

# ADECE Calendar

## Oscar's Walk of Learning





# WELCOME!

## Let's Get Started

Are you looking for fun and easy activities to do with your preschooler? Would you like to find simple ideas that help build young children's math or science skills? Do you want suggestions for guiding your preschooler's social and emotional learning or physical development? What about discovering new stories, songs, or play ideas?

The "Oscar's Walk of Learning" calendar offers a year of fun! On every month's page, you'll uncover ideas for you and your preschooler to enjoy together. The activities are labeled with skills that your child can learn. The icon (picture) on each day tells you what type of skill.

## Take the Born Ready Pledge

"I pledge to help my children build a solid learning foundation. I will use the resources available to me to look for everyday teaching and learning opportunities to share with my little ones. I will engage with my children in fun and enriching ways, always keeping in mind that 95% of a child's brain develops from birth through age five. Above all, I will rise to this occasion with confidence, knowing that I was born ready for this."

For more ideas about how your child learns, go to [bornready.org](http://bornready.org).

## Strong Successful Students

The eight areas of learning are found in the Alabama Standards of Early Learning and Development (ASELDs). These are the standards preschool teachers and childcare providers use when designing learning opportunities for young children.

"Oscar's Walk of Learning" calendar offers:

Connections with your preschooler's daily learning in their early care setting to support school readiness skills.

Playful interactions to be used on any day, week, or month. Play the same game or try the same activity more than once. For example, try something on October's page in January or July.

A unique learning such as a craft, recipe, or finger play. They are referenced in one of the days for that month.

Have fun following Oscar the Owl month to month. Is he at the top this month or the bottom? The times you and your child spend together are special. When you encourage them to learn a new skill in a fun, playful way, you are helping them become happy and successful learners!



**Social-Emotional Development:**  
Myself, My Feelings, My Relationships



**Physical Development and Health:**  
Growing Strong, Healthy, and Resilient



**Creative Arts:**  
Expressing Feelings and Ideas through Art, Music, Movement, and Drama



**Approaches to Play and Learning:**  
Developing Skills and Attitudes for Success



**Social Studies Thinking:**  
Learning about Myself, My Family, and My Community



**Scientific Exploration and Knowledge:**  
Exploring the World Around Me



**Mathematical Thinking**  
Exploring, Processing, and Logical Reasoning



**Language and Literacy:**  
Understanding and Expressing by Speaking, Listening, Reading, and Writing

**Activities:** Interactions are designed to be done with an adult. Some suggestions include items not intended for children younger than the age of 4. Most can easily be adapted for younger children by changing the items used.

# RESOURCES

## ADECE

The Alabama Department of Early Childhood Education (ADECE) is a state agency with the primary responsibility of providing young children throughout the state with high-quality care and education. Our mission is to innovate, support, and deliver cohesive, equitable systems of high-quality care and education so that Alabama children and families thrive and learn.

The Department is home to the nationally recognized Alabama First Class Pre-K program. First Class Pre-K has been awarded the highest quality rating by the National Institute for Early Education Research (NIEER) each year since 2006. ADECE serves children from birth to age 8 through a variety of programs that provide support and education to children and families.

## Alabama Family Central

Alabama Family Central makes finding education, healthcare, child services, and family resources fast and easy. Great families need strong partners. State agencies and other organizations have partnered to support Alabama's families, sharing all available state agency resources related to the health and well-being of children in one easy-to-use online destination.

<https://alabamafamilycentral.org/>

**Learn More:** For more ideas about how your child learns, go to <https://children.alabarna.gov/>.

## Follow us on Social Media

Facebook: <https://www.facebook.com/ALDeptECE>

Instagram: <https://www.instagram.com/aldeptece/>

Twitter: [https://twitter.com/AL\\_DECE](https://twitter.com/AL_DECE)

## Dolly Parton's Imagination Library

ADECE has partnered with Dolly Parton's Imagination Library to mail a free book every month to children from ages birth to five.



For more information:  
<https://imaginationlibrary.com/alabama-kicks-off-statewide-expansion-of-dolly-partons-imagination-library/>





# AUGUST



## Physical Development and Health

Physical development in young children involves fine motor (small muscles) and gross motor (large muscles). As children grow and mature, their muscles become stronger and more coordinated. They strengthen fine motor skills when they pick up small things like a Cheerio or small blocks, when they hold a crayon, or when they twist open the lid of a jar. Gross motor involves running, jumping, catching, throwing, and other active experiences.

It's important for young children to learn about their health and safety, too. They can understand why you cover your nose and mouth when you sneeze or cough, why exercise and fresh air are good for your body, and how to keep safe when crossing a street or encountering a stranger.

When you offer children lots of opportunities to stay active and healthy, their confidence grows!

## Sing 10 Little Monkeys

Ten Little Monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor, and the doctor said,  
"No more monkeys jumping on the bed!"

## Say Hello!

Hola (Spanish), Ni hao (Chinese), Hē (Hindi), Shalom (Hebrew), Aloha (Hawaiian)

LET'S GET COOKING!

## MAKE YOUR OWN ICE CREAM!

**1 cup milk**      **1 1/2 tsp vanilla extract**  
**1 tbsp sugar**    **1/4 cup salt**    **1 small zip lock bag**

Pour 1/2 cup of milk or half and half milk into a small zip lock bag. Add vanilla and sugar. Seal the bag very tight, squeezing to get the air out. You can tape the edges to make sure the bag stays sealed. Then, fill the large zip lock bag half full with ice and add 1/4 cup of salt. Add your small bag. Then, add more ice. Seal the large zip lock bag very tight. Now it's time to shake! Put on gloves to keep your hands warm and shake for 5-10 minutes. Remove the small bag and wipe off the outside, then open it and eat. Yum!

## Silly August Celebrations

### August 5: National Underwear Day

Wear your favorite pair of undies today!

### August 9: National Book Lovers Day

Read your favorite book. Tell why it's special to you.

### August 16: Tell A Joke Today

Tell this knock-knock joke to a friend. "Knock, knock, who's there?" "Orange." "Orange who?" "Orange you glad we are friends?"

### August 31: Eat Outside Day

Make a picnic lunch to eat outside.

## Make Raisins Dance

1. Fill the glass 3/4 full of water.
2. Add 2 tablespoons of baking soda and mix until the solution is nearly clear.
3. Pour vinegar into the glass until the water starts to bubble.
4. Add a handful of raisins to the glass.







Can you tell a grown-up about how to keep safe when you are riding a bike or other kind of riding toy?



Practice taking a deep breath and counting to 10. That's a good thing to do when you're angry.



Go on an insect hunt. What did you find? Draw a picture.



Have an adult read, How Hippo says Hello by Abigail Samoun.



Sing your favorite song softly. Then, sing it loudly. Sing it fast, then sing it slow.



Can you find Oscar the Owl at the top of the page? How many books is he standing on? Did you count eight?



What alphabet letters can you make out of playdough?



Practice saying hello in different languages.



Can you name 5 foods that keep you healthy?



How many things can you find that start with the letter S?



Can you say your name 10 times in a row? Can you say it fast? Can you say it slow?



Paint with water. Fill a bucket with water and dip a brush into the water to paint the sidewalk or the house.



Play the "What If?" game with these questions: What if you lost your shoe? What if you ripped a page book? What if you tried and liked a new food?



Can you make raisins dance?



Put a glass of water in the freezer. Can you predict what will happen? Check on it in 1-2 hours.



Do you like vanilla ice cream? Use this month's recipe.



How can you finish this sentence? "A long time ago, I..."



Can you say the words "Peter Piper" five times and really fast?



Draw ten monkeys on a piece of paper. When you sing the song, "Ten Little Monkeys", cross one off each time a monkey falls off.



Practice "Stop, Drop, and Roll" – a fire safety practice.



What is your favorite book? Retell the story to a friend and share why it is your favorite.



Can you think of two words that go together to make a different word? Like "butterfly", "football", and "cupcake". What other words can you discover?



Ask a grown-up to put a square, triangle, and a circle on individual index cards. Make two of the cards face down on a table or floor and play a matching game.



Make some cards with arrows that point in different directions. Ask a grown-up to put an object somewhere in the room. Can you lay out the arrows to lead to the object?



Make a musical maraca. Pour pasta, rice, or small beans into a clean plastic bottle. Put on the lid. Shake, shake, shake!



Play the game, Roll Over. Lay on the floor, and see how many times you can rollover. How far did you go?



Wear something that's your favorite color.



Tell a grown-up the recipe for your favorite food. How do you prepare and then cook it?



Social Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



Social Studies Thinking



Scientific Exploration and Knowledge



Mathematical Thinking



Language and Literacy



# SEPTEMBER

## Home-School Partnerships

Parents are children's first and most important teachers. They guide children's formation of attitudes, values, and behavior that will help them be successful in school and life. Once children enter school, teachers take on the job of helping them learn information and skills. When teachers and family work together or form a partnership, children are more likely to have successful school experiences. Parents can help teachers understand their child's strengths and interests. Teachers can help parents learn about the school and the information being taught. Children feel more confident their learning is being supported by a team.

There are many ways family adults can partner with schools. There are often volunteer opportunities, parent-teacher meetings, or school events that invite family participation.

Here's how to build that partnership:

1. **Communicate with your child's teacher.** Send notes or emails. Attend parent-teacher conferences.
2. **Volunteer as time allows.** Act as a classroom helper, go on a field trip with the class, help to prepare crafts or materials for school projects, or read to the class.
3. **Help your child complete home assignments and return them to school as needed.**
4. **Share information about your culture or your job with the class.**
5. **Attend school events like back-to-school night, parent meetings, or other special events like a concert or play.**
6. **Join the school's parent group to stay informed.**

LET'S GET COOKING!

## ENGLISH MUFFIN PIZZA

1. **Toast English muffin halves.**
2. **Spread a spoonful of tomato sauce on top.**
3. **Sprinkle shredded cheese on top of the sauce.**
4. **Bake at 400 degrees for 10-15 minutes until the cheese is melted.**

## Sing, "Way Up High"

Way up high in the apple tree (put your hands up over your head)

Two red apples smiled at me. (point to the smile on your mouth)

I shook that tree as hard as I could, (pretend to shake the tree with your hands)

Down came the apples, (move your hands downward)

Mmmmm, they were good. (Pat your tummy.)

## Silly September Celebrations

### SEPTEMBER 5: NATIONAL PET ROCK DAY

Color a face on a small, smooth rock. Take care of it just like you would care for a pet.

### SEPTEMBER 15: MAKE A HAT DAY

What things around your house can you combine to make a pretend hat?

### SEPTEMBER 18: NATIONAL CLEAN UP DAY

Clean your room or clean out a closet.

### SEPTEMBER 25: NATIONAL BUNNY DAY

Go outside and hop like a bunny around your block. How far can you go?





How far can you kick a ball?



What kind of weather do you like best? Do you prefer sunshine, rain, or snow? Do you like it better when it's cold or when it's hot?



Make a ramp by leaning a piece of cardboard or box against a sofa, or build a ramp with blocks. Send different things down the ramp. Which is fastest?



Can you explain what you need to do before you cross the street?



How many ways can you use water? For example, you can water plants, wash your hands, and make tea.



Pretend you're an astronaut. Count down from 10. Now blast off!



Can you think of a word that rhymes with the word bunny?



Draw a picture of what your room looks like during the day. Now, draw a picture of what it looks like at night.



Make a pizza out of English muffins for lunch!



Listen to an adult read, Old Hat New Hat, by Stan and Jan Berenstain.



Draw a picture or build something with blocks. Can you explain to a grown-up how you made it?



Make some alphabet letters with your body. How can you make the letter C? Can you make the letter T? You can use just your arms or your whole body!



Can you find the pairs for all of your socks?



Find things that are different textures. For example, find something that is soft, rough, smooth, slippery, or bumpy.



How do trees look different in different seasons? Draw the way a tree looks in spring, summer, winter, and fall.



Tell a grown-up what you think might happen if you forgot to put the ice cream back in the freezer? What might happen if you forgot to put the lid back on a marker?



Ask a grown-up to pretend to be a police officer. Pretend you are lost. What will you tell the officer to help you find your way?



Recite the finger play, "Way up High in the Apple Tree."



How many steps does it take to walk across your bedroom? How many steps if you take small steps? What about big steps?



Ask a grown-up to hide a small toy outside in your sandbox or under some dirt. Use a rake, shovel or your hand to dig for the treasure.



Can you breathe like a bunny? Take three quick sniffs through your nose, searching for carrots, and one long exhale through the nose. Try this when you start to feel upset.



Can you tell a pretend story about your pet rock?



How do you see people moving in your neighborhood? Are they in cars, on bikes, on a train, or walking?



How many ways can you tell or show someone that you're happy? For example, you can smile, laugh, and use words.



Sing a song really fast. Now, sing the same song really slowly. Now, sing it just right!



Hop like a bunny from the kitchen to your bedroom. Can you turn around and hop back?



Can you tell a grown-up about something you did yesterday? What did you do today? What do you think you'll do tomorrow?



Hide your eyes. Ask a grown-up to choose a food for you to taste, and then, guess what it is. Could you tell?



Social-Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



Social Studies Thinking



Scientific Exploration and Knowledge



Mathematical Thinking



Language and Literacy



# OCTOBER



## Technology for Children

Children are exposed to computers, smartphones, and hi-tech toys every day. (You may hear this called screen time.) But those types of technology can never replace toys and materials like dolls, stuffed animals, puzzles, blocks, and books. Children learn by interacting with the world around them; outdoor play, pretending, and playing with others are still the best kinds of experiences for children.

The American Academy of Pediatrics recommends that children ages 2-5 limit their screen time to one hour per day. When children are using technology, it's important that adults participate in that play. Sit next to them and talk about what they're doing. Check out the games or apps that children are playing to make sure they are educational and age-appropriate. Most importantly, adults need to set a good example, showing children that they can also limit the amount of time they spend on phones or laptops.

Children can learn many different kinds of information when they use laptops or smartphones.

- 1) Children learn about the different parts of a laptop or phone such as a mouse, cursor, or screen.
- 2) Children practice fine motor skills when they type on the keyboard or swipe the screen.
- 3) Educational apps and videos help children acquire new information about concepts like colors, shapes, or letters.
- 4) If children use their screens to draw or color, they are using creativity and imagination.
- 5) Online stories, when adults sit with children, help to build vocabulary and a love of reading.

\* PUZZLE, PUZZLE, WHO HAS THE PUZZLE?

## Make a Name Puzzle

Print the letters of your name on a piece of paper, leaving space in between each letter to cut your name into cards. Mix them up and then put them together to spell your name. Can you make other words with those letters?

## Silly October Celebrations

### OCTOBER 2: NATIONAL NAME YOUR CAR DAY

If you had your very own car, what would you name it?

### OCTOBER 15: NATIONAL GROUCHY DAY

What kinds of things make you grouchy?

### OCTOBER 21: NATIONAL REPTILE DAY

Find out which animals, besides snakes, are reptiles.

### OCTOBER 25: INTERNATIONAL ARTIST DAY

Pretend you're an artist. Make a masterpiece!

## \* Create a Hand Tree!

Trace the bottom part of your arm to make a tree trunk. Color it. Next, trace your hand at the top of the trunk to make the branches and leaves. Make 3 or 4 hand branches and color them different colors.





Make a fruit breakfast parfait. Put a little yogurt in the bottom of a cup. Add some berries or grapes. Put in more yogurt on top, then more fruit. Yum!



Make a "me box." Collect 5 things that you like to do or play. Put them in a special bag or box. Write your name on the outside.



Play the game Land, Sea, or Air. Mark 3 areas: one for land, one for sea, and one for air. Think of an animal and jump to the correct area.



Make a rain stick. Put rice or beans in an empty paper towel roll, seal the sides with tape and slowly roll the stick. Does it sound like rain?



Talk about the difference between a real bear and a stuffed teddy bear.



How many orange things can you find?



Ask a grown-up to cut fish shapes and put a letter on each. Make a pond out of a blanket or towel. Put the fish inside. Go fishing and name the letters!



Let's make a kazoo! Cut a piece of wax paper to fit over the end of a paper towel roll, poke small holes, then attach it to the tube with a rubber band. Hum into the other side.



Make a necklace with a long piece of string, yarn, or a shoelace and add cheerios or pasta.



Play the beginning sound game. Which word begins with the same sound as "hand"? House or ball? Sun or happy?



Which do you like the best? Pizza or hot dogs? Ask others in your family which they like the best.



Listen to an adult read the book, The Dot.



Pour 3 glasses of water. Add red food coloring in the first, blue in the second, and yellow in the third. Mix the glasses together for more colors!



Talk about the changing colors of leaves. Find out why they turn colors at "Why Do Leaves Change Colors in the Fall?" - YouTube



Can you find the star inside an apple? Ask a grown-up to cut it in half sideways. What do you see?



How many blocks can you add to a tower before it falls?



Can you collect rocks and leaves of different colors and shapes? How many did you find?



Make a name puzzle.



Which animals can you think of that have a tail? Which do not have a tail?



Play Dance Freeze with a family member. Dance when the music is on. Freeze when music stops.



Play the game, Copy Cat. Ask an adult or friend to move a certain way. Then, you move the same way!



Look at photograph of someone you know or find a picture of a person in a book. Can you make up a story about that person?



Listen to an adult read Grey Rabbits 1, 2, 3.



Read the book, The Little Engine that Could. Then say, "I think I can!" five times!



Can you make a hand tree? Draw or cut out a tree trunk. Then, trace and cut out your hand three times to make the branches and leaves.



Make your own pretzel hammer! Cut a square piece of cheese and put it on the bottom of a pretzel stick. Now, take a bite!



Can you make a mountain out of playdough? What about a river?



Ask a grown-up to make a clapping pattern. Then, try to repeat it.



Social-Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



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Mathematical Thinking



Language and Literacy



# NOVEMBER



## Learn About Your Community

Your neighborhood offers lots of rich learning opportunities. Here are some things children can experience as they run errands with you.

### LIBRARY

Find a special book that you would like to read. Say hello to the librarian.

### GROCERY STORE

Find foods that have to be kept cold like ice cream.

### PARK

Take a walk around the park or playground. What things can you do there?

### POST OFFICE

Write a letter to mail but first make sure you have a stamp.

### AROUND THE BLOCK

Find out what is around where you live. Homes, stores, farms?

### DENTIST/DOCTOR

Watch what different tools are used in these offices. Do the doctors wear special clothes?

### GARDEN

Look at the different colors, sizes, and shapes of flowers. Are there flower and vegetable plants?

### ZOO/MUSEUM/FARM

Learn about the different animals that are at the zoo or pick a special exhibit to view at the museum.

## \* WHAT WILL WE MAKE TODAY?

### Craft Time

#### GRAHAM CRACKER VEHICLE

Spread icing or cream cheese along the bottom of a cracker square. Add banana circles or round cookies to make wheels. Put in a window. You can add a pretzel ladder to make a fire truck.

#### BINOCULARS

Glue together two empty paper towel rolls. Punch a hole on either side at the top. Thread yarn, string, or a shoelace through to make a hanger to go around your neck. Decorate. Look through them. What do you see?

## Silly November Celebrations

### NOVEMBER 1: NATIONAL BRUSH DAY

Brush your teeth extra-long today.

### NOVEMBER 8: NATIONAL TONGUE TWISTER DAY

Say, "Splish, splash, splosh went the dog in the wash."

### NOVEMBER 15: NATIONAL RECYCLING DAY

Make a special trashcan that's just for recycling. Mark with the recycling sign. What can you put in it?

### NOVEMBER 18: MICKEY MOUSE'S BIRTHDAY

Make a pair of mouse ears. Watch a Mickey Mouse video.

## \* Breathing to Relax

Lay on your back. Breathe in 4 times, then hold your breath and count to 4, then slowly let out the air. Doesn't it feel good?





Do some indoor skating. Put your feet on paper plates and slide across the floor.



Breathe in pretending to smell a flower. Breathe out making a “zzz” humming sound like a bee.



Find a soft ball, doll, feather, or balloon. Stand on top of a chair and drop each one. Which drops fast? Which drops slow?



Listen to a grown-up read Me on the Map by Joan Sweeney.



Make a boat out of aluminum foil. Put it into the sink with water. How many pennies can you put on it until it sinks?



Play a game called Pick It Up! Place pompoms or cotton balls on the floor, set a timer for 30 seconds, and race a friend or adult to collect the most.



Say the tongue twister three times.



Pretend you work in a grocery store. What kinds of jobs would you do?



Ask a grown-up to punch holes along the outside of a piece of cardboard. Tie a shoestring or yarn to practice lacing.



Think of words that rhyme with mouse.



Can you make a ‘wacky you’? Cut out a picture of your head and glue it onto a magazine picture. How do you look?



Make your own binoculars.



Fill a jar or cup with cotton balls. Guess how many are in the jar. Then empty and count them again. Were you close?



Find out what happens when you put drops of water onto waxed paper.



Can you find a puddle after it rains? See if there is anything inside. Is there an insect or leaf? What shape is the puddle?



Ask a grown-up to put two pieces of masking or duct tape in a straight line on the floor. Put a small ball inside the tape. Can you move it without touching it?



Make a graham cracker vehicle.



Ask an adult to place alphabet cards around the room. Step on a card and say the letter.



Can you lift your arms high and make them go around? Can you kick your leg high? Can you bend down low?



Play indoor bowling on a rainy day. Set up plastic cups or bottles in a row. Roll a soft ball to find out how many cups or bottles you can knock down.



Can you take a survey of your family? How many have straight hair? How many have curly hair? How many have short hair? How many have long hair?



Think of words that start with the letter N sound.



Ask a grown-up to label sticky notes with numbers and place them around the room. Find the number on the sticky note when the adult calls out a number



Can you make up a rule about something you need to do every day? For example, your rule can be to brush your teeth or clean up your toys every day.



Make a picture frame. Glue 4 craft sticks into a square. Put a drawing or your picture inside.



Tell a grown-up the difference between a toothbrush and a hair brush.



Listen to Karen Katz’ book, The Colors of Us.



Ask a grown-up to lay out different pots and pans and their lids. Mix them up. Can you figure out which lid fits each pot?



Social-Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



Social Studies Thinking



Scientific Exploration and Knowledge



Mathematical Thinking



Language and Literacy





# DECEMBER

## Get Ready for Kindergarten

### Social-Emotional

- Say goodbye to your grown-ups with confidence.
- Share a toy when asked.
- Use words to describe how you're feeling.

### Play and Learning

- Pay attention to an adult without interrupting.
- Clean up toys or materials when asked.
- Play cooperatively with other children.

### Mathematical Thinking

- Practice counting to 10.
- Recognize basic shapes like squares, circles, and triangles.
- Sort objects by color, shape, or type.

### Creative Arts

- Use crayons or paint to make a picture.
- Move your body in different ways.
- Sing familiar nursery rhymes and finger plays.

### Social Studies

- Repeat full name, address, and birthday.
- Understand that children and families will be alike and different from yours.
- Participate in simple routines such as getting ready for bed.

### Science Exploration

- Become familiar with the parts of a computer.
- Learn to ask questions to find out more information.
- Match clothing needs with the season or weather.

### Language & Literacy

- Use words to ask for help when needed.
- Recognize the letters in your name.
- Engage with books and have an adult read to you every day.

### Physical Development & Health

- Hop on one foot three times.
- Wipe the table with a sponge.
- Practice stop, drop, and roll for fire safety.

## \*Sing "I'm a Little Snowman"

I'm a little snowman short and fat. (Make a circle shape with your arms.)

Here is my scarf, and here is my hat. (Point to your neck, then your head.)

When the warm sun shines, (Make a sun with your hands overhead.)

I melt away. (Slowly fall to floor.)

Then, build me again another day. (Hop back up and make a circle shape with arms.)

Tune: I'm a Little Teapot

## Silly December Celebrations

### DECEMBER 4: NATIONAL COOKIE DAY

Eat a Rice Krispie Treat.

### DECEMBER 6: PUT ON YOUR OWN SHOES DAY

Can you surprise a grown up and put on your own shoes? Practice tying.

### DECEMBER 14: MONKEY DAY

Act like a monkey. What do monkeys like to eat or do?

### DECEMBER 21: NATIONAL FLASHLIGHT DAY

Shine a flashlight in a dark room. Can you make shadows?







Play golf. Lay a paper cup on its side. Then use a stick to tap a ball. Can you get it into the cup?



Draw your favorite cookie. Tell someone in your family why it is your favorite.



What is the weather outside today? Do you need a jacket to stay warm?



Traffic signs help a community stay safe. Go for a walk with a grown-up. Shout out "I Spy" every time you see a stop sign.



What are some ways you can reach a toy that is on a high shelf?



Can you count by twos? For example, count two, four, six, eight, and ten! Can you find two of something, four of something else, and six of something else?



Play a beginning sound game with a grown-up. Which words start with the same beginning sound as cookie? Cake or money? Car or shoe? What about a flashlight or can?



Make a Family Hand Garland. Trace each of your family members' hands and string them in a line. Hang them up.



String cheerios on pipe cleaners. Close it in the shape of a circle and hang it outside for the birds.



Have an adult read the book, The Duckling Gets a Cookie by Mo Willems.



Clean out a toy shelf or closet. Are there toys that you are too big or old to use that you could give to someone else?



Using cookie cutters, make play dough cookies.



Take a flashlight apart with an adult. Put it back together again. Does it work?



Act like a monkey. How will you sit and walk? Act out eating a banana and have a grown-up guess what you are doing.



Do you have a recycling can at home? What can you find that belongs in it?



Can you find all the heart shaped cookies on the pages? There are six.



Make a picture schedule for your morning routine. For example, draw a picture of brushing your teeth, getting dressed, and eating breakfast.



Listen to an adult read, If You Give a Mouse a Cookie.



Find a pair of matching socks and a pair of matching shoes. Do you have a pair of gloves?



Play balloon tennis. Get a clean fly swatter and a balloon. How many times can you swat the balloon before it hits the ground?



Act out different feelings without making any sounds? How can you look sad, happy, or scared?



What can you find that starts with letter D?



Put some toys in a line on the floor. Can you tell a grown-up which one is first, second, and last?



Practice putting on your jacket by yourself. Ask an adult to show you how to zip.



Sing, "I'm a Little Snowman."



Can you roll a ball through another person's legs? What about handing it over your head?



What family members are in the story "The Three Bears" or in "The Three Little Pigs"?



Pretend you are going to school. What things will you need to put in your backpack?



Social-Emotional Development



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# JANUARY



## Social Emotional Development

When children begin to understand who they are, what they feel, and how to get along with others, they develop social and emotional skills.

They grow socially when they learn how to take turns, play with friends, and get along with others. They learn to help each other and share.

Emotional development grows when children learn to recognize and understand their feelings and how those feelings affect themselves and others. They learn how to manage the way they express their feelings and begin to understand how they should behave.

Family adults help children build good social-emotional skills when they let them know they are loved, and they believe in children's capabilities and feelings.

## Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes, knees, and toes

Head, shoulders, knees and toes, knees, and toes

And eyes and ears and mouth and nose,

Head, shoulders, knees and toes, knees, and toes

FROM A YOUNG CHILD'S PERSPECTIVE

## I FEEL \_\_\_\_\_ WHEN...

### Safe

I can rely on you to meet my needs consistently, and you greet me with a warm and loving smile every day.

### Confident

You praise me for my efforts and encourage me to keep trying when I am learning something new.

### Heard

You look me in the eyes, tune into my thoughts and feelings, or notice the things I am looking at or pointing to.

### Secure

I know what to expect in the day and when we cuddle up to talk, read, and sing together.

### Happy

We play games, do fun activities, laugh, act silly together, and share fun stories.

### Calm

I am in a warm, nurturing environment and cuddled when I need to be comforted.

### Loved

You take care of my needs, hug me often, use gentle words and show care and patience.



## Silly January Celebrations

### January 4: National Spaghetti Day

Have some spaghetti for dinner

### January 19: National Popcorn Day

Listen to the story *Popcorn* by Frank Ash

### January 21: National Hugging Day

How many people can you hug today?

### January 21: National Backward Day

Walk backwards around your house, or put your clothes on backwards, then take a picture.





Have a pretend snowball fight using rolled up balls of newspaper or socks.



Look at yourself in the mirror. Notice your eyes, mouth, nose, ears and hair. Now, draw yourself on paper.



Put an ice cube in a cup and see how long it takes to melt.



How fast can you clean up your toys? Can you finish before you count to ten?



Use an ice cube tray to freeze water with a few drops of food coloring. Then, paint with a cube. What happens when your paint melts?



Count the number of doors in your house.



What words rhyme with the word "pop"?



Draw a tree and add a picture or a drawing of each person in your family. You've just made a family tree!



Have fun with indoor relay races! Hop, jump, or crawl across the room. Can you walk backward?



Have an adult read, Cloudy With a Chance of Meatballs by Judi Barrett.



Pick out your clothes to wear tomorrow. What color shirt will you choose?



Dance to different kinds of music. Do you like to dance to fast or slow music?



Guess when! Hold up a clothing item and tell when you wear it. (PJs – bedtime; jacket – outdoor play)



Ask a grown-up to put different objects in a bag. Reach in without looking and guess what the object might be. Pull it out. Were you right?



What rhymes with the word "hug"?



During your bath, use different-sized cups to find out which holds more. Can you guess which cup will hold the most?



Sing and act out the song, "Head Shoulders Knees and Toes." Start out slow and get faster...and faster!



Draw a map of a room in your house.



Talk about something that happened yesterday and something that will happen tomorrow.



Recite a nursery rhyme with a grown-up or friend. Tell them to wait while you fill in the last word all by yourself!



Look at photos of different people. Can you find one who looks happy? What about a person who is sad or angry? How do you know?



Carry a refrigerator magnet around the room. Which objects stick to the magnet?



Go on a shape hunt to find circles or squares.



Color a picture using your favorite color.



Find Oscar the Owl at the top of the page. What is he eating for a snack? Ask a grown-up to have microwave popcorn for your snack. Did the bag get bigger as the popcorn popped?



Can you name and sort pennies, nickels, and dimes?



When outside, act like a snowflake and fall to the ground.



Play the game, I spy with things around the house.



Social-Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



Social Studies Thinking



Scientific Exploration and Knowledge



Mathematical Thinking



Language and Literacy



# FEBRUARY

## Social Studies

Did you know that children are learning social studies when they follow family routines at home? Cleaning up toys or using a quiet voice when asked, children are learning what things are allowed and how to be part of a family. Social studies learning helps children discover that different people have different roles or jobs within a group, and the family or group is strong when everyone contributes. Other social studies information that children begin to acquire is an understanding of money, history, and geography.

Routines are an important aspect of social studies. They help children know what to expect throughout the day, and that helps them feel confident and secure. Routines work best when you are:

1. Being consistent or trying your best to do the same thing every time. For example, putting away toys before going to bed.
2. Predictable or helping children know what is coming next. For example, children know they always brush their teeth after their bath and then get into bed.
3. Following through or responding to children's actions. For example, saying to your child when you put on your coat, we will be ready to play outside.

LET'S GET COOKING!

## A RECIPE FOR PLAYDOUGH

1 cup flour

1/2 cup salt

1 cup water

2 tbsp cooking oil

Pour everything into a pot. Cook on the stove on medium heat, stirring constantly until the dough starts to come away from the sides of the pot. Put the dough onto a counter and knead it until it becomes smooth and feels like play dough. Store it in a plastic container or sealed bag. It will last for weeks!

## Silly February Celebrations

### February 4: National Wear Red Day

What clothes do you have that are red? Pick one to wear.

### February 9: National Pizza Day

Listen to a book about pizza.

### February 20: National Love Your Pet Day

Draw a picture of your pet or favorite animal.

### February 23: National Banana Bread Day

Find a banana bread recipe to make with a grown-up.



## I am Special

SUNG TO THE TUNE, ARE YOU SLEEPING?

I am special, I am special,  
Look at me, you will see,  
Someone very special, someone very special,  
I am ME! I am ME!





Practice washing your hands, rubbing them under water for 20 seconds.



Talk about what makes your friend special.



Search your house to find red things.



Can you make a "Penny Rubbing"? Put paper over a penny and rub a crayon over the paper. What happens?



Talk about the difference between real animals and stuffed animals.



Count your red toys.



How many words can you rhyme with the word "red"?



Can you find out how to say the word "love" in different languages?



Pretend your hands are scissors. Use them to rip paper into smaller pieces.



Learn the letters in L-O-V-E.



Sing the song, "I am special."



Make a card for someone you love..



Can you think of more than one way to use a stick? Listen to the book, Not a Stick by Antoinette Portis.



Which toys float in the bathtub? Which toys sink in the bathtub?



Go outside on a sunny morning to look at your shadow. Then, go back outside in the afternoon. Does your shadow look different?



Lay out your clothes for tomorrow. Did you remember to lay out your socks, pants, and shirt? Is anything missing?



Help to make your own sandwich for lunch. Can you spread the peanut butter, mayonnaise, or mustard?



Tell a grown-up what you do first when you get up in the morning. Can you tell them what you do first, next and last?



Find Oscar the Owl's pepperoni pizza at the bottom of the page. With a grown-up's help, count how many red circles are on the pizza. Did you find nine?



Make a play dough pizza. What toppings will you put on it?



Draw a picture of your favorite pizza. Does anyone in your family like the same kind of pizza?



Practice writing letters in the air. Hold up your pointer finger, and make the letters in your name.



Ask a grown-up what happens if you drop your ice cream. Do you know what to do if these things happen?



When playing outside would you rather play with sticks or leaves? Why?



Can you play the drum with the bottom of a pot and a spoon? What song can you play?



Start your morning with exercise! Can you do five jumping jacks or sit-ups?



Can you count backward? Start at number five, and count down to zero.



Draw a picture of you and your friend playing outside.



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# MARCH

## Approaches to Play and Learning

Approaches to play and learning are some of the most important skills children learn. These skills focus on how children learn and help them become successful in school and in life! Children learn to pay attention and stay focused on a job or task. They learn to ask questions and seek out more information about an idea. When children keep trying something, even when it's hard, they are developing persistence. When they discover ways to use a tool or think about different ways of solving a problem, they develop approaches to learning or executive function skills.

Very young children develop approaches to learning when they play. (You may hear this called active learning.) Children can interact with materials or others during play, exploring the way objects work or can be used. When children use blocks, for example, they learn to figure things out – I can make that taller by adding more blocks. They are creative and imaginative, thinking of different ways to make a castle and pretending to climb to the top. They stay engaged longer because it's fun, and they become confident when they learn they can make different buildings or carry out different ideas.

## Green Eggs and Ham!

Listen to Dr. Seuss's [Green Eggs and Ham](#)

Make some green eggs of your own! Beat eggs in a bowl and add green food coloring. Scramble them, adding in ham