snack Chat: YouTube Cooking with Cookie Monster



2. Homemade Edible Finger Paint



3. Rain Cloud in a Jar Science Experiment



4. Blue Scavenger Hunt



5. Homemade Blue Playdough



6. Rainbowfish Craft Activity



7. Movies for Going Blue



8. Go Blue Makeup Tutorial



9. Go Blue Seal Coloring Page



10. Go Blue Bear Coloring Page and Coloring Book



11. Child Abuse Prevention Month Signs



12. Go Blue Snacks and Meals

Snack Chat with Cookie Monster



Cookie Monster has come to YouTube with his new show, Snack Chat. Just search on YouTube for "Sesame Street: Cookie Monster Snack Chat" to find it!

It's the show where you snack more than you chat- yum!
#GoBlueAK with the original [Big Blue Monster](#).



Edible Blue Finger Paint

Get messy with some edible blue finger paint! Easy to wash off and safe to ingest, this finger paint allows you to Go Blue with even the youngest of toddlers. Use in the bathtub for extra easy cleanup.



Homemade edible finger paint

Ingredients:

- 4 cups water
- 1 cup cornstarch
- 6 tbsp sugar
- Blue liquid food coloring

Mix all of your ingredients in a saucepan until well combined. Cook on medium heat, stirring until thickened. Remove from heat and allow to cool. Now have fun with your edible finger paints!

Afterschool Afterthoughts

What senses did you use during this activity? Smell, taste, touch, hear, and see- how can you include every sense while using your playdough?

Raincloud in a Jar

Celebrate Prevention Month with a science experiment! Raincloud in a jar is a fun way to learn about clouds and rain and do a cool STEM activity as a family while Going Blue. Just follow the instructions below!

Homemade Raincloud in a Jar

Supplies:

- A wide-mouthed jar
- Shaving cream (not the gel kind)
- Blue food coloring

Instructions:

Fill your jar with water until it is $\frac{3}{4}$ full. Spray a cloud of shaving cream in the jar until it is just barely over the top of the jar. Then, allow your kids squirt food coloring on top of the shaving cream a few drops at a time. Pay attention to what is happening below the shaving cream! Just like with rain in a cloud, the colored water will seep through the shaving cream and into the world below. When the "rain" gets too heavy for the "cloud" it seeps through and falls out!

After-school Afterthoughts:

Learning station:

- Hydrophobic: water-loving
- Hydrophilic: water-hating

Shaving cream is made of soap that has been fluffed with air, helping it float. Soap molecules also have a hydrophobic front ("head") and a hydrophobic back ("tail"). Blue food dye is hydrophilic. This means the food dye wants to move towards the water, because it loves merging with water molecules and doesn't like soap, but only part of the soap molecules want water, the other part are "phobic", or run away from water. This creates a cool effect, keeping the cloud of shaving cream afloat and the blue dyes flowing as gravity pushes them down through the cloud, and the hydrophilic parts of the soap let the dye seep through slowly.



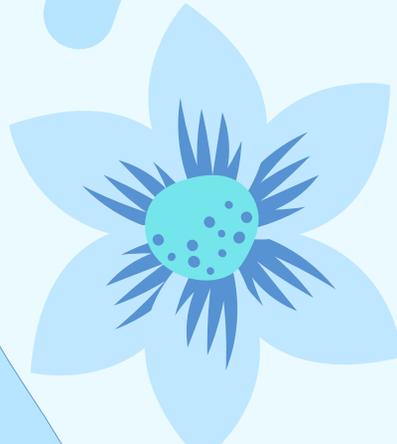


Blue Scavenger Hunt



Keep your kiddo occupied by sending them on a blue scavenger hunt! Use the list below, or ask them to bring back 10 blue things in 10 minutes. Blue popsicles or blueberry ice cream make for a great prize at the end!

- Blue jeans
- A blue toy
- Blue food
- A blanket with blue on it
- A blue drawing
- A blue shirt
- Your favorite blue thing
- What else?





