



MEDIA ALERT

FOR IMMEDIATE RELEASE

NEW PROGRAMS EVERY WEEK FOR HANDS-ON LEARNING, CULTURAL ENGAGEMENT, AND MINDFULNESS TRAINING FOR THE YOUNGEST IN MARCH



All Activities Free with Museum Admission

New York City, February 11, 2025 – At CMOM, **every week brings something new!** Our ever-changing programming is designed specifically for **young learners ages 1–6**, introducing them to **creativity, culture, and wellness** in playful and engaging ways. With hands-on activities that spark curiosity and encourage exploration, each visit offers a fresh opportunity to learn and grow. This March, families can **discover the power of rest and mindfulness, celebrate global traditions like Holi and Eid al-Fitr, and explore the connections between movement, food, and self-expression.** With programs that **immerse children in different cultures and experiences**, CMOM is the perfect place for repeated visits and ongoing discovery!

March Highlights Below:

Rest & Relax to Recharge!

Have you ever wondered why sleep is important? Or why picking up hobbies can brighten your day? What about giving your body and brain some quiet time and gentle movement? Join us to explore how all these elements are connected and take away some wonderful mindful habits and healthy tips to enhance your life!

Saturday – Friday, March 1 – 7

Interactive Storytime, Yoga & Meditation with The Culture Tree: *I am a Lotus* with Guest Author Anu Sehgal

Join us for a lyrical story time led by guest author and educator, Anu Sehgal. Together, we will learn more about the lotus flower and the importance behind mindfulness as we encourage one another to pause and reflect on our deep connection with this wonder of nature. Then, join us for lotus artmaking with tissue paper!

Storytimes: Saturday, March 1 | 2:00 pm – 2:25 pm & 2:30 pm – 2:55 pm | Drop-in | All ages | 1st Floor | Inside Art

Artmaking: Saturday, March 1 | 3:15 pm – 4:15 pm | Drop-in | All ages | 1st Floor | Inside Art

Pajama Puppy Stuffed Sleepover

Everyone's got a favorite blanket or stuffedie — yes, even grown-ups! Adopt a snuggle stuffedie pet and dress it in pajamas to take home and cuddle with. Make a special bed for snuggling!

Saturday, March 1 | 10:30 am – 1:00 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Sunday – Friday, March 2 – 7 | 10:30 am – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

CMOM Zen Garden

In Japan, you can rake sand in stone gardens as a meditative act. Ours is a tabletop version, yet its effect can be just as peaceful. Learn about how to incorporate relaxation into your every day!

Saturday & Sunday, March 1 – 2 | 11:15 am – 12:15 pm & 2:45 pm – 3:45 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

Tuesday – Friday, March 4 – 7 | 11:15 am – 12:15 pm & 2:45 pm – 3:45 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

Breathe In, Paint Out

Discover creative ways to help us find calm, express emotions, improve focus, and reduce restlessness through soothing and creative artmaking with wonderful bright colors!

Saturday – Friday, March 8 – 14

You Belong with Bubbles Dance Party!

Dancing is an engaging way for children to alleviate stress and develop effective coping skills that can last a lifetime. Dance to fun pop hits while popping bubbles and moving around!

Saturday, March 8 | 4:15 pm | Drop-in | All ages | 1st Floor | Inside Art

Bubble Wrap Art

Pop bubbles as you paint to release energy and make textured art, perfect for practicing patience and focus.

Saturday, March 8 | 10:30 am – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Sunday, March 9 | 10:30 am – 1:00 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Tuesday – Thursday, March 11 – 13 | 10:30 am – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Friday, March 14 | 10:30 am – 1:00 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Holi Celebration with The Culture Tree and the Rubin Museum of Himalayan Art

The holiday Holi welcomes spring and celebrates the triumph of good over evil. Dating back thousands of years, the jubilant Holi Festival of Colors has spread from India throughout the world. Mark this vibrant holiday by learning about Holi traditions through read-alouds, puppetry, a dance workshop, exciting art projects! (Without the personal mess!)

Sunday, March 9 | 1:30 pm – 4:30 pm | Drop-in | All ages | 1st Floor & 3rd Floor

Friday, March 14 | 10:30am – 12:30 pm | Drop-in | All ages | 1st Floor & 3rd Floor

Holi Mural Wall

Celebrate the Hindu festival of colors on CMOM's Mural Wall as we swipe, smudge, and spread the colors of Holi: blue, yellow, red, purple, magenta, and green.

Sunday, March 9 | 1:45 pm – 2:30 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

Friday, March 14 | 11:15 am – 12:15 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

The Colors of Krishna's Love Puppet Show

Learn the story of Holi and how it is celebrated through an interactive show with dance, drama, puppetry, and songs. Meet Krishna and his friends as we learn about India's festival of colors celebrate true friendship and love for others. Presented with WonderSpark Puppets.

Sunday, March 9 | 2:00 pm – 2:30 pm | Drop-in | All ages | 1st Floor | Inside Art

Holi Dance Performance and Workshop presented by The Culture Tree

The Holi celebration continues with a colorful and vibrant dance performance. We'll listen to several Holi songs, followed by a dance workshop, which will get you and your family

moving around!

