



Dear Family,

Your child's success begins with you! You are your child's FIRST and BEST teacher. They will learn the most about the world around them from you. This calendar has been created to provide you with an activity to try with your child every day in the summertime.

These simple activities don't require a lot of material or preparation so you can fit them into your daily routine of spending time with your child.

The activities are designed to encourage development in the areas of:

- Language and Literacy - The way children learn to communicate with sounds, words and gestures and eventually, the way they learn to read and write.
- Physical Development - How they move their bodies in physical activities and how they use their hands.
- Social Skills and Emotional Competencies - Begin to recognize and express their own feelings and to understand and respond to the emotions of others.
- Approaches to Learning - How children deal with new environments, interactions and discoveries.
- Mathematical Thinking - Number knowledge, patterns, size, shape awareness and the relationship between objects and space.
- Scientific Inquiry - Exploration and discovery of the world around them.
- Social Studies - Trying to make sense of the social and physical environments.

Please remember to use caution and supervision with all activities. If there is an activity that your child enjoys, you can repeat it another day, as well as interchange any activity from one day to another. (If it is raining on a day that says to go outside, swap it out for an activity from a different day).

Most importantly - Take time to play and enjoy creating special moments with your little one - they grow up way too fast!

Your impact on their overall development will be significant and will last a lifetime!

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June

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Talk to your child about what to do when they have a friend that is feeling sad. 1	Practice hand washing together: before and after meals, after coughing or sneezing, etc. 2	Play and sing "Ring around the Rosie" together. 3	Play catch! Teach your child how to catch a ball, how to grasp with their hands and extend their arms. 4	Have your child try to do their daily routines by themselves (like when washing and drying their hands). 5	Pull all of the shoes out of the closet and sort them by color with your child. Then sort them by type or activity. 6
Play a simple game of charades where you or your child act out an emotion and the other person guesses what it is. 7	Sink or Float? Fill a container with water. Gather a few small objects that your child can test to see if they sink or float. 8	Go for a walk and see how many different birds you can see. Look them up in a book or on the internet. 9	Mix a combination of crackers, cereals, pretzels, etc. Then ask your child to match them, then they can eat them. 10	Peel the wrapper off old crayons and place them in a bin in the sun. Watch how the sun will melt them. When soft, mold it into a ball to color with. 11	Have your child help you set the table for a meal. Talk about the names of everything and where it goes. 12	Write your child's name on a piece of paper with a pencil or highlighter and have them trace the name. 13
March like different animals across the room and count how many steps it takes to get there. 14	Have a picnic when eating a snack or a meal outside or at a park. 15	Have your family stand in a line. Have your child tell you who is shortest and who is the tallest. 16	Pick a letter of the alphabet and ask your child to find objects around the room that start with that letter. 17	Play hair salon and let your child do your hair; spray your hair with water, comb, brush and put in barrettes, etc. 18	Sing a rhyming song (i.e. Five Little Ducks) and pick out the words that rhyme together. Then pick a word and ask your child what words rhyme with it. 19	Have an "orange" day! Wear something orange and eat orange foods (oranges, cheese carrots, etc.) and play "I Spy" with orange items. 20
Ask your child what their favorite book is. Have them try to tell you the story without looking at the book. 21	Play music and have your child dance; when the music stops, they must freeze in place. Start the music again and repeat. 22	Read a book with your child outside in the shade. Use different voices for the characters. 23	Talk with your child about a time they were surprised. Have them draw a picture. 24	Read a story together that has fun rhymes. Let your child guess the rhyming words. 25	Talk about the feeling of being angry. What is okay to do when you are angry? What is not okay? 26	Do some stretching exercises together. Touch your toes and reach to the sky. Reach to the sides and stretch your legs. 27
Show your child a picture of a turtle and explain that turtles move very slow. Ask, "What are some animals that are to opposite (fast)?" 28	Explain that you'll make compound words by clapping. Say one part of a compound word and clap. Your child says the second part and claps. 29	Look outside, talk about the weather today. Ask, "What is your favorite weather to play in?" 30		<p>Recognizing emotions in themselves and others is an important skill for children. Being able to understand emotions will help them learn self-control.</p>		

