



# Happy Healthy St. Patrick's Day

Plan a happy healthful party. Consider the following suggestions:

- Plan creative experiences such as art, music, and cooking.
- St. Patrick's Day craft projects.
- Involve students in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, but should not become the "main event."

## St. Patrick's Day

- What a great time to teach an Irish step dance.
- Explore the legends and history behind St. Patrick's Day.



### EAT A RAINBOW!

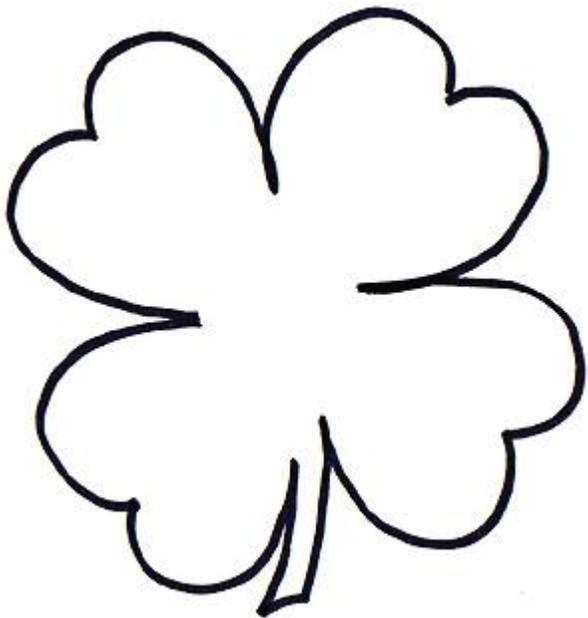
Challenge Your Students to Bring in a "Rainbow" of Fruits and Vegetables, with a Fruit or Veggie for Each Color of the Rainbow!



### Shamrock Chow

Serve as many green and yellow fruits and vegetables as your imagination will allow. Think green crunchy celery and cucumbers coupled with low-fat dressing for dipping. Yellow squash sliced into rings make fun edible "coins".





## Craft Project

### Four Leaf Invitations

Fold white card stock or construction paper in half to form a card. Create a shamrock from green construction paper by cutting out 4 small hearts and a stem, or use this pattern. Glue the shamrock to the front of the card and outline with gold glitter or gold glitter glue.

## Gold, Gold, Who's got the Gold

**Supplies:** A large gold coin

### How To Play:

A child is chosen to be the Leprechaun and hides her eyes as a gold coin is given to a child to hide in his lap or behind his back. The Leprechaun then has three chances to guess which child has their gold coin. (All children hide their hands in their laps/behind their backs like they have it.)



## Pot of Gold Toss

**Supplies:** Large cardboard pot. Good size hole cut-out in center of pot, or a few small holes for older kids \* Gold circular bean bags (gold coins) \* Bucket to hold bean bags \* Tape to mark distance line \*

### How To Play:

Place cardboard pot a little distance from a wall with a paper box lid on floor to catch bean bags. Mark your distance line according to age and skill of children. Line children up behind the line and place a bucket of gold coin bean bags beside them. Give each child three tries to get their bean bag through the hole. Get all three gold coin bean bags to win

