

## January

January						
<b>My goal this month:</b>					While driving, count out loud together. Try to work up to 20. Ask your child what comes after 9? What is between 4 and 6? Is 3 more or less than 2? (Math)	
	Happy New Year! Write the number of the new year in 2 different ways. (Problem Solving, Math)	Write the word January on a piece of paper and cut out the letters. Help your child put them in order. What other words can you spell?	If you let your child play on your phone or tablet, choose wisely! Check out fun, educational apps by Duck Duck Moose Inc. like Park Math or PuzzlePop.	Go on a "night" walk after dark. Look for the moon. Ask your child to listen since they can't see as well as during the day. What can you hear? (5 senses, Fitness)	Make sure your child knows your address: Street Number & Name, City & State.	
	After you read, talk about the story - ask what happened first? next? last? What problem did they have? How was it solved? (Sequencing, Reading)	Use a highlighter to write your child's name or another word. Let them trace it with a pen or pencil. (Letters, Writing)	Play What Doesn't Belong? by giving your child a simple list of 3 things. This works with anything! Beginning sounds (cat, car, ran), animals (Dog, cat, whale), etc.	Turn January into a tongue twister! Make up a sentence using as many J words as you can. Have your child try to repeat it back to you! (Letters, Problem Solving, Memory)	Help your child list the things they love about winter. Write them on paper, 1 word per line. You've made a list poem! Give it a title. (Critical Thinking, ELA)	
	It's Martin Luther King, Jr. Day! Talk about what you can do to make the world a more peaceful place.	Review your phone number with your child. Use the tune of a familiar song to help them remember ( <i>1 little, 2 little, 3 little Indians</i> works well!)	Have your child guess the temperature outside. Is it colder or warmer than inside? Look at weather.com to see our weather forecast.	Make a very simple block structure and see if your child can recreate it. (Visual Perception)	Play I Spy, focusing on a color, shape or letter. Example: I spy something that is round, white and red (baseball).	
	Gather miscellaneous items in a box and have your child match the items that belong together: sock/shoe, pencil/paper, spoon/fork	Play Who Am I? Use clues to describe something & have your child guess. (I live on a farm and eat hay. I give milk. I say moo!) Works with animals, occupations, friends/family, household items)	Write your child's name in block letters and let them color them in! (Letter, Writing)	Use 2 hands & a foot to count to 15. Also show skip counting to 15 using the same hands & foot.	Practice rhyming words using nonsense words! Start with real words then throw in the silly ones. Kids love to be silly so expect this game to get out of hand! (turtle-surtle, lamp-stamp-bamp)	

## February



Groundhog Day is this month! Use a flashlight to make shadows with your child. (Science)

Give your child plenty of opportunities to draw without coloring books! (Writing)

While driving, count out loud together. Try to work up to 20. Ask your child what comes after 9? What is between 4 and 6? Is 3 more or less than 2? (Math)

Go on a shape hunt while you grocery shop. See if you can find a circle, triangle, square, rectangle, oval, etc.

String large beads or pasta to make your own Mardi Gras necklace. Encourage your child to make a pattern. (Patterning, Fine Motor)



On a walk or at the park, practice skipping and galloping. (Gross Motor)

Show your child a jar or bowl with Valentine's candy hearts and ask them to estimate how many are in it. Then count together to see how close you were! (Estimation, Counting)

Use color descriptions when talking to your child (Hand me the red ball, etc.) Talk about the colors of the rainbow and black, white, grey, brown and pink. (Colors)



President's Day is this month! Describe what it means to be President and ask your child what they can do to make the country a better place.

Play a board game! These are great for critical thinking as well as practice taking turns (Critical Thinking, Problem Solving)

Look at a penny, dime, nickel and quarter. Line them up by size and then line them up by value. Talk about the coin names and values. (Math, Money)

When you read, make sure you talk about the Title, Author & Illustrator. Explain what an author or illustrator does. (ELA)

Pull out your coins again and show your child the images of past presidents. Sort the coins...do you have more of President Washington or President Lincoln? (Money, Math, Problem Solving)

Play Opposites with your child. You say a word and they have to say the opposite. Up-Down, In-Out, Hot-Cold, etc





Help your child count the number of days in February. Are there more or less than January? (Counting, Problem Solving)

Turn *February* into a tongue twister by making a sentence with as many F words as you can!

