



The logo for ATMOS energy is displayed in the top left corner. The word "ATMOS" is in a large, bold, blue sans-serif font with horizontal lines through the letters. Below it, the word "energy" is in a smaller, black, lowercase sans-serif font. A registered trademark symbol (®) is located to the right of "energy".

ATMOS
energy®

The name and age of the participant, "TRINITY, 10", are written in a white, sans-serif font in the center of the image. The background shows a young girl with long, wavy brown hair, wearing a light blue fuzzy sweater, smiling and holding a small potted plant with yellow flowers. The scene is set outdoors with green foliage and a blurred background.

TRINITY, 10

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 COUNT: Find 3 different kinds of trees or flowers on a walk.	4	5 PLAY: Play "Simon Says", but try using commands that start with a T or M.	6	7 READ: M is for March. Find 6 M's in a book or newspaper.
8 Daylight Savings Begins @ 2am	9 LOG-OFF: Place items in a bag and guess what they are without looking.	10	11 PLAY: Make the letter T out of toys.	12	13	14 LOG-OFF: Have a dance party together!
15 LOG-OFF: Talk with your child about recycling.	16	17 COUNT: Count all the green items in the room. St. Patrick's Day	18	19 LOG-OFF: Ask your child what they want to be when they grow up and why. First Day of Spring	20	21 PLAY: Make a fort inside your house.
22	23 READ: Read a book about nature.	24	25 COUNT: Pretend to be rocket ships and countdown from 5 before blast off!	26	27 READ: Read a recipe and make it together! Find all the letter E's in the recipe.	28 LOG-OFF: Plant flowers with your child!
29 PLAY: Paint paper plates to look like the Earth.	30	31 READ: Turn on captions the next time they watch something and count all the E's.				



Nutritious snacks keep kids feeling energized throughout the day, which helps in maintaining a healthy weight. For example, a small handful of nuts with a piece of fresh fruit has fiber and healthy fats that give you energy that lasts, unlike what you get from junk food such as potato chips or candy bars.