July

PESE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Give your child lots of fun practice with the letters in his or her name. Some examples are: magnetic letters, shaving cream, letter blocks, sand or salt drawing, tracing strokes on large letters.</p>			<p>Read a book about feelings. Make "feelings" faces. Draw emotional faces.</p> <p>1</p>	<p>Play "Simon Says" with a focus on movements. For example, "Simon says jump up and down."</p> <p>2</p>	<p>Print your child's name in large letters on a piece of paper and help your child trace around them.</p> <p>3</p>	<p>Make a fort out of cushions, pillows and blankets. Take a flashlight and read a story inside!</p> <p>4</p>
<p>Before bedtime, read your child a story and then ask them "What was the best part of your day and what was the part of the day you didn't like?" Share yours too!</p> <p>5</p>	<p>Sing the "Wheels on the bus" and do the actions as you sing.</p> <p>6</p>	<p>Have a "red" day! Wear something that is red. Look for different things that are red in your home. Eat snacks that are red (apples, tomato, salsa etc)</p> <p>7</p>	<p>Give your child an adult sweater with large buttons to practice fastening and unfastening buttons.</p> <p>8</p>	<p>Look through some family pictures together. Talk about what is happening in the pictures. Ask your child who the people are in the pictures.</p> <p>9</p>	<p>Practice deep breathing with your child especially at night or when angry to help them to calm themselves and settle.</p> <p>10</p>	<p>Color in a coloring book together while listening to music. Color according to the rhythm of the music (fast or slow).</p> <p>11</p>
<p>Play hide and seek with your child. Encourage them to count to ten or more!</p> <p>12</p>	<p>Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you too!</p> <p>13</p>	<p>Pretend to be different animals with your child. Slither like a snake, swing like a monkey, walk like an elephant, duck, bear, etc.</p> <p>14</p>	<p>Talk about "big" and "little" concepts. Have your child find five things that are smaller than their hand.</p> <p>15</p>	<p>Read a short story with your child. Then ask them to re-tell it back to you, by looking at the pictures and using their own words.</p> <p>16</p>	<p>Talk about the animals that might be on a farm. Have your child draw one or more of the animals that might be on a farm.</p> <p>17</p>	<p>Go to your local library and check out books that you choose together. Take some home to read for the week.</p> <p>18</p>
<p>Talk about the rules you have in your house, with your child. Talk about the reasons and what happens if they forget.</p> <p>19</p>	<p>Have a "square" day. Draw and cut out a square together. Find objects that are square-shaped. Have a square snack (sandwich, cracker, cheese).</p> <p>20</p>	<p>Play "I spy" when reading or looking at a book or a magazine. Say things like "I spy some shoes", etc.</p> <p>21</p>	<p>Talk about "big and little" concepts. See if your child can find five things that are bigger than their hand.</p> <p>22</p>	<p>While outside, practice kicking a ball to one another. Be careful not to kick too hard and aim for their feet.</p> <p>23</p>	<p>Try saying tongue twisters with your child like "big blue balloon"; "fine fat fish"; "cans of candy kisses" or "mama makes muddy messes Monday"</p> <p>24</p>	<p>Blow bubbles outside together. Chase and pop! Practice blowing or use the wind and move your arm.</p> <p>25</p>
<p>Encourage your child to read a book to you - choose a book with mostly pictures and have them tell you what is happening on each page.</p> <p>26</p>	<p>On paper plates, draw different faces with emotion (happy, silly, sad, mad, sleepy, etc). Draw mustaches, eyebrows, glasses, freckles etc).</p> <p>27</p>	<p>Trace a letter on your child's back and see if they can guess which letter it is. If they have trouble, tell them which letter first and then draw it.</p> <p>28</p>	<p>Have a "green" day! Wear something green. Play "I Spy something green. Eat some green food (celery, peas, honeydew melon).</p> <p>29</p>	<p>Create a list of items to find outside (e.g., a leaf, a rock, a flower). Go on a scavenger hunt together to find the items. Celebrate when all items are found.</p> <p>30</p>	<p>Sort a deck of cards with your child. Sort by numbers, suits (shapes), colors.</p> <p>31</p>	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Self-regulation is an important skill for children. Help your child with these activities:
**Play games that require taking turns.
**Look at pictures and books about emotions.
**Teach your child calming techniques such as taking deep breaths.