February's flower is the violet. Look one up and show it to your child. See if she can draw one. (Science, Drawing)

Buy or bake heart shaped cookies. Let your child use a butter knife or craft stick to spread red, white or pink icing on them. Enjoy! (Fine motor)









## March

	Say the word <i>March</i> . Ask your child what sound it ends in. List more words that end in the -ch sound. Now march together around the house!		Happy Birthday Dr. Seuss (March 2)! Celebrate by reading a favorite Dr. Seuss book tonight.	Draw a shamrock shape on a piece of paper. Have your child tear green construction paper into small bits and glue them into the shape to make shamrock art!	Name the 3 primary colors. What colors can you mix together to make green? What about purple? Orange?	
	Count the number of fruits and vegetables in your fridge. Make a list of new ones to try next time you go to the grocery store!	March is the third month of the year. Which month is the second? The first?	Draw a picture of what you can see from a window in your house. Now choose a different window...how are the pictures different? How are they the same?	Get a small box of Fruit Loops and have your child sort the colors. They can then make a rainbow pattern!	Bake homemade bread! Talk about the recipe, measuring ingredients and then watch the dough rise! Then read <i>The Little Red Hen</i> . (Or watch it on youtube.com!)	
	On a sunny day, build a small block tower. Put a piece of paper on the ground next to it and trace the shadow. Color your picture!	Read classic nursery rhymes with your child. Practice rhyming words by making up your own nursery rhyme with your child.	Have a "green" day! Wear something green, eat green fruits and veggies. Use a drop or two of food coloring to have green milk!		Look at this calendar and name the days of the week. How many days in each week? How many days in this month? Are there more days in March or February?	
	First day of Spring is this month! Plant some spring flowers and talk about what plants need to grow (sun, water, soil & fresh air).	Encourage your child to draw faces of family members and of themselves. Encourage them to describe features as they draw. Think of features they may have missed and point them out (chin, feet, etc.)	Count the pennies in your piggy bank! How many stacks of 10 can you make?	Practice singing your A-B-C's. Write them out and count the letters together.	Draw as many shapes you can think of! Circle, square, triangle, rectangle, etc. Talk about how they are similar or different (straight lines, curved lines, angles, etc.)	
	Vincent Van Gogh's birthday is March 30! Look up a his painting "Sunflowers" and then help your child make their own sunflower painting.		<b>My goal for this month:</b>			




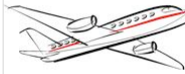



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			Summer!			
	Make homemade play dough with kool aid for a great smelling play treat!	Go on an outdoor texture hunt! Can you find something smooth? Rough? Slimy?	Add beads, sequins, pipe cleaners and googly eyes to your kool aid play dough to make crazy eyed monsters!	If you go to the beach, see how many animals you can find! Look for tide pools, dolphins, crabs. Watch out for jellyfish and sharks though!	Blow bubbles! See who can blow the biggest? Smallest? Put on a cotton glove and see if you can make a bubble bounce on it!	
	Use kinetic sand to build a mini sand castle. See how big you can get it before it collapses!	Read outside! Take a blanket, snacks and a stack of books and sit in the shade to read together.	Blow a ping pong ball across the water in the pool. Use a straw!	Instead of Duck Duck Goose you can play Drip Drip Splash with a pool toy!	Make silly faces in the mirror! Who can make the silliest? Can you mimic each others expressions?	
	Make paper airplanes and measure to see whose flies the farthest!	Build a Tinker Kit for your little engineer - Fill with parts to connect (popsicle sticks, sm. foam blocks), connectors (rubber bands, clothespins, toothpicks, etc.) and things to enhance (googly eyes, etc.)	Read, read, read every single day! There is no better learning activity! Re-read old favorites and check out new titles from the local library. Sign up for a Summer Reading program to earn prizes!	Play Red Light, Green Light or Simon Says to have fun while working on listening skills!	Build a volcano and make it erupt with baking soda and vinegar! Drop a few mint Mentos into a Diet Coke and talk about geysers!	
	Cover a piece of cardboard with aluminum foil and let your child create a beautiful work of art with Sharpies.	Look in the mirror and practice drawing a self-portrait. Talk about adding a chin, neck, eyebrows, etc.	Cook something together and talk about what the fractions in the recipe mean!	Build a bird feeder with a pine cone, peanut butter (or shortening) and bird seed. Hang it outside your window and see if you can identify the birds that stop by for a snack.	Talk about 5 senses at the pool: what do you see, hear, feel? Did you have a snack - salty or sweet? What do you smell?	
<b>My goal for the summer:</b>						
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## September

