



Mother's  
Day

# Bonding Activities

Motherhood is a journey filled with precious moments and cherished memories, and one of the most rewarding aspects is the opportunity to bond with your children.

Building strong connections with your children is essential for nurturing their emotional development and fostering a lifelong relationship built on love, trust and mutual respect.

Here are some meaningful activities that mothers and their children can enjoy together to strengthen their bond and create lasting memories:

Spend quality time together in nature by going for a hike, picnic in the park or exploring local trails. Take in the beauty of the outdoors, breathe in the fresh air and engage in meaningful conversations as you bond over shared experiences in nature.

Unleash your creativity and explore your artistic talents together through arts and crafts projects. Whether it's painting, drawing, sculpting or crafting, working on creative projects side by side allows you to express yourselves, collaborate and create something beautiful together.

Get hands-on in the kitchen and bond over preparing delicious meals and treats together.



© ADOBE STOCK

er. Teach your children family recipes, experiment with new ingredients and flavor, and enjoy the satisfaction of cooking and baking together as you bond over shared meals and culinary adventures.

Curl up with a good book or create your own stories together through storytelling sessions. Share your favorite childhood stories, explore new worlds through literature, and encourage your children to use their imagination and creativity as you bond over the magic of storytelling.

Organize family game nights filled with laughter, friendly competition and fun. Play board games, card games or outdoor games together, and enjoy quality time bonding as you engage in friendly rivalry and create lasting memories.

Give back to your community and instill a sense of empathy and compassion in your children by volunteering together for a cause you're passionate about. Whether it's serving meals at a local shelter, participating in a charity

walk or organizing a neighborhood cleanup, working together to make a difference strengthens your bond and teaches valuable life lessons.

Tackle DIY home improvement projects together and bond over transforming your living space. Whether it's painting a room, planting a garden or building furniture, working together on hands-on projects fosters teamwork, problem-solving skills, and a sense of accomplishment.

Share your love of music and dance with your children

by listening to favorite songs, singing along or having impromptu dance parties in the living room. Let loose, move your bodies, and bond over the joy of music and movement.

Take time to reflect on your relationship and express gratitude for the special moments you share together. Write heartfelt letters to each other, create gratitude journals or simply spend quiet moments together reflecting on the love and connection you share as mother and child.

# Start a Book Club

Don't limit your celebration to a single day — create a Mother's Day-themed book club and celebrate the remarkable women in your life on an ongoing basis.

Gathering together with mom, family members, or friends to discuss books that celebrate motherhood and female empowerment is a meaningful way to connect, share stories and deepen bonds while exploring diverse perspectives and experiences.

Bustle warns that it is important to start a book club on the right foot, especially when you want to celebrate familial relationships. No one person should be in control of everything and it is important to take the tastes of everyone into consideration.

Start by selecting a theme for your Mother's Day book club that focuses on women's experiences, motherhood or female empowerment. Consider themes such as resilience, sisterhood, identity or generational relationships, and choose books that reflect these themes and resonate with the group.

Choose books written by diverse female authors that offer a range of perspectives and voices. Here are three book recommendations from diverse female authors to consider for



© ADOBE STOCK

your Mother's Day book club:

**“Becoming” by Michelle Obama.** In her memoir, former first lady Michelle Obama shares her inspiring journey from a girl on the South Side of Chicago to becoming the first lady of the United States. Through her candid and heartfelt storytelling, Obama reflects on her experiences, values, and the power of resilience and authenticity.

**“The Joy Luck Club” by Amy Tan.** Amy Tan's bestselling novel explores the complex relationships between four Chinese immigrant mothers and their American-born daughters. Through interconnected stories spanning generations, Tan delves into themes of

identity, culture and the bonds between mothers and daughters.

**“Little Fires Everywhere” by Celeste Ng.** Set in the affluent suburb of Shaker Heights, Ohio, Celeste Ng's novel examines the intricacies of motherhood, privilege, and identity. The story follows the intertwined lives of two families and explores themes of race, class, and the choices mothers make for their children.

Bustle points out that even in a two-person book club it can be hard to agree on titles. They suggest several methods for selecting books to read. One is to alternate months with a different person picking a book each month. The other is the

5-3-1 method: One person picks five books, the next person narrows it down to three, the next person picks one from those three. If your group is large, have everyone write down a title and then select one of the papers randomly.

## SCHEDULE DISCUSSIONS

Plan regular meetings and discussions for your Mother's Day book club to gather and share insights, reflections and reactions to the books. Choose a comfortable and inviting setting for the meetings, whether it's in person or virtually, and encourage open and respectful dialogue among members.

