

30 Days of Pride

SUNDAY

Go to the Library

Find and read LGBTQIA+ picture books then talk about differences and similarities.

Be a Ribbon Dancer

Tie ribbon or streamers to a stick. Watch ribbon dancers online and dance to music like them.

Read a Book

Read *Pink is for Boys* by Robb Pearlman and share things that you love to do.

Sponge Painting

Put rainbow colored paints on a sponge and have child press on paper.

Pride Bracelets

String rainbow pony beads onto pipe cleaners. Twist ends together and wear with pride.

MONDAY

Draw a Self-Portrait

Draw a picture of yourself doing something you love.

Graph the Rainbow

Find objects that are different colors, sort and line up by color, then count and compare.

Fizzy Rainbow Science

Pour baking soda on a tray. Add drops of food coloring then slowly drop vinegar.

Write a Letter

Write (or draw) a letter to a friend and let them know why they are special.

Read a Book

Read *Prince & Knight* by Daniel Haack and draw your own fairytale land!

TUESDAY

Walking Rainbow

Put colored water in cups. Fold paper towel, place one end in one cup and the other end in another cup.

Rainbow Yoga

Watch and try *Rainbow of Confidence* with Cosmic Kids Yoga.

Pride Rocks

Paint rocks and write messages of kindness. Go on a walk and leave for someone to see.

Skittles Experiment

Place skittles in a bowl, add a small amount of warm water, and watch!



WEDNESDAY

Rainbow Leaf Prints

Collect leaves from outside then paint with rainbow colors and press on paper.

Family Conversations

Research and learn about inspirational LGBTQIA+ people.

All About Me Book

Write or draw a book all about you and your family.

Rainbow Nature Hunt

Explore nature and collect items that match the colors of the rainbow, like flowers, leaves, etc.

THURSDAY

Read a Book

Learn about the history of pride month with *This Day in June* by Gayle E. Pitman.

Rainbow Sticker Art

Draw a rainbow with markers then cover lines with matching colorful stickers.

Help Your Community

Volunteer or donate to a local organization that supports the LGBTQIA+ community.

Read a Book

Read *Pride: The Story of Harvey Milk and the Rainbow Flag* by Rob Sanders.

FRIDAY

Shaving Cream Art

Fill a pan with shaving cream. Put paint on top, press paper on top, and scrap shaving cream off paper.

Read a Book

Introduce your child to different families with *Heather Has Two Mommies* by Lesléa Newman.

Edible Jewelry

String fruit cereal O's with string or a pipe cleaner for edible rainbow jewelry.

DIY Pride Day Flag

Make your own flag using a variety of materials then hang it with pride.

SATURDAY

Spread Kindness

Use chalk and draw rainbows and messages of kindness in your neighborhood.

Eat the Rainbow

Make a rainbow fruit salad, rainbow popsicles, or a rainbow smoothie.

Drag Queen Story Hour

Go to YouTube and search *Drag Queen Story Hour* then watch a read aloud!

Throw a Pride Party

Make a rainbow cake, decorate with your DIY flags and celebrate love.



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