Talk about rhyming words or words that sound the same. Explore words that rhyme with "cat". Write them down together.

1

Recite the days of the week with your child. Point to a calendar like this one saying the days.

Have your child practice using a zipper. Place a jacket on the floor and show them to do it up and undo it.

Trace your child's hand prints or footprints on a piece of paper. Then have your child color in the print with crayons.

Lie on the grass and look up at the clouds. Encourage your child to describe the shapes they see. Make up stories about the cloud shapes.

Collect leaves, sticks, flowers and rocks. Use them to create art on the ground or on paper. Encourage creativity by making patterns or pictures.

Create a list of items to find around the house (e.g., a red toy, a book, a spoon). Hide the items and give your child clues to find them. Celebrate when all items are found.

Collect leaves of different shapes and sizes. Place a leaf under a piece of paper and rub a crayon over it to reveal the leaf's pattern. Make a collection of leaf rubbings.

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Involve your child in simple cooking or baking activities. Let them help with mixing, pouring and decorating. Make fun snacks like fruit kabobs or decorate cookies.

Create a simple obstacle course using household items like pillows, chairs and toys. Include activities like crawling under tables, jumping over pillows and walking around chairs.

Encourage your child to engage in pretend play. Provide props like hats, scarves and toys to enhance the experience. Play scenarios like "grocery store," "doctor's office" or "restaurant."

Place a few items on a tray and let your child look at them for a minute. Cover the tray and ask your child to name the items. Increase the number of items as your child gets better.

Encourage the child to tear paper into small pieces. They can use the pieces to create a collage.

Provide building blocks for your child to stack and build structures. This helps with spatial awareness and fine motor skills.

Give your child safety scissors and paper to practice cutting. Start with straight lines and progress to shapes.

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Sing "Old MacDonald Had a Farm".

Create a list of safety items to find around the house (e.g., smoke detector, first aid kit, fire extinguisher). Go on a scavenger hunt together to find these items. Discuss the importance of each item and how it helps keep them safe.

Doodle with your child. Provide them with lots of paper, thick pencils and crayons to create and doodle away.

Show your child a sequence of shapes (e.g., circle, square, triangle). Ask them to repeat the sequence in the correct order. Increase the number of shapes as they get better.

Provide paper and markers or crayons. Write letters on the paper and ask the child to trace them. Encourage them to say the letter as they trace it.

Use toy cars and a play mat to teach traffic safety. Discuss the importance of wearing seat belts, looking both ways before crossing the street and obeying traffic signals. Role-play crossing the street safely.

Collect a bucket of water, soap and sponges and any trucks, animals or favorite toys. Have your child "give them a bath".

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Chalk line erase: Have your child draw lines of chalk, then have them use a paintbrush or sponge with water to erase the chalk marks.

Create pairs of letter cards and lay them face down. Take turns flipping two cards to find matching pairs. Encourage your child to say the letters as they flip the cards

Practice a fire safety drill at home. Show your child how to crawl low under smoke and find the nearest exit. Discuss the importance of having a meeting spot outside.

Show your child a sequence of colored objects (e.g., blocks or crayons). Ask them to repeat the sequence in the correct order. Increase the number of colors as they improve.

Make mud pies! Mix mud or sand with water and items from nature. Make mud pies and decorate them with nature items.

Discuss what to do if approached by a stranger. Role-play scenarios where a stranger asks for help or offers something. Teach your child to say "No" and find a trusted adult.

Sorting is an important math skill. Start by gathering various items from outside, like leaves, seeds, sticks, stones, feathers etc and then sorting them into groups. Then you can create a visual graph or chart.

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Use cards with pictures or words and lay them face down. Take turns flipping two cards to find matching pairs. Encourage your child to remember the location of the cards.

Make different animal sound and see if your child can guess which animal. Ask "what animal makes this sound ___?"



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August

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