Enhance the book club experience by incorporating activi-

ties and themes related to the books you're reading. Consider hosting themed dinners or potlucks inspired by the settings or cuisines featured in the books, or organizing outings to relevant cultural events or exhibitions.

## CELEBRATE MOTHER'S DAY

On Mother's Day, take the opportunity to celebrate and honor the special women in your book club with a heartfelt gathering or event. Share stories, memories and expressions of gratitude for the mothers, grandmothers and mother figures in your lives, and celebrate the bonds of love and connection that unite you.

# Plan a Family Fitness Challenge

Mother's Day is a time to celebrate and honor the incredible mothers in our lives, and what better way to do so than by promoting health and wellness with a fun and engaging fitness challenge for the whole family?

Organizing a Mother's Day fitness challenge or outdoor activity is a wonderful way to spend quality time together, get active and create lasting memories.

## PLANNING THE CHALLENGE

Start by selecting a variety of fun and engaging activities that appeal to all ages and fitness levels. Consider activities such as a family-friendly obstacle course, relay races, scavenger hunts, yoga sessions or outdoor games like frisbee, soccer or tag. Choose activities that promote teamwork, cooperation and laughter while encouraging physical activity and movement.

Physiclo.com put together a list of fun physical activities for families to do together on Mother's Day. They included such things as dancing, active games (such as charades, musical chairs or Wii sports), strawberry picking, hiking, yoga or running.



© ADOBE STOCK

Determine the location for the Mother's Day fitness challenge, whether it's in your backyard, a local park or a community recreation center. Choose a spacious and safe environment that provides ample space for the activities. Consider factors such as accessibility, restroom facilities and nearby amenities when selecting the location.

## ESTABLISH GROUND RULES

Establish clear ground rules and guidelines for the fitness challenge to ensure safety, fairness and enjoyment for all participants. Communicate the rules of each activity, including any safety precautions or equipment requirements, and encourage participants to support and cheer

each other on throughout the challenge. Emphasize the importance of teamwork, sportsmanship and having fun while participating.

Add an element of friendly competition to the Mother's Day fitness challenge by organizing teams or assigning points for completing each activity. Keep track of scores or achievements throughout

the challenge and award prizes or recognition to the winning team or individual participants. Encourage friendly rivalry and camaraderie among family members as they compete.

## PROVIDE REFRESHMENTS

Keep participants fueled and hydrated throughout the Mother's Day fitness challenge by providing refreshments and water stations. Offer healthy snacks, such as fruit, granola bars or trail mix to replenish energy levels and keep everyone feeling refreshed and nourished during the activities. Encourage participants to drink plenty of water and stay hydrated, especially if the weather is warm.

## CAPTURE MEMORIES

Capture the special moments and memories of the Mother's Day fitness challenge by taking photos, videos or creating a scrapbook to document the experience. Encourage participants to share their favorite moments and highlights from the challenge and celebrate the achievements and accomplishments of each family member.

If you don't want to plan your own fitness challenge, consider joining the Every Mother Counts Global Fitness Challenge that is held in May to raise awareness and money for maternal health. It's a fully customizable challenge. Learn more about it at <https://everymothercounts.org/global-fitness-challenge/>.

# Plant a Mother's Day Garden

Give the gift of a Mother's Day garden — a thoughtful and meaningful present that will bring joy, beauty and lasting memories to your mom's life.

Planting a Mother's Day garden is a thoughtful and heartfelt gift that will bring joy, beauty and happiness to your mom's life for years to come. You can create a beautiful and meaningful garden that will be a source of pride and happiness for your mom on Mother's Day and beyond.

## PLANNING THE GARDEN

Select plants that reflect your mom's preferences, gardening style and the local climate. Consider her favorite colors, scents and types of plants, whether it's vibrant flowers, fragrant herbs or lush foliage. Choose a mix of annuals, perennials and shrubs that will provide year-round interest and variety in the garden.

The Orchid Republic explains the traditional Mother's Day flower is the carnation, possibly dating to an old Christian legend that says pink carnations first bloomed on the exact spot where Mary shed her tears over Jesus' death. It can make a great addition to a Mother's Day garden. Other popular Mother's Day flowers include gardenias, orchids, rose plants, succu-



© ADOBE STOCK

lents and bonsai trees.

If your mom likes to cook, consider dedicating part of the garden to herbs. Consider planting such perennial herbs as thyme, sage, rosemary,

oregano, marjoram, parsley or mint.

Before planting, plan the layout and design of the garden to create a harmonious and visually appealing space.