Go Blue Playdough



Playdough has been a favorite for generations. What better way to bond with your kids and Go Blue than to make homemade playdough? This recipe is cheap, easy, and lasts for months in a Ziploc bag.

Homemade Playdough

Ingredients:

- 1 cup all-purpose flour
- 1 cup water
- 2 teaspoons cream of tartar
- 1/3 cup of salt
- 1 tablespoon vegetable oil
- Food coloring

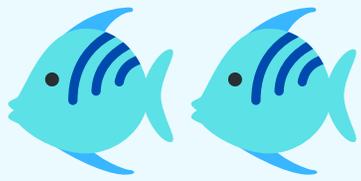
Instructions:

Mix together all your ingredients in a saucepan. Cook over low/medium heat, stirring constantly until the mixture is thickened and begins to gather around the spoon. Remove the dough onto wax paper or a plate to cool.

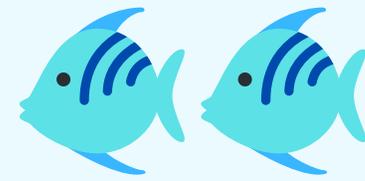
Afterschool Afterthoughts:

Think about how you felt before, during, and after making your playdough. Did you feel any differently after playing with it? Many people say they feel less nervous, sad, or angry after doing a fun activity. Hard things, like taking a math test or getting sick can make us feel stress, but taking time to do fun things can calm us and make us happier, calmer, and even healthier. What other activities do you do for stress relief? Exercise, art, time with friends (or time alone), and reading can be great ways to de-stress!