	Enjoy a cold treat on a hot day. (Opposites, Sensory)	Show your child how to roll Play-Doh into different size balls (Using the palms of the hands facing each other, fingers curled slightly towards the palm. Help them arrange them in order by size.	Have your child put 1 ice cube in the sun & 1 in the shade & see which melts first. (Science)	Give your child his clean socks from the laundry. Have him sort the socks into pairs to put away. (Sorting, Matching, Helping)	Help your child find 5 blue things & line them up in order from largest to smallest. (Colors, Counting, Sequencing)	
	Show your child how to fold a sheet of paper back & forth to make a paper fan. Try to cool each other off! (Small Motor Skills)	Ask your child what would you take on a picnic? Make a list. (Thinking Skills)	Let your child "paint" water onto the sidewalk or driveway to make pictures. (Fine motor)	Look through a magazine with your child to find and circle the first letter of her name. (Letters / Name Recognition)	Roll Play-Doh into tiny pea-size balls using only the fingertips. Use pegs or toothpicks to make designs in the play doh.	
	Talk about flexibility & how it is important to be open to change. Understand that disappointment is natural! (Character Development)	Talk about physical flexibility & practice some basic stretches. (Movement, Health)	Teach your child how to help wipe down the kitchen counters or wash the windows. (Helping)	Tear newspaper into strips and then crumble them into balls. Use the balls of paper as stuffing for scarecrows, puppets or other art projects.	Plan a pretend trip. Where would you go? How would you have to get there? (Critical Thinking, Geography)	
	Play a simple board game with your child! (Problem Solving)	Let your child climb "over" & "under" a chair. (Positional words, Opposites, Gross Motor)	Make a card for a friend, family member or teacher. (Kindness)	Have your child count 10 fingers & 10 toes. Play "This Little Piggie." (Counting)	Sprinkle salt into a flat dish or on a tray. Allow your child to use their finger to write letters or draw shapes. (Writing)	
	At the grocery store, have your child help you look for a specific item from your list. (Problem Solving, Helping)	Scrunch up one sheet of newspaper in just one hand - great for building strength!	Explain to your child that a goal is something you want to accomplish and reaching a goal can take hard work! Help your child write down a goal for this month. When he accomplishes his goal, put a sticker in this space. Help him feel proud that he has worked hard to meet the goal!			

# October

My goal this month:			Let your child use sidewalk chalk to draw pictures, write names and draw shapes. (Writing)	Review how to be courteous when you are sick. Cough into your elbow, use a tissue to wipe your nose, etc. (Health)	See how many opposites you can come up with using this sentence format: "If it isn't __ (day) __, then it is __ (night) __." (Grouping/Classification)	
	Go on a walk and try to find as many red things as you can. Decide if they are natural or man-made. (Colors, Critical Thinking)	Pick up objects using large tweezers such as those found in the Bed Bugs game. You can also pick up Cheerios, marshmallows, small cubes, etc.! (Fine Motor)	Tell your child to think of an animal & imagine how it stretches when it first wakes up. See if she can stretch like her animal. (Gross Motor, Fitness)	Enjoy trail mix for a snack and have your child sort it into nuts, fruit, candy, etc. What do you have the most of? (Sorting, Counting)	Create an indoor obstacle course to practice crawling, creeping, jumping. Be sure to go over, under, around and through! (Positional Words, Gross Motor)	
	As you are driving, point out road signs and tell your child what they mean. Ask them why we stop at stop signs and drive slow in school zones. (Symbols, Critical Thinking)	Play "I Spy" with rhyming words. Example, for a tree say "I spy something that rhymes with knee!" (Rhyming)	As you read a story to your child, run your finger along the words. (Left-to-Right, Top-to-Bottom, Literacy)	Clap your hands in a pattern. See if your child can repeat your pattern. Have him make up his own pattern for you to repeat! (Patterns, Listening Skills)	Go outside after dark. Ask your child what they think it would be like to visit the moon. Then read "Goodnight Moon" or another moon book. (Critical Thinking, Literacy)	
	Teach your child the ASL sign for "I Love You" and use it often with each other. (Sm. Muscle Development, Caring)	Practice calling out numbers using dice. Show your child how to shake the dice by cupping their hands together, forming an empty air space between the palms. After they toss them, see how quickly they can call out the number.	Go to the local library to check out a book or listen to a story. Ask your child to predict what a story is about based on the cover of the book. (Reading, Community)	At bathtime, spray a little shaving cream onto the tile wall in the bathroom and allow your child to write their name or draw shapes. (Writing, Sensory)	Help your child use blocks to build a maze and then let their doll or action figure try to find the way through. (Problem Solving)	
	Show your child how to use toothpicks to make shapes like square, triangle, rectangle. Talk about why you can't make a circle. (Shapes, Critical Thinking)	Talk about how it makes someone feel to be spoken to kindly. How would you feel if someone spoke to you unkindly? (Critical Thinking, Kindness)	Make a Job Jar for your child with simple tasks they can accomplish on their own. You may have to show them how the first time! (Responsibility, Helping)	Help your child count the letters in his name. Count the letters in your family members names. (Counting, Letter/Name Recognition)	Trick-or-Treat! Use a glow stick or glow necklace to help keep your child safe in the dark. Happy Halloween!	



