

# Little Boots, Big Adventures

Spring Kids Magazine – 21 March 2026

Welcome to your Springtime adventure!



# Stories & Crafts

## St Benedict and the Day of 21 March

St Benedict of Nursia lived around 480–547 AD and is known as the father of Western monasticism. He founded communities of monks near Rome and later moved to Monte Cassino. His book, *The Rule of St Benedict*, taught monks how to live together with balance and moderation. Tradition tells us that jealous people tried to poison him, but when St Benedict prayed over the food, a raven swooped in and carried the poisoned bread away. St Benedict died on 21 March 547 AD, so 21 March became his feast day. On this day we also mark the start of spring, when the hours of daylight and darkness are nearly equal, known as the March equinox.

## Make a Wind Sock

Celebrate the breezy days of spring by making your own wind sock! You will need a short cardboard tube, a hole punch, paint, a paintbrush, and colourful yarn. At one end of the tube, punch two holes opposite each other. At the other end, punch small holes all the way around. Paint the tube and let it dry. Cut pieces of yarn and fold them in half. Thread the folded ends through the bottom holes and pull the loose ends through to make colourful streamers. Add a longer piece of yarn through the top holes to hang your wind sock. Hang it outside and watch which way the wind blows!

## Watch the Winter Migrant Birds Leave

Many birds that visit the UK in winter head back north in spring. Redwings begin arriving in September and leave again by mid-April. Fieldfares, our colourful winter thrushes, arrive from Scandinavia and Russia in autumn and nearly all will have left by late April. Pink-footed geese fly to the UK from Greenland and Iceland in October to spend the winter and then return north in April. Wrap up warm and head out with a pair of binoculars to see if you can spot these travellers preparing for their long journey home. Can you draw or photograph the last winter visitors before they go?

# Spring Word Search

B	I	R	D	A	C	N	Z	I	D
X	W	C	Q	L	E	O	J	B	J
P	B	F	M	G	O	Q	L	L	Q
F	T	L	C	E	E	P	B	O	C
T	H	O	K	S	U	N	F	O	E
X	J	W	R	M	Q	Y	X	M	D
L	S	E	W	P	H	J	F	V	O
I	G	R	N	O	W	I	N	D	I
I	X	V	E	T	D	B	I	M	Y
K	P	F	G	U	X	G	X	D	D

Words to find: BIRD, FLOWER, SUN, WIND, BLOOM

# Spring Colouring Page

Print this page and add your own colours to the spring scene!