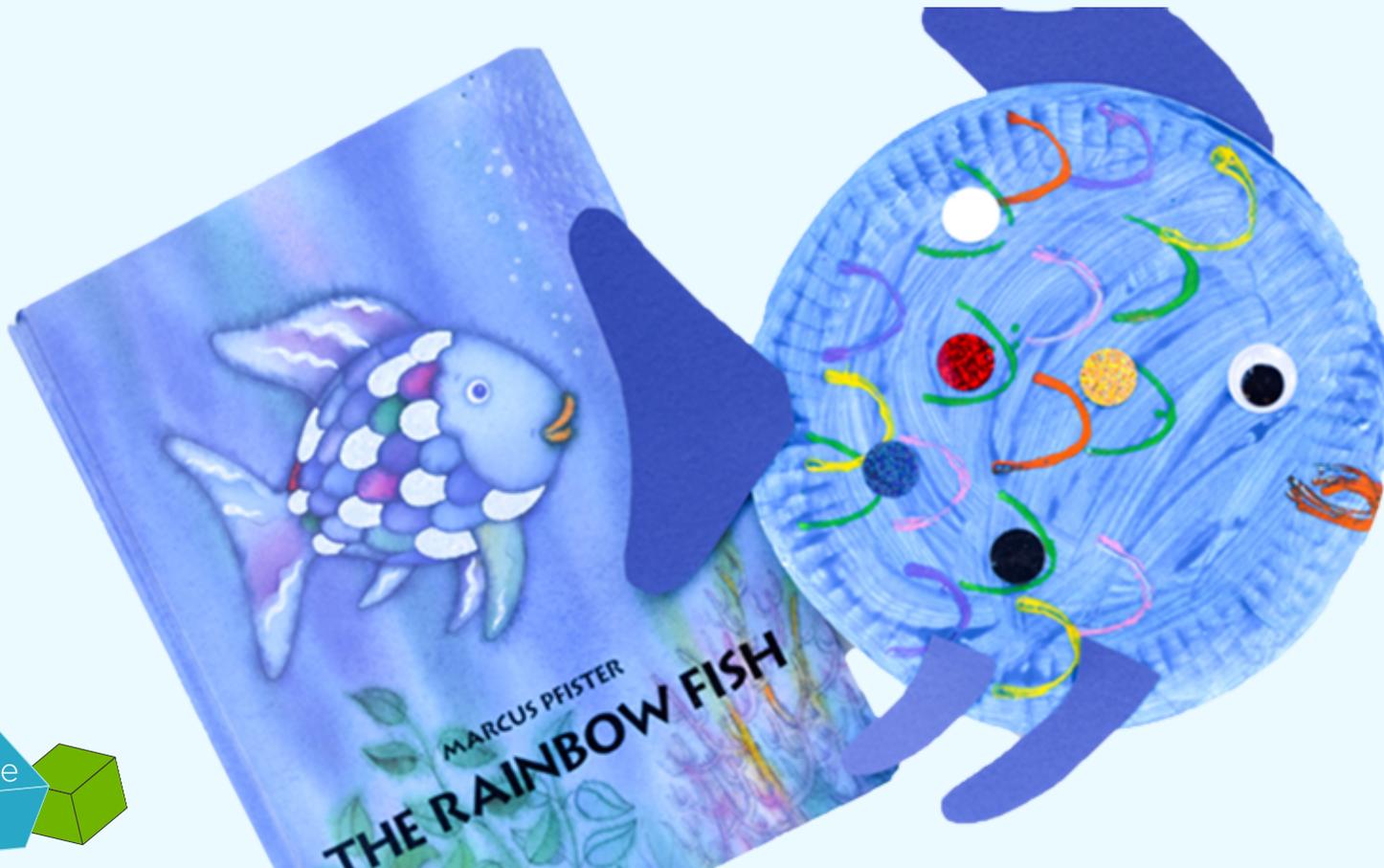
Rainbow Fish Craft



Go Blue with your favorite children's book! Read the Rainbow Fish with your kids and do this easy [Rainbow Fish craft](#). Take things one step further by displaying your beautiful Rainbow Fish in a window with a Prevention Month sign you make on page 12!

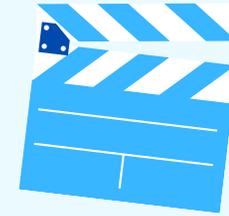
Find the activity here:

