

SUN

MON

TUE

WED

THU

FRI

SAT

March 2014

VISIT OUR MONTHLY ACTIVITIES BOARD  PINTEREST.COM/MOPS_INT

JOIN THE MOM COMMUNITY AT 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