March Career Activities

Make your move into March with hundreds of career exploration ideas. From nutrition and women’s history, to celebrating dentists and doctors, March is full of exciting career and educational activities!

www.vacareerview.org

March is National Nutrition Month

National Nutrition Month is sponsored by the Academy of Nutrition and Dietetics to focus on making good food choices and developing sound eating and physical activity habits.

Play games about nutrition.

Check out the My Plate Kids Place by the USDA and practice being a nutritionist with Career Town’s Nutrition Matters Game.

Choose my plate.gov also offers printables for both parents and kids to track their food, fitness, and overall health. Check out the CDC’s Dining Decisions game and links to learn more about nutrition. Related Careers: Dietitians and Nutritionists, Fitness and Wellness Coordinators, and Agricultural and Food Science Technicians.

The American Red Cross promotes health and safety both in America and around the world. Each year, the president of the United States proclaims March “Red Cross Month” to honor the organization and its mission. Learn more through this Red Cross Infographic. Be ready for anything with FEMA’s Kids Page including games, resources, and facts about disaster preparedness or check out FEMA’s Disaster Preparedness coloring book. Explore even more information and activity pages with this Too Much Weather guide for kids. Related Careers: Emergency Management Directors, Firefighters, Emergency Medical Technicians and Paramedics, and Police, Fire, and Ambulance Dispatchers.

March is National Women’s History Month. The United States has observed it every year in the month of March since 1987. International Women’s Day is celebrated around the world on March 8th. Learn more from NEA with Lesson Plans and more here. Check out this history lesson by Ducksters about how women fought for the right to vote.

Play the National Constitution Center’s Seize the Vote Game or check out Scholastic’s Women’s Suffrage online activity. Related Careers: Historians, History Teachers.

Download Activity Kits

Start a Red Cross Club
March Career Activities

MARCH is Social Worker’s Month

Social Worker’s Month. The goal of Social Worker’s Month is to inform people about how social workers have improved the lives of individuals and families. Social Work requires at least a Bachelor’s Degree in Social Work, and some social workers have a Master’s Degree or higher. Learn more about Social Work and related fields from Virginia Career View’s Career Search. Related Careers: Child, Family, and School Social Workers, Healthcare Social Workers, Mental Health and Substance Abuse Social Workers, Mental Health Counselors, and Counseling Psychologists.

March 2nd: Read Across America Day. The day coincides with the birthday of Dr. Seuss. Educators can find resources for Read Across America from Seussville, or kid’s can explore the Seussville homepage for games, activities, and videos. Related Careers: Poets, Lyricists and Creative Writers, Librarians, and Editors.

March 3rd: National Anthem Day. March 3rd commemorates the day “The Star-Spangled Banner” became the official National Anthem of the United States in 1931. The song was actually written over 100 years before by Francis Scott Key during the war of 1812. Get the details from the History Channel or read more about the National Anthem from the Smithsonian, including an interactive flag. Check out this Star-Spangled Banner Scholastic lesson plan or this activity book. Related Careers: Music Composers and Arrangers, Music Directors, Singers, and Poets, Lyricists, and Creative Writers.

March 6th: National Salesperson Day. This day is celebrated every year on the first Friday in March to celebrate the salesperson – from the clerk at the grocery counter to the used car dealer – and recognize the important work they do. Practice your skills here in Career Town. Related Careers: Advertising Sales Agent, Cashier, Parts Salesperson, Insurance Sales Agent, and Retail Salesperson.

March 6th: Dentist’s Day. Dentists aren’t the most popular people in the world. But without them, we’d all have terrible teeth, and no doubt forget to floss or get regular check-ups. What would we do without dentists when we get a tooth-ache, and need help with braces and fillings? Explore why dental health is so important with this Eggspertment science project. Learn more about dental health and hygiene and play some games from Mouth Healthy Kids, or explore the American Dental Association printable activities. Related Careers: Dentists, Orthodontists, Dental Hygienists, and Dental Assistants.
March 14th: National Pi Day

March 14th: National Pi Day. Pi Day is the unofficial holiday that celebrates the mathematical constant π. Pi Day is observed on March 14th (3/14) because 3, 1, and 4 are the first three digits of pi. Pi Day has been observed in many ways, including eating pie, throwing pies and discussing the significance of the number π. Some schools hold competitions as to which student can recall Pi to the highest number of decimal places. Learn about Pi, check out this Pi Day Activity Packet, or try these activities from the Exploratorium. Teachers can explore how to bring Pi into the classroom with ideas from Scholastic. Related Careers: Mathematicians, Physicists, Statisticians, and Mechanical Engineers.

March 17th: St. Patrick’s Day.

March 17th: St. Patrick’s Day. Check out these “leprechaun-approved” St. Patrick’s day crafts, printables and games from Disney. Related Careers: Farm and Ranch Managers, Forest and Conservation Workers, Green Marketers, and Travel Guides.

March 19th: Spring Equinox

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March 19th: Spring Equinox. “Equinox” means that the Sun shines directly on the equator and the length of night and day are nearly equal. This is also the first day of the spring season. Look at the facts here. Teachers use these resources from Scholastic here. Related Careers: Atmospheric and Space Scientists, Geoscientists, Atmospheric, Earth, Marine, and Space Sciences Teachers, Hydrologists, and Environmental Scientists and Specialists.

March 30th: National Doctor’s Day.

March 30th: National Doctor’s Day. National Doctor’s Day was created to show appreciation to your doctors, who keep us well and help heal us when we are sick. The first National Doctor’s Day was celebrated in 1991. Nearly 700,000 people work as physicians and surgeons in the United States. Check out this information on the work and training it takes to become a doctor in the United States. Learn more about the Health Sciences Career Cluster. Explore Virginia Career VIEW’s Health Careers Activities. Learn from KidsHealth about going to the hospital or going to the doctor. Play PBS Kid’s Doctor Daniel online game to learn more about doctor’s offices. Related Careers: Anesthesiologists, Family and General Practitioners, Psychiatrists, Surgeons, and Neurologists.