www.alittlepinchofperfect.com/paper-plate-fish-craft-inspired-rainbow-fish/

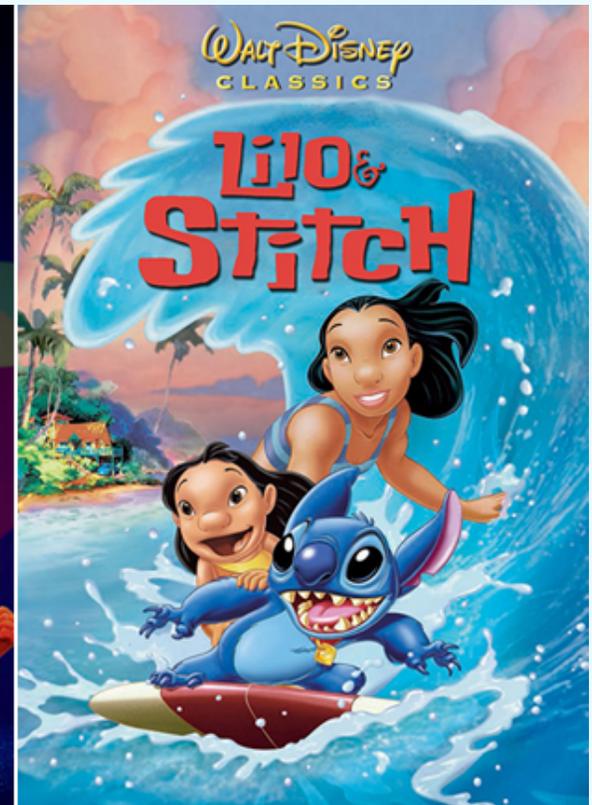




Blue Movie Night



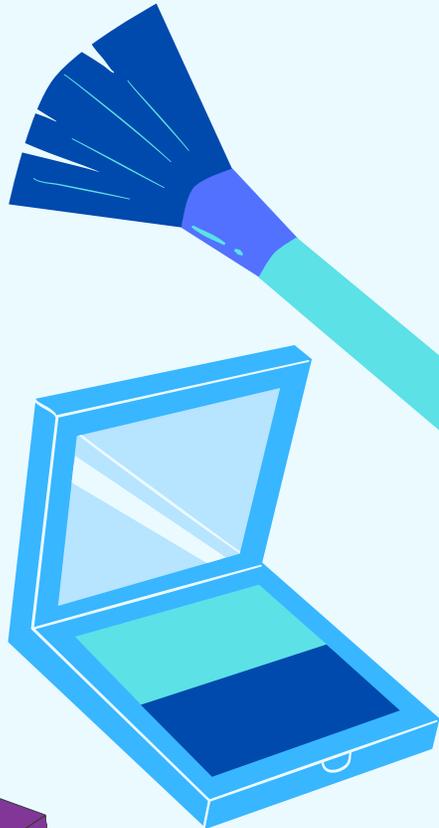
Make it a Go Blue movie night! Pick a movie with your favorite blue character, snuggle up on the couch, and relax. After the movie, ask your kids questions to help them think about the emotions and lessons from the movie. Check out these guides on talking about [Finding Dory](#) or [Inside Out](#).



Blue Make-up

Go blue with your teen or on your own with blue makeup! Paint your nails blue, use blue lipstick, or give [this blue look](#) from makeup artist Denitslava a try.

