

THE CHILDREN'S MUSEUM AT SARATOGA

February Break Week at the Museum!



Another break week = another week of learning through play at the Museum! February Break is packed wall to wall with hands-on activities, creative exploration, and playful learning for curious kids of all ages.

Each day offers a mix of stories, art, science, history, and movement, giving families plenty of reasons to visit more than once! ❤️

Monday, February 16 - President's Day - OPEN!

 In Days Gone By | 9:30am

 Games of Old | 11:00am

 Storybook Fun | 12:00pm

 Lincoln Log Cabins - 1:30pm

 Presidential Parks - 3:00pm

Tuesday, February 17

 Tuesdays for Tots | 9:30am & 1:30pm

 Story Book Fun | 12:00pm

 Happy Lunar New Year! | 11:00am & 3:00pm -

11:00 – Dragon and horse puppets: It's the Year of the Fire Horse! Make a fire horse puppet and learn about Lunar New Year traditions.

3:00 – Learn all about the importance of our ancestors and make a family tree to celebrate the Lunar New Year.

Wednesday, February 18

 Art Adventures | 9:30am-11:30am, & 1:30pm-3:30pm

 Mariia Isaieva of Saratoga Chocolate Co. | 10:00am-11:00am

Thursday, February 19

 Story Time | 9:30am & 1:30pm - "Bunny Slopes" by Claudia Rueda. After the story reading, there will be a fun bunny craft!

 Olympic SkiMo | 11:00am - Learn all about speed, force, and momentum!

 Storybook Fun | 12:00pm

 Olympian Power! | 3:00pm

Friday, February 20

 Science Explorers - Curling | 9:30am & 1:30pm

 Figure Skating Robots | 11:00am & 3:00pm

 Story Book Fun | 12:00pm

Healing With Play



At the Museum, we know that play is more than fun. It's how children make sense of the world, especially when that world feels confusing, heavy, or changed. Conversations around loss, separation, and big emotions can be hard to navigate, but children are not strangers to them.

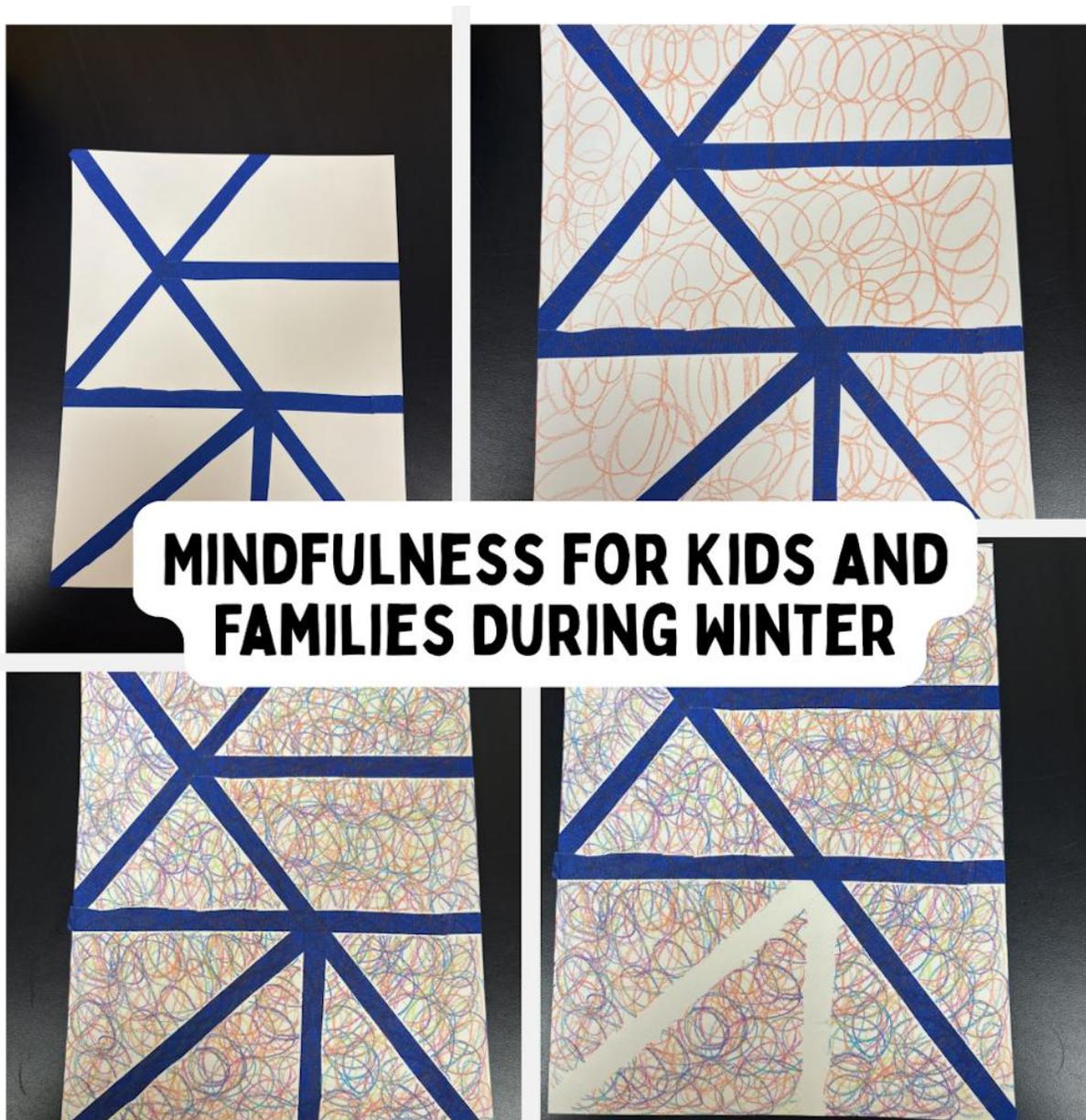
In recent years, children's books and media have begun meeting young audiences where they are, offering thoughtful, age-appropriate ways to explore grief, change, and healing. We're proud to incorporate resources designed especially for children ages 0–8 that help families open these conversations gently, using stories, creativity, and play as tools for understanding and connection.

