

## ¡Celebrating Día del Niño!

Día del Niño, or Children's Day, is an annual celebration that takes place in many nations throughout the world. In Mexico, it's held on April 30 as a very special festivity full of fun activities, treats and laughter, while honoring and paying tribute to all children, their hopes, well-being and dreams.



How can you celebrate such a special day? We have fun ideas; make some or discover them all. Plus, treat yourself with homemade popsicles, recipe included!

### Fun ideas:

- Crafts. Use your creative side and make your favorite crafts. Do you need ideas? The museum has many at [Daily Discovery](#).
- Your favorite treat. Cooking together as a family can be a lot of fun!
- Board games. What about chess, la lotería game or a puzzle? They are very entertaining!
- Hide and seek... a treasure. This is a big favorite! You could hide a "treasure" instead around the house, give away some clues and see who can find it first.
- Family theater. What's your favorite story or book? You could perform a play at home, with handy costumes included of course!
- Storytelling. Ask adults to tell you stories from when they were little. You could even draw these stories to make a personalized, homemade beautiful picture book.
- Virtual party with your family and friends. These days it's very common to "meet" with others through the internet. Reaching out to your favorite people at the same time over a screen can be a fun experience! You could even exchange some tongue twisters or riddles with your loved ones.
- Cinema at home. How about making a list of your favorite movies, drawing and coloring their posters, arranging comfortable cushions and blankets and making popcorn or some other snack? Don't forget to design your own entrance tickets!
- Make some delicious fruit popsicles. Recipe included!

## Fruit popsicles

Did you know that the very first popsicle out there was made by accident by an 11-year-old? Young Frank Epperson didn't set out to create a treat that would keep us happy and cool for generations to come. He simply left his cup of soda with the stirring stick out on the porch in a cold night. The next day, he found a piece of flavored ice and the rest is history! By the way, did you also know that there are 16 types of ice? The most common is the one you



have in the freezer, which is type IV. Another interesting fact is that water, when frozen under normal conditions, increases its volume by almost 10 percent, so if we fill a bottle of water and freeze it, it can break!

Let's enjoy this special and warm day with some fruit popsicles! They are very easy to make and you could use handy ingredients.

### Ingredients:

- Water
- Fruit, fresh or frozen
- Sugar
- Plastic container or disposable cup
- Wooden sticks or plastic spoons
- Optional: Juice

With the help of an adult, blend the fruit with some water and sugar to taste. It can be any type of fruit; strawberries, blueberries, tangerines, lemons, be creative! You could also use some fruit juice instead.

Place the mixture in a plastic container or disposable cups. Remember not to fill them up because liquids expand when frozen. Insert the wooden stick or plastic spoon in the center and carefully place them in the freezer. After a few hours, and once the mixture has turned into ice, remove your popsicles from their container with the help of some warm water.

Enjoy your very own delicious fruit popsicles and ¡feliz Día del Niño!