Find it by searching on YouTube for: Denitslava soft blue smokey eye

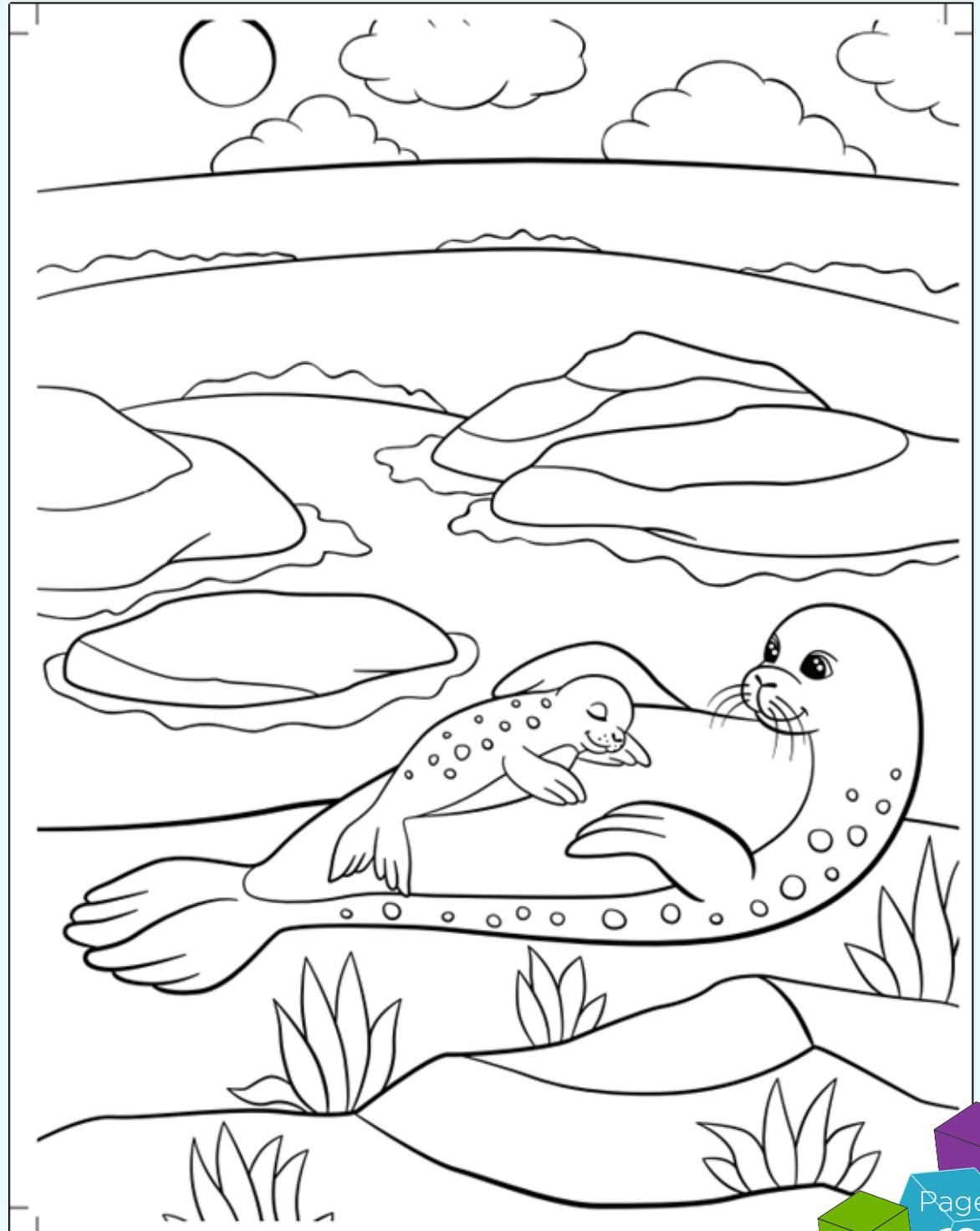


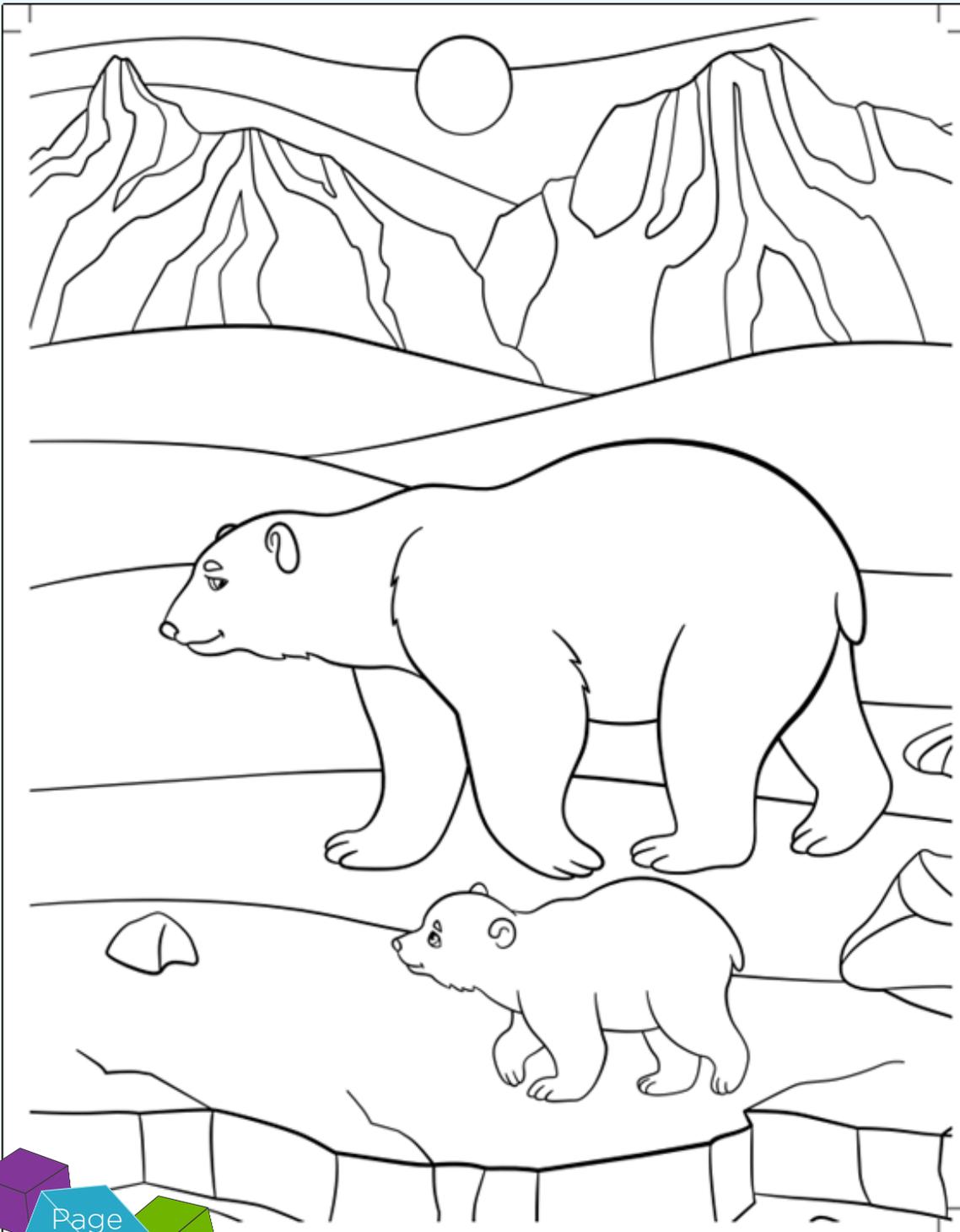
Coloring Pages



Enjoy our resilience-themed coloring pages from our coloring book, “Strong Families, Strong Alaska”. This coloring book can teach you how to promote healthy outcomes for your family using the five Protective Factors.

View next page for more information.



