

Everyday Literacy Calendar

Spring Into Literacy

April

-  Try this
-  Learn
-  Notice
-  Connect



 Click [here](#) to listen to Kildare Reads Podcast  **6**

 Learn more [about mindfulness here](#) **7**

 Clothes and the weather workbook [Download here](#) **13**

 Let someone know support is available 1 800 20 20 65 **14**

 Talk to someone about something useful you learned **20**

 Explore Wicklow Youthreach Financial Literacy Resource  **21**

 Take a walk with someone and enjoy a simple conversation **27**

 Check in with someone today **28**

 Explore mental health supports in your area [on HSE here](#) **1**

 Ask a question if something is unclear **8**

 Notice how you get information during the day **15**

 Celebrate Earth Day  **22**

 Join [Online Plain English Training here](#)  **29**

 Write down one thing that helps you feel calm **2**

 Explore [At home with family learning](#).  **9**

 Save [Plain English Checklist](#)  **16**

 Age Action help [Digital Literacy for elderly people](#) **23**

 Take a moment to reflect- every step forward matters! **30**

 NALA Level 1 Computer Skills Course <https://www.learnwithnala.ie/> **3**

 FREE Course [Let's talk about a literacy friendly approach in healthcare](#) **10**

 Join Healthy Food Made Easy in Bray Contact Karin 087 057 30 73  **17**

 [New Parent-Child Psychological Support Programme](#)  **24**

 Take 5 minutes to organise your day **4**

 Explore and spread [Let's Talk About Health Literacy Resource](#) **11**

 Complete [NALA Free Course on Reading](#) **18**

 Choose your favourite literacy moment from this month **25**

 Notice signs of sprind around you  **5**

 Explore [Wicklow Libraries events here](#) **12**

 Pause and notice everyday moments- eating, walking, nature **19**

 Listen to GetLit Podcast Episode 2 here  **26**

