

October 2022 - Let's Be Healthy!

Are you looking for something fun and educational to do at home? Check out these library recommended STEAM activities, programs, podcasts and more! Click the links to visit activities and books.

For more ORL STEAM content visit: www.orl.bc.ca/steam

World Vegetarian Day - October 1st

Activities:

[109 Vegetarian Meals for Kids \(Healthy Little Foodies\)](#) – All Ages

[Eating the Alphabet](#) – Pre-K

[Beyond the Kitchen: Cooking in the STEM Classroom](#) – High School

Books to Read:

[The Forest Feast for Kids](#) – Gleeson, Erin

[Better Than Peanut Butter & Jelly](#) – Mattare, Marty

[Adventures in Veggieland](#) – Potock, Melanie

World Vegetarian Day:

It is a day of celebration established by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978, "To promote the joy, compassion and life-enhancing possibilities of vegetarianism." It brings awareness to the ethical, environmental, health, and humanitarian benefits of a vegetarian lifestyle.



World Animal Welfare Day - October 4th

Activities:

[Jellyfish in a Bottle Science Experiment](#) – Middle School

[Build a Bird Nest STEM Challenge for Kids](#) – Pre-K

[Arctic Animals – Science Experiment](#) – Middle School

Books to Read:

[What Animals Want: The Five Freedoms in Action](#) – Pearce, Jacqueline

[The One and Only Ivan](#) – Applegate, Katherine

[A Home Away from Home: True Stories of Wild Animal Sanctuaries](#) – Read, Nicholas

World Animal Welfare Day

World Animal Day is a social movement to improve the lives of animals with the mission of welfare standards around the globe.



Global Handwashing Day - October 15th

Activities:

[Make Germs Scatter: Hand Washing Science Demonstration](#) – Pre-K

[Make Your Own Hand Sanitizer](#) – Middle School

[How Well Do You Wash Your Hands?](#) – Elementary

Books to Read:

[Hygiene for Kids: Staying Clean and Healthy](#) – DVD

[Kid Food: The Challenge of Feeding Children in a Highly-Processed World](#) – Siegel, Bettina Elias

[The Dirt Cure: Growing Healthy Kids With Food Straight from the Soil](#) – Shetreat-Klein, Maya

Global Handwashing Day:

This day is meant to spread awareness about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.



United Nations Day - October 24th

Activities:

[African Line Art](#) – Elementary

[World Rescue](#) – All Ages

[Mission 1.5o](#) – School Aged

Books to Read:

[Severn and the Day She Silenced the World](#) – Wilson, Janet

[Every Human Has Rights: A Photographic Declaration for Kids](#) – Robinson, Mary

[Geography for Kids: Top 10 Mana-made Wonders of the World](#) – UNESCO DVD

United Nations Day:

United Nations Day is celebrated all over the world to commemorate the anniversary of the official creation of the United Nations through the 1945 UN Charter. Though it's not a public holiday, people come together and celebrate the day with pomp and ceremony in cities throughout the world.