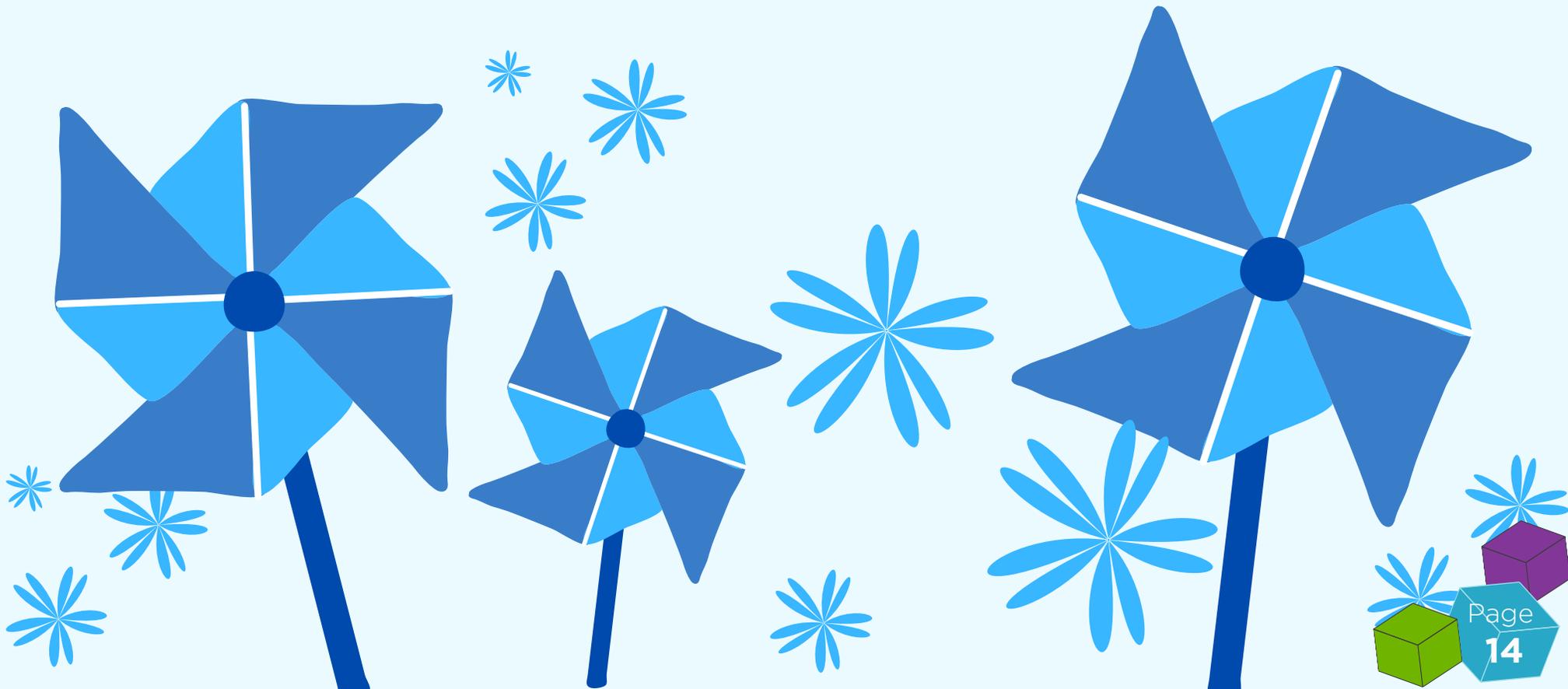


You can view our full coloring book for free [online](#).

To find out if there are free physical copies of the coloring