Sunday, March 9 | 2:30 pm – 3:00 pm | Drop-in | All ages | 1st Floor | Inside Art

Storytime with Shweta Ganesh Kumar

Storyteller, and children's book author, Shweta Ganesh Kumar will bring to us the story of *Shiva and the God of Love*. Children and their grownups are sure to enjoy this Holi story from the South of India. Although it's thousands of years old, the story is just as much fun.

Sunday, March 9 | 3:00 pm – 3:15 pm | Drop-in | Ages 4 – 8 | 1st Floor | Inside Art

Spectacular Shades of Spring with the Rubin Museum of Himalayan Art

Create vibrantly colored mobiles to evoke the bursts of color associated with Holi and springtime!

Sunday, March 9 | 3:15 pm – 4:30 pm | Sign-up | Ages 5 & up | 1st Floor | Makerspace

St. Patrick's Day

Celebrate Irish Culture, and the beautiful green landscapes of Ireland through our special St. Patrick's Day programs!

Saturday & Sunday, March 15 – 16

Emerald Isle

Ireland is known as the Emerald Isle because of its lush green landscapes and abundant rainfall. Learn about all the plants that grow in Ireland, plant your own flower seed, and create a wonderful, lush landscape reminiscent of what you might see in Ireland!

Saturday & Sunday, March 15 – 16 | 2:00 pm – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Happy Thoughts and Good Luck Coffee Filter

Learn about the shamrock and create your own coffee-filter blooms with the flowers of Ireland!

Saturday & Sunday, March 15 – 16 | 2:00 pm – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Performance & Workshop: Jiggy Tots with McManus Irish Dance

Jiggy Tots is an Irish pre-dance & movement class. Join us for an Irish Step demonstration and activities to build strength, coordination, and creativity through dance and educational games, counting, colors, songs, and a few words in the Irish language!

Sunday, March 16 | 11:00 am – 11:25 am & 12:00 pm – 12:25 pm | Drop-in | All ages | 1st Floor | Inside Art

Rooted in Me

Dive into activities that help you see the magic in being you! Create tiny "you" gardens, craft blooming bouquets of self-love, and paint nature-inspired scenes that reflect your one-of-

a-kind personality.

Tuesday – Friday, March 18 – 21

Blooming Personality Pots

What makes you bloom? Plant a flower seed in a small tin and decorate a mini “you” garden scene around it! Add popsicle-stick people, felt flowers, and a favorite color to show what makes you shine!

Tuesday – Friday, March 18 – 21 | 10:30 am – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Happy Thoughts Flower Bunch

Design a beautiful bunch of coffee-filter blooms, each petal with a happy thought or something you love about yourself. Watch your bouquet fill with positivity and bright colors that make you smile.

Tuesday – Friday, March 18-21 | 11:15 am – 12:15 pm & 2:45 pm – 3:45 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

Fuel, Move, & Groove!

Explore the magic of food and movement all week at CMOM! Through art and play, discover how nutritious food and fun activities help us grow strong, feel energized, and keep our bodies and minds happy. From veggie prints to “fuel-up” collages, enjoy hands-on ways to learn about food, movement, and everything in between!

Saturday – Friday, March 22 – 28

Lunchtime Learning: Playtime Pasta with Cricket’s Candy Creations

Join The Creative Kitchen for a healthy cooking class! Little chefs make Playtime Pasta using whole wheat pasta and beans colorful vegetables, cheese, and more!

Saturday & Sunday March 22 – 23 | 11:30 am & 12:30 pm | Sign-up | Ages 5 & up | 3rd Floor | Discovery Classroom

Food Chain Adventure

Discover how our favorite foods connect us with nature and the world around us by designing a fun food chain necklace with clay pendants inspired by the animal kingdom!

Saturday & Sunday, March 22 – 23 | 2:00 pm – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Tuesday – Friday, March 25 – 28 | 10:30 am – 4:15 pm | Drop-in | Ages 5 & up | 1st Floor | Makerspace

Eid al-Fitr

Eid Al Fitr is a time to unite communities by sharing smiles and love for one another! Join us as we show gratitude and appreciation through intentional art projects in honor of this

special holiday. Presented in partnership with The Culture Tree.

Saturday – Monday, March 29 – 31

Eid Charity Boxes

The festival of Eid al-Fitr marks the end of Ramadan and is often celebrated by giving back to the community. Make a charity box to fill with gifts or kind words to give to someone in need.

Saturday – Monday, March 29 – 31 | 2:00 pm – 4:30 pm | Drop-in | All ages | 1st Floor | Makerspace

Decorative Lanterns

Create your own paper *fanous*, a colorful lantern used to illuminate homes and city streets around the world during Ramadan.

Saturday – Monday, March 29 – 31 | 11:15 am – 12:15 pm & 2:45 pm – 3:45 pm | Drop-in | Ages 4 & younger | 3rd Floor | PlayWorks

To see the full list of daily programming please visit <https://cmom.org/cmom-programs/>

Photos by Jhomalys Moran

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