## November

November						
<b>My goal this month:</b>						
	Have your child dictate a story for you to write down. Read the story back to her. (Language, Creative Thinking)	Learn the names of the coins: quarter, nickel, dime, penny. Look at both sides and talk about what is on each. Don't worry too much about the value yet! (Money, Symbols)	Thanks + giving = Thanksgiving. List other words that are made by putting two words together (baseball, etc). (ELA, Critical Thinking)	Gather a group of similar items & add 1 "odd man out" (4 kitchen utensils and a toy, etc.) Have your child pick the 1 that doesn't belong and explain why. (Groups/ Classification)	Play the Alphabet Game while driving. One person finds an A, the next a B until you finish the alphabet. (Literacy, ELA)	
	Give your child some magnets. Have them test various household surfaces to see where the magnets will stick. (Science, Problem Solving)	Use lacing and sewing activities such as stringing beads, Cheerios, macaroni, etc.	Veteran's Day is this month. Explain what a veteran is and why we honor them. (Citizenship)	Talk about what the red, yellow and green traffic lights mean. (Colors, Symbols/Signs, Safety)	How many colors of fruit can your child find at the grocery store? (Colors, Problem Solving)	
	Let your child help you plan the Thanksgiving dinner. Ask them what you'll need from the grocery store and make a list. (Problem Solving)	Talk about feelings with your child. In front of a mirror, make happy, sad, mad, silly faces together. (Emotions)	Exercise helps your mind & body! Make sure your child is active each day. (Health/Fitness)	Use all of your fingers plus a toe to teach your child to count to 11. (Counting)	Talk with your child about how you know 2 people are friends (smiling at each other, being kind, helping each other). (Friendship, Kindness)	
	Let your child help dust the furniture. (Helping, Gross Motor)	Talk to your child about Native American's helping the Pilgrims with their crops, etc. Ask them to think of a time when someone helped them. And when they helped someone. (Critical Thinking, Empathy)	Have your child tell you what he is thankful for and then share with him what you are thankful for. (Gratitude, Character Development)		Ask your child to help you make your Christmas gift shopping list. Encourage them to think about what each person on it would love. (Kindness, Generosity)	

## December

Help your child learn your phone # by singing it to the tune of *1 little, 2 little, 3 little Indians...*

Happy Birthday Jan Brett! Read a Jan Brett book with your child today. A good winter one is *The Mitten*.

December is the 12th month...Count to 12 and then work together to think of other things that come in groups of 12 (Eggs, Doughnuts, etc.)

Find all of the King cards in a deck of cards. See what other matches you can make (numbers, suits, etc.) Put the cards in numerical order.

Use eye droppers or pipettes to pick up colored water for color mixing or to make an art project on a coffee filter!



Go on a Letter, Shape or Color hunt! Pick one and then race to see who can find the most before the timer runs out! (ELA, Math, Problem Solving)



Discuss traditions with your child. What are your family's favorite traditions? Why are they important? (Critical Thinking)

Let your child plan dinner. Ask him to think of something that is healthy & that the whole family will want and then help them prepare it!

Read *The Polar Express* with your child and then watch the movie. Discuss how they are different. Which did you like better and why?



Roll small balls of tissue paper and then glue them onto construction paper to make pictures or designs.

There are 10 days til Christmas! Show your child a calendar and have them count the days! (Counting)

Most snowflakes have 6 sides but some look like triangles or columns. Help your child use scissors and paper to make snowflakes for decorations.

Give your child an old magazine and help them cut out the letters that spell their name. Or numbers 1-10! They can glue them to make a collage.

Get the deck of cards back out and see if your child can put them in number order on their own. Then teach them to play Go Fish. (Counting, Math, Problem Solving)

Show your child how to set the table and let this be their job each night. (Helping)

Make a pile of shoes. Have your child find the matching pairs and put them in the right closet. (Sorting, Matching)

Take turns throwing a ball and measuring how far it went. See who can throw it the farthest! Test different kinds of balls (Measurement, Fitness)

Put on your Christmas pj's and read *The Night Before Christmas* next to your Christmas tree! Talk about how glad you are to be together for Christmas.

Talk with your child about weather around the world. Where is it warmest? Coldest? What is it like at the North Pole? Discuss why! (Science, Geography)



Show your child how to express gratitude for their gifts by helping them write or make thank you notes!

Set up a tray or cookie sheet with salt or cornmeal. Have your child roll a dice then use their finger to write the correct number!

Attempt to turn over cards, coins, checkers or buttons without bringing them to the edge of the table.

**My goal this month:**