book near you, email kidsfirst@alaskachildrens.org

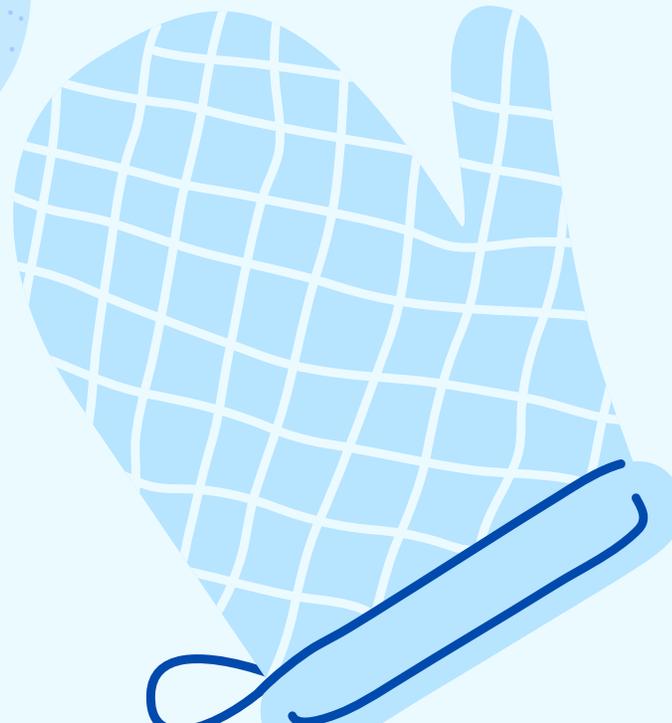
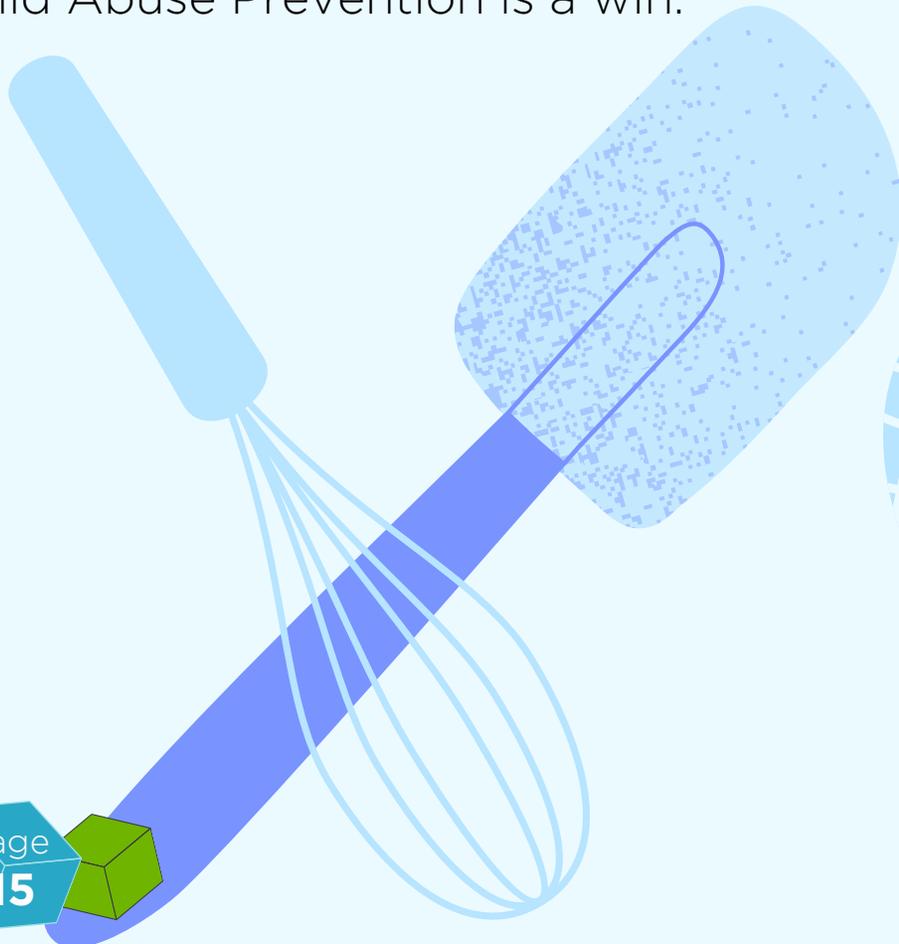
Make Prevention Signs