Thanks to resources from the [Association of Children's Museums \(ACM\)](#) "Healing With Play" initiative, families can also access a thoughtfully curated collection of grief and bereavement resources to explore together at home.

[Click here](#) for "Healing With Play" resources. 

[Click Here for "Healing With Play" Resources](#)

New Blog: Mindfulness for Kids and Families During Winter 🧠❄️



Winter can feel like a cozy blanket... or a long, dark tunnel depending on the day. In the Museum's latest blog, Briana Sullivan, Director of Education, shares gentle, practical ways that families can embrace mindfulness together during the chillier months.

✦ What you'll find in the blog:

- Simple breathing and grounding exercises designed to help kids (and grown-ups) notice how they're feeling and find calm in the moment.
- A fun art activity that turns creative play into a mindful practice for everyone.
- Encouragement to explore mindfulness as a tool for emotional awareness and connection.

Dive into the full blog [here](#).

Give this a read with your family and find moments of breath, connection, and presence even on the snowiest days. ❄️ 🧠

[Read the Whole Blog Here](#)

February Visiting Artists: Mariia Isaieva & Caroline Rothaug



**Council on
the Arts**

**FEBRUARY FEATURED
ARTISTS**

The Museum has TWO visiting artists in the month of February, made possible by the New York State Council on the Arts (NYSCA)!

Wednesday, February 18 | 10:00am-11:00am

Join us for a deliciously educational chocolate workshop at the Saratoga Children's Museum, led by visiting artist Mariia Isaieva, made possible through NYSCA.

Families will journey through the chocolate-making process, starting with the cacao plant and ending with a tasty treat. Along the way, participants will:

- Follow the cacao bean's path from plant to chocolate
- Take a closer look at cacao nibs and learn about their health benefits
- Enjoy chocolate tasting as part of the experience

✨ **Nut-free, gluten-free, and dairy-free options will be available.** This hands-on workshop blends food, science, and storytelling into a sweet experience you won't want to miss!

Wednesday, February 25 | 10:00am-11:00am

Winter is the perfect time to start thinking about spring! Join visiting artist Caroline Rothaug of Sustainable Saratoga for a hands-on Winter Sowing Workshop at the Museum, made possible through NYSCA.

Families will learn how to start seeds during the winter months using simple, accessible methods that work with nature, not against it. This workshop introduces kids and caregivers to:

- The basics of winter sowing and why it works
- How seeds grow and rest through the colder months
- Simple ways to nurture plants from seed to sprout

This nature-inspired program encourages curiosity, patience, and a deeper connection to the changing seasons, all while getting hands a little dirty in the best way.

A wonderful blend of science, sustainability, and hands-on learning!

February 1-15 Calendar is available to download [HERE](#).

FEBRUARY

We are open
Tues-Sat, 9am-4pm
Sundays, 1pm-4pm



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



1 OPEN 1-4 2:00-3:00 Make It!	2 CLOSED	3 9:30 & 1:30 Tuesdays for Tots 11:00 & 3:00 Fingerprint Fun	4 9:30 - 11:30 1:30 - 3:30 Art Adventures 	5 9:30 & 1:30 Storytime 11:00 & 3:00 Fun With Fossils	6 9:30 & 1:30 Science Explorers 11:00 & 3:00 Animal Spotlight	7 9:30 & 1:30 11:00 & 3:00 STEAM Saturday
8 OPEN 1-4 2:00-3:00 Make It!	9 CLOSED	10 9:30 & 1:30 Tuesdays for Tots 11:00 & 3:00 Mindful Moments	11 9:30 - 11:30 1:30 - 3:30 Art Adventures 	12 9:30 & 1:30 Storytime 11:00 & 3:00 Love Bugs	13 9:30 & 1:30 Science Explorers 11:00 & 3:00 Eco-Explorers	14 9:30 & 1:30 11:00 & 3:00 STEAM Saturday

THANK YOU TO OUR SPONSORS!

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THE MUSEUM IS A NON-PROFIT — YOUR SUPPORT MAKES A DIFFERENCE!

- The Museum utilizes donated funds to operate. Membership, admission, and programs pay for some of the budget, but the rest is funded through generosity. If you love the Museum, please be generous!
- Your donation directly provides the children of the Capital Region with excellent educational programs, interactive exhibits, and wonderful staff members who create an engaging and fun learning environment.
- Your donation allows the Museum to make improvements where they are needed so that your children and all the other children who visit have the best possible experience.

The Children's Museum at Saratoga (CMAS) is a 501(c)(3) nonprofit organization. Donations are tax-deductible as allowed by law.

[Make a Donation Here](#)