



Orange County's Child Abuse Prevention Council
30 DAYS 30 WAYS CALENDAR
 Activities and ideas for
 showing your support during
Blue Ribbon Month 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>On behalf of the at-risk families we serve, thank you!</i></p> <p>-----</p> <p>The Raise Foundation 2900 Bristol St. Ste. J-201 Costa Mesa, CA 92626</p>			<p>1 We're not kidding, it's April Fool's Day!</p> <p>Do something silly and make someone laugh today!</p>	<p>2 Celebrate the joy of reading for "International Children's Book Day!"</p> <p>Gift or read a book to a child today!</p>	<p>3 Join us for virtual Family Fun Day! We'll be reading a story and learning how we can all keep kids "safe, healthy, and happy!"</p>	<p>4 Follow us for even more activities!</p> <p>FB & IG @theraisefoundation Twitter @raisefoundation</p>
<p>5 Learn more about Pinwheels for Prevention® and the significance of the Pinwheel!</p>	<p>6 Use the craft template on our website to make a pinwheel to put in your new garden and show your friends or post on social media!</p>	<p>7 Stay prepared to SPEAK UP by saving the OC Child Abuse Registry Hotline numbers.</p> <p>714-940-1000 or 800-207-4464</p>	<p>8 Check in with a friend today and see how they're doing. Share this calendar with them so they can join in the fun!</p>	<p>9 Eat some cake today and celebrate!</p> <p>It's The Raise Foundation's 47th Birthday!</p>	<p>10 It's "National Siblings Day!"</p> <p>If you've got siblings, tell them how much you appreciate them!</p>	<p>11 Time for a scavenger hunt! Write down every BLUE thing in your house and see which family member finds the most!</p>
<p>12 Check out the winning Blue Ribbon Youth Artwork on our website and make your own Blue Ribbon inspired art!</p>	<p>13 Wear your favorite BLUE outfit today for Go Blue Day! Share your look on social media and use the hashtag #GoBlueForOCKids</p>	<p>14 Go to our website and learn all about the story of BLUE Ribbon and what makes a strong, healthy family.</p>	<p>15 Join us at the virtual Blue Ribbon Community Forum to learn about important prevention initiatives!</p>	<p>16 Plan a fun family night. Play a game, watch a movie, or just spend some special time together!</p>	<p>17 Make some BLUEberry pancakes and see if you can count who got the most blueberries!</p>	<p>18 Make this a "Self-Care Sunday" and do something nice for yourself. Encourage your family to do the same!</p>
<p>19 Make a list with your kids, or kids you know, of things that make them feel safe, healthy, and happy!</p>	<p>20 Go on a walk! Collect rocks, leaves, and other nature items and use them to make a craft.</p>	<p>21 Visit our website and subscribe to our email list to get updates about events, trainings, and more!</p>	<p>22 Do something nice for our big BLUE planet to celebrate "Earth Day!"</p>	<p>23 Learn about OC kids in the 26th Annual Conditions of Children Report, now available online!</p>	<p>24 Tell a child in your life three reasons that they are special to you today!</p>	<p>25 Make some BLUE craft dough! (2 tbsp. oil, 2 cups flour, 1 cup salt and 2/3 cup water, blue food dye)</p>
<p>26 Do something kind for someone...out of the BLUE! See if they'll pass it on and surprise someone else!</p>	<p>27 Get some blankets and chairs together and build your own fort to play in!</p>	<p>28 Share your favorite childhood memory with someone special to you.</p>	<p>29 Today is "World Wish Day!" Join us in making a wish that all kids are raised in safe and happy homes.</p>	<p>30 Want to learn more about prevention? Schedule a presentation! Email info@theraisefoundation.org</p>		