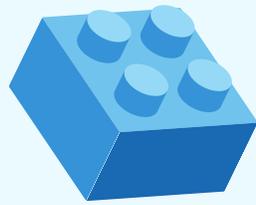
Child Abuse Prevention Month is all about raising awareness. One thing you can do is make your own Prevention Month signs! The pinwheel is the symbol of healthy, safe, and nurturing childhoods. Draw pinwheels on your sign, or put pinwheels in your yard near your sign. Write messages like "I go blue for Alaska's kids!" or "I'm Going Blue in 2023- are you?". Spruce up your sign with pops of color, glitter, or stickers!



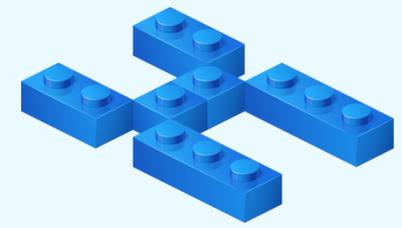
Make a Blue Meal

Don't have time for Go Blue activity? That's okay! Instead, focus on Going Blue in things you already do, like when you make food. Dye your pancakes blue, make a blue drink, bake some blueberry muffins, or eat blue snacks. Every moment that you bring awareness to Child Abuse Prevention is a win.





Blue Buildings



Where do you like to play and spend your time?

Safe, stable, and equitable environments are important to helping kids thrive. Create your own environment: a house, school, village, or other place out of as many BLUE building blocks (like Legos) as you can!!

Try to include people, too! Who are the supportive friends and trusted adults you can count on?



There is no right or wrong way to celebrate Go Blue Day. From having blue pancakes to playing blue iSpy, every moment you Go Blue is a moment to remember what this day signifies- a day to raise awareness about child abuse and neglect, an issue that has plagued Alaska for decades. Every day, the Alaska Children's Trust and our many partners around the state work to grow support for healthy families, nurture positive childhood experiences, and plant the roots for a bright future for every Alaskan child.

Now, it's your turn.

Follow us on Facebook to learn more ways to elevate child abuse prevention.



Let's Build Together during Child Abuse Prevention Month!

Learn more about Alaska Children's Trust:

www.alaskachildrenstrust.org/child-abuse-prevention-month