

Women's History Month Activities

Infants (Birth–12 months)

1) “Faces & Voices” Photo Talk

Skills: language exposure, bonding

Materials: printed photos of women helpers (teachers, doctors, artists, athletes), or a simple picture book

Directions:

1. Sit with the baby and show one photo at a time.
2. Name it simply: “Teacher.” “Doctor.” “Artist.”
3. Add warm phrases: “Helpers help people.”
4. Point to facial features: “Eyes, smile.”

Tip: Include photos of women from diverse backgrounds.

2) Rhythm & Movement With Women Musicians

Skills: sensory + motor

Materials: soft music by women musicians (any calm children’s playlist), scarf

Directions:

1. Play music softly.
 2. Move a scarf slowly side-to-side.
 3. Narrate: “Up... down... swish.”
 4. Pause and smile; let the baby watch and reach.
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3) “You Are Strong” Mirror Affirmations

Skills: social-emotional connection

Materials: baby-safe mirror

Directions:

1. Hold the baby in front of the mirror.
 2. Say: “You are loved. You are strong. You can learn.”
 3. Keep it short and calm (30–60 seconds).
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Toddlers (1–2 years)

1) Women Helpers Matching Game (2–3 choices)

Skills: vocabulary, sorting

Materials: picture cards of women helpers + matching objects (toy stethoscope, book, paintbrush, hard hat)

Directions:

1. Show 2–3 cards: “Teacher, doctor, builder.”
 2. Hand a toy object: “Who uses this?”
 3. The child matches the object to the card.
 4. Celebrate: “Yes—doctor helps people!”
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2) “Girls Can / Boys Can” Movement Game

Skills: inclusion, gross motor

Materials: none

Directions:

1. Say: “Girls can jump!” (everyone jumps)



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2. “Boys can dance!” (everyone dances)
3. “Women can lead!” (everyone marches)
4. “Men can care for babies!” (rock arms like holding a baby)

Message: Everyone can do many things.

3) Sticker Poster: “Helpers in Our Community”

Skills: fine motor

Materials: large paper, stickers (stars/hearts), pictures of women helping

Directions:

1. Create a poster titled “Women Helpers.”
 2. Toddlers place stickers around each helper picture.
 3. Say one sentence per picture: “She helps.”
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Older Toddlers (2–3 years)

1) Dress-Up Career Play (Open-ended)

Skills: pretend play, identity

Materials: dress-up items (lab coat, apron, mail bag, clipboard, scarf, tool belt), picture cards

Directions:

1. Set out items and cards.
2. Say: “Anyone can choose any job.”
3. Children pick a role and act it out.
4. The teacher narrates: “You’re a scientist mixing and testing!”



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2) “I Can” Handprint Book (Class Book)

Skills: confidence, early literacy

Materials: paper, paint or ink pad, markers, stapler

Directions:

1. Each child makes a handprint page.
2. Adult writes their words (or child dictates): “I can _____.”
3. Read the class book aloud.

Prompt ideas: “help,” “build,” “run,” “learn,” “try again.”

3) Simple STEM With Women Inventors

Skills: curiosity, building

Materials: blocks, ramps, balls, tape

Directions:

1. Say: “Some women invent things to solve problems.”
 2. Challenge: “Build a ramp that makes the ball go far.”
 3. Test and cheer for effort.
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Preschool (3–5 years)

1) Read-Aloud + “Brave Women” Chart

Skills: listening, SEL

Materials: book about a woman leader/helper (age-appropriate), chart paper

Directions:



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1. Read the story.
 2. Ask: "What did she do that was brave/helpful?"
 3. Write children's answers on a chart: "She tried," "She helped," "She didn't give up."
 4. Children draw themselves doing something brave/helpful.
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2) Women in Our Community Guest Photos

Skills: community connection

Materials: printed photos or drawings of women in community roles, paper, crayons

Directions:

1. Show 4–6 roles: nurse, firefighter, chef, teacher, engineer, artist.
 2. Children pick one and draw: "A woman who helps."
 3. Add dictation: "She helps by ____."
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3) "Women Who Changed Things" Simple Timeline

Skills: early history concept

Materials: sentence strips, pictures (or icons), tape

Directions:

1. Choose 3 women (or 3 "women helpers" themes).
 2. Put pictures in order on a wall strip: "First... next... last..."
 3. Keep language simple: "She helped by..."
Tip: Focus on themes (helping, creating, leading) more than dates.
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4) Kindness Letters to Women Helpers



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Skills: gratitude, writing

Materials: paper, crayons, envelopes

Directions:

1. Kids draw/write thank-you notes for women staff, crossing guards, librarians, etc.
 2. Deliver them as a class.
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School Age (6+)

1) Biography Trading Cards

Skills: reading, summarizing

Materials: printed short bios (or teacher-provided fact cards), index cards

Directions:

1. Give each child one woman to learn about.
 2. Create a card: name, what she did, “why it matters,” fun fact.
 3. Kids trade cards and teach each other.
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2) “Invisible History” Classroom Museum Walk

Skills: presentation, confidence

Materials: student posters, tape, sticky notes

Directions:

1. Students create mini posters about women in different fields.
 2. Hang them around the room.
 3. Museum walk: students leave sticky-note compliments or questions.
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3) Women in STEM Challenge



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Skills: problem-solving

Materials: recycled materials, tape, scissors

Directions:

1. Present a challenge: “Build the tallest tower” or “Create a bridge that holds a book.”
 2. Tie-in message: “Women engineers and scientists solve problems like this.”
 3. Reflect on teamwork and design changes.
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4) Interview a Woman Helper

Skills: speaking/listening

Materials: question sheet

Directions:

1. Students interview a woman in their life/community: “What do you do? What’s hard? What do you love?”
 2. Share summaries in class (first name only for privacy).
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