Consider factors such as sunlight exposure, soil type and water drainage when selecting the location for the garden. Create focal points, pathways, and seating areas to enhance

the beauty and functionality of the garden.

## DESIGNING THE GARDEN

Incorporate personal touches and sentimental elements into the garden to make it truly special for your mom. Consider planting flowers or plants that have symbolic meanings or sentimental value, such as her birth month flower or a plant from her childhood home. Include decorative accents, such as garden ornaments, stepping stones or personalized garden signs, to add charm and personality to the space.

Help your mom maintain her Mother's Day garden by providing guidance on proper care and maintenance techniques. Teach her how to water, fertilize and prune plants effectively, and provide her with the necessary tools and supplies, such as watering cans, gardening gloves and a gardening journal to track progress. Encourage her to spend time outdoors enjoying her garden and tending to the plants regularly.

Planting a Mother's Day garden is not just about the end result — it's about the experience and memories you create together. Spend quality time with your mom planning, planting and caring for the garden, and cherish the moments you share as you watch it grow and flourish over time. Take photos, journal your progress and celebrate the milestones and achievements of the garden together.

# Mary Wollstonecraft

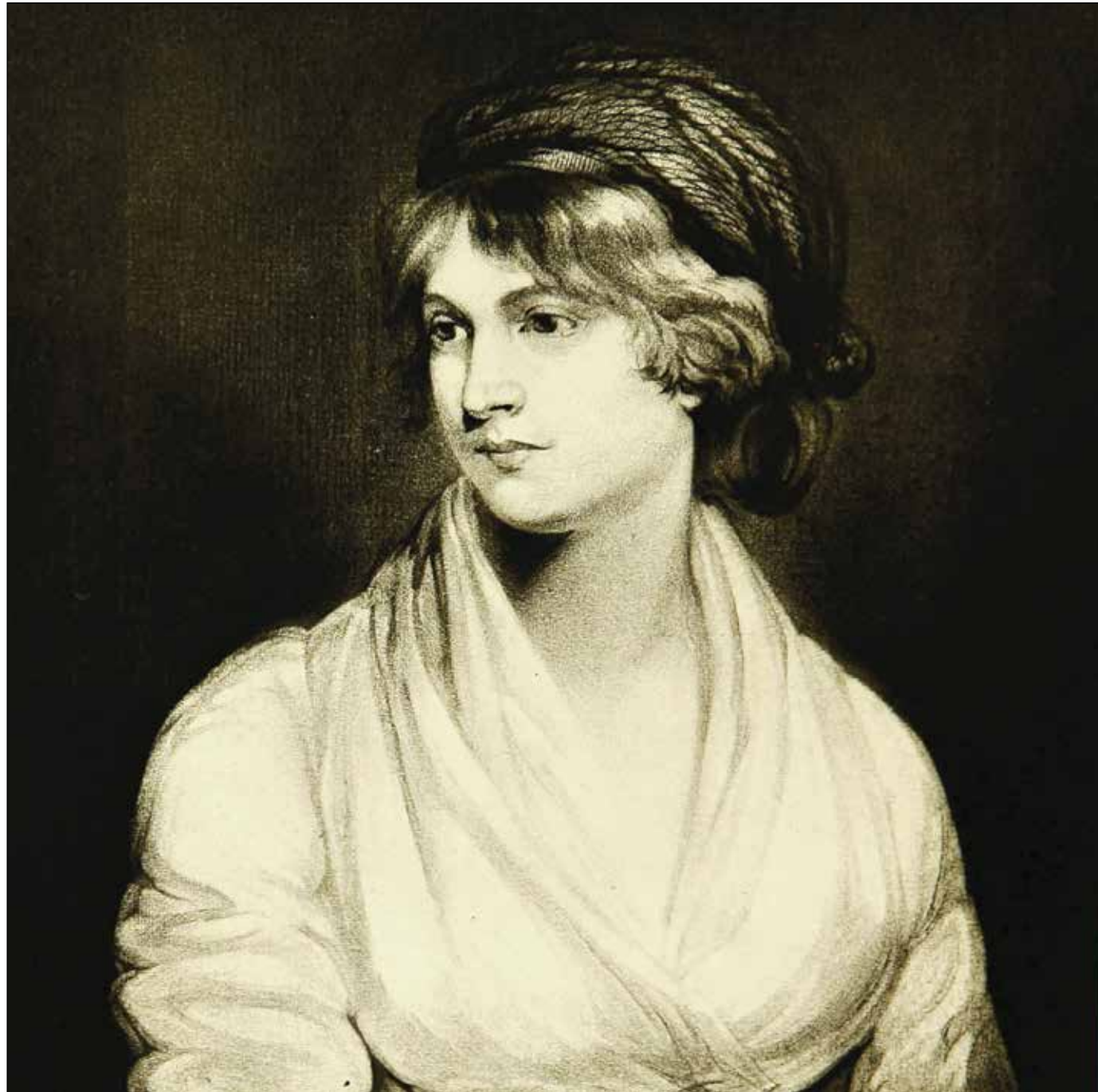
Mary Wollstonecraft, an English writer, philosopher, and advocate for women's rights, left an indelible mark on history with her groundbreaking ideas and writings.

