



## Regional Centers for Workforce Transformation

# MARCH 2023 ACTIVITIES & CELEBRATIONS



On March 14th, try out these **Pi (π) Day Activities**



Make a Spring **"Bucket-List"**



Easy Spring Nature Study Ideas

Spring is such an exciting time of the year. The birds are singing, the flowers are blooming, and I don't know about you, but this mama is tired of being cooped up all winter! So here are a couple of **easy spring nature study ideas** to get you outside and into nature.



Acknowledge **"World Down Syndrome Day"** on March 21st

- **Read:** Facts, Myths & Truths About Down Syndrome
- **Learn** more about the Preferred Language to use when referring to Down syndrome and people who have Down syndrome
- Start a conversation by wearing your colorful socks! The **Lots Of Socks campaign** exists to raise awareness of Down syndrome.



Try One of These **Visual/ Accessible Recipes** for Spring: Seasonal Life Skills Activities for St. Patrick's Day, Easter, and Earth Day



Celebrate Women's History Month Throughout March  
Powerful women have been forging a brighter future for all people throughout New York State's history and you can walk in their footsteps today! **Explore the town of Seneca Falls** where the first Women's Rights Convention was held in 1848, visit the home of Susan B. Anthony, and the home of the "First Lady of the World" at the **Eleanor Roosevelt National Historic Site**, and learn about the "Moses of her people" at the **Harriet Tubman Home**



'Tap' Into Maple Weekends During March

Each year as the snow melts and temperatures begin to warm up, maple season in New York State comes alive. During this year's **Maple Weekends** (March 19-20 and March 27-28), visit farms across the state for festivals, farm tours, and demonstrations featuring this delicious sugary treat.



### Developmental Disabilities Awareness Month 2023

*Beyond the Conversation*

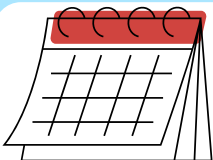
#DDAM2023

The Theme for **DD Awareness Month 2023** is "Beyond the Conversation." It is time to ask the question, "Once the conversations have taken place, what comes next?" What comes next is action. What are communities doing to create change? So, simply said, the time for talking is over, now it is time for us to act to create this change



### International Wheelchair Day 1st March 2023

International Wheelchair Day is always 1st March and is an annual day of events and activities which take place around the World when wheelchair users celebrate the positive impact a wheelchair has on their lives!



- [Click here](#) for a full listing of **National Day Celebrations** for March
- [Click here](#) for a full listing of **Mental Health Awareness Days** in March
- [Click here](#) for a full listing of **Workplace Diversity and Inclusivity Celebrations**

Did you complete any of the activities on this list?

If so, send us a note and let us know! We would love to highlight what you've done on our Social Media channels. Send your videos, pictures, or testimonials to [info@workforcetransformation.org](mailto:info@workforcetransformation.org).