

SUN

MON

TUE

WED

THU

FRI

SAT

# March 2014

VISIT OUR MONTHLY ACTIVITIES BOARD  [PINTEREST.COM/MOPS\\_INT](http://PINTEREST.COM/MOPS_INT)

JOIN THE MOM COMMUNITY AT [MOPS.ORG/TRYMOPS](http://MOPS.ORG/TRYMOPS)



2   
Old Stuff Day:  
Simplify by getting  
rid of old clutter

3  
Be Happy Day:  
Do something to  
make another  
person happy

4   
Mardi Gras

5   
ASH WEDNESDAY  
The first day  
of Lent

6  
JOURNAL  
Take time to write  
your thoughts and  
feelings on paper



8   
International  
Women's Day

9  
Daylight Savings  
Time Begins

10  
Begin the week  
by getting some  
physical activity  
under your belt

11 *"Let everything  
happen to you.  
Beauty and terror.  
Just keep going.  
No feeling is final."*  
RAINER MARIA RILKE

12  
Have a play date  
with a mom friend  
and your kids



14   
National  
Potato Chip Day:  
Make your own

15  
Enjoy the morning  
with cuddles  
and a special  
breakfast in bed

16   
James Madison's  
Birthday



18  
Reflect and offer  
APPRECIATION  
today to someone  
you know

19  
Follow  
HELLO, DARLING  
*This is motherhood*  
on Instagram

20   
First day of Spring  
Earth Day

21  
Go on a MYSTERY  
RIDE: Take your  
kids on a secret  
special outing

22   
Goof Off Day:  
Celebrate with a  
family game night



24  
Spontaneous  
DATE NIGHT with  
your spouse or a  
special friend

25   
International  
Waffle Day

26  
Read something  
together as a  
family tonight

27  
*"There are far, far  
better things ahead  
than any we leave  
behind."* C.S. LEWIS

28  
Create a new  
family tradition;  
silly or serious

29  
National Mom & Pop  
Business Owners Day:  
Shop or eat at an  
independently  
owned business

30  
Take A Walk In  
The Park Day

31   
Energize your  
morning by  
jamming to a  
FUN SONG