Born in 1759, Wollstonecraft challenged societal norms and advocated for gender equality, education and women's rights during a time when such ideas were radical and controversial.

She was the daughter of a farmer who taught school and worked as a governess before beginning work as a translator for a publisher. Her first published work was on the topic of how daughters should be educated.

Wollstonecraft's most famous work, "A Vindication of the Rights of Woman" (1792), is considered a seminal text in the feminist movement. In this groundbreaking work, Wollstonecraft argued passionately for women's education and equality, challenging the prevailing notion that women were intellectually inferior to men. She believed that women should have access to education and opportunities equal to those of men, advocating for their right to pursue careers, engage in public life and participate fully in society.

While the work did not immediately bring about any



PAUL, C. KEGAN (CHARLES KEGAN), 1828-1902; ST. JOHN, CYNTHIA MORGAN, 1852-1919. FMO; WORDSWORTH COLLECTION/WIKIMEDIA COMMONS

of the reforms she advocated for, it inspired later pioneers of women's rights, including Elizabeth Cady Stanton and Margaret Fuller. The Stanford Encyclopedia of Philosophy records that many of her contemporaries — even other women — rejected her because she had a scandalous personal life.

In addition to her advocacy for women's rights, Wollstonecraft wrote extensively on the subject of motherhood. She believed that motherhood was a noble and important role, but she recognized the limitations and injustices that women faced within the institution of marriage and motherhood. Wollstonecraft

advocated for greater autonomy and rights for mothers, arguing that they should have control over their own lives and bodies.

Wollstonecraft's ideas on motherhood and education laid the foundation for modern feminist thought and continue to inspire generations of women around the world. Her

belief in the power of education to liberate women and her insistence on the importance of women's rights and autonomy resonate deeply with contemporary feminist movements.

One of Wollstonecraft's enduring legacies is her influence on her daughter, Mary Shelley, who went on to write the classic novel "Frankenstein." Mary Shelley, like her mother, was a trailblazer in her own right, challenging societal norms and conventions through her literary work. Wollstonecraft died 11 days after giving birth to Mary, at age 38, but left behind a wealth of writing and the influence of the radical group which she had joined after observing the French Revolution.

In a Women's Studies Quarterly article, Thomas H. Ford discusses the complicated relationship she continues to have for feminists. She is considered one of the foremothers of feminism, one of the founders of the feminist literary tradition. While her commitment to equality, education and women's rights continues to be celebrated and honored today, many find some of her views troublesome for today's feminists.

Nonetheless, her advocacy for gender equality and her belief in the inherent dignity and worth of all individuals have left an indelible mark on the world, inspiring generations of women to fight for their rights and pursue their dreams.

# Celebrate Mom with Films

Make some popcorn and gather the family around the television for a cozy movie marathon that celebrates mom this Mother's Day.

Curate a selection of mom's favorite movies or films with strong maternal themes and prepare for quality time together.

Create a cozy and inviting atmosphere for your Mother's Day movie marathon by setting up a comfortable viewing area with blankets, pillows and snacks. Dim the lights, gather around the TV or projector screen and prepare to enjoy a day of cinematic entertainment with mom and loved ones.

## MOVIE IDEAS

Choose a selection of movies that resonate with mom's interests and preferences, or select films with strong maternal themes that celebrate motherhood, family, and female empowerment. Here are several movie suggestions for your Mother's Day movie marathon:

**"Steel Magnolias" (1989).** This classic drama-comedy film follows the lives and friendships of a group of women in a small Louisiana town, exploring themes of love, friendship and resilience. With a stellar ensemble cast including Sally Field, Dolly Parton and Julia Roberts, "Steel Magnolias" celebrates the



© ADOBE STOCK

strength and bond of maternal relationships.

**"Mother's Day" (2016).** Directed by Garry Marshall, this romantic comedy ensemble film follows the intertwining stories of several families as they navigate the challenges and joys of motherhood. With an all-star cast including Jennifer Aniston, Kate Hudson and Julia Roberts, "Mother's

Day" offers heartwarming and relatable stories of love, laughter, and family.

**"Brave" (2012).** This animated fantasy film from Disney-Pixar tells the story of Merida, a headstrong and adventurous princess who defies tradition to carve her own path in life. With themes of courage, independence and the bond between mothers and daughters,

"Brave" is a captivating and empowering film for audiences of all ages.

**"Terms of Endearment" (1983).** Winner of multiple Academy Awards including Best Picture, this heartfelt drama explores the complex relationship between a mother and daughter over several decades. Starring Shirley MacLaine and Debra Winger,

"Terms of Endearment" is a poignant and emotionally resonant film that celebrates the enduring power of love and family.

The Pioneer Woman listed these movies as Mother's Day favorites: "Mermaids," "Divine Secrets of the Ya-Ya Sisterhood," "Otherhood," "Miss Juneteenth," "Real Women Have Curves," "Away We Go," "Serial Mom," "CODA," "Turning Red," "Little Women," "Bad Moms," "Stepmom," "Akeelah and the Bee," "Baby Boom," "Mothers and Daughters," "Mother," "Mamma Mia! The Movie," "Because I Said So," "Soul Food," "The Sound of Music," "Freaky Friday," "Philomena," "Postcards from the Edge," "Lion," "Dumplin'" and "Georgia Rule."

## PREPARE REFRESHMENTS

Enhance the movie marathon experience by preparing mom's favorite snacks and refreshments to enjoy during the films. Whether it's popcorn, homemade treats or a selection of savory and sweet snacks, having delicious refreshments on hand will make the movie marathon even more enjoyable.

Sit back, relax, and enjoy quality time together with mom as you watch your chosen movies and celebrate the special bond you share. Take breaks between films to discuss the movies, share memories and reminisce about favorite moments, creating cherished memories that will last a lifetime.

# Wangari Maathai

Wangari Maathai, a Kenyan environmentalist and Nobel Peace Prize laureate, left an indelible mark on the world through her dedication to environmental conservation, women's empowerment and social justice.

Beyond her remarkable achievements on the global stage, Maathai was a devoted mother who instilled in her children a deep love for nature and a profound sense of responsibility to protect the environment. They have continued to carry on her legacy after her death in 2011 from ovarian cancer. They are Wanjira Mathai, Waweru Mathai and Muta Mathai.

Born in rural Kenya in 1940, Maathai grew up surrounded by the natural beauty of the land, instilling in her a lifelong passion for the environment. As a mother, she passed on this love for nature to her three children, nurturing their curiosity and appreciation for the world around them.

Maathai's commitment to environmental education and conservation extended beyond her own family, as she believed that empowering future generations was key to creating a sustainable future for all.

Maathai's most enduring legacy is perhaps her founding of the Green Belt Movement in 1977, a grassroots environmental organization that empowered women to plant trees, conserve natural resources and improve their communities' livelihoods. Through the planting of millions of trees across Kenya and beyond, Maathai and the Green Belt Movement transformed landscapes, restored ecosystems and empowered



ANTÔNIO CRUZ/ABR/WIKIMEDIA COMMONS

countless women to become agents of change in their communities.

The Green Belt Movement helped to mitigate the effects of deforestation

and desertification and provided women with economic opportunities, social empowerment and a platform to advocate for their rights. Maathai rec-

ognized the interconnectedness of environmental conservation, sustainable development and gender equality, and her work inspired a global movement for environmental justice and women's empowerment.

The vision of the Green Belt Movement International is "The Green Belt Movement strives for better environmental management, community empowerment, and livelihood improvement using tree-planting as an entry point."

Among her firsts were being the first woman in Africa to earn a doctorate degree — she earned a doctorate in veterinary anatomy in 1971 from the University of Nairobi.

Maathai's tireless advocacy for the environment and social justice earned her numerous accolades and honors, including the Nobel Peace Prize in 2004, becoming the first African woman to receive this prestigious award. Her remarkable achievements serve as a testament to the power of grassroots activism, the importance of women's leadership and the transformative impact of individuals who dare to challenge the status quo.

The Nobel Peace Prize recognized many of the risks that she took in part because much of the environmental issues that she fought for were caused by a corrupt government which she was willing to fight, even at the cost of personal danger. She was once targeted for assassination.

In her award acceptance speech, she said, "I believe the Nobel committee was sending a message that protecting and restoring the environment contributes to peace; it is peace work ... I always felt that our work was not simply about planting trees. It was about inspiring people to take charge of their environment, the system that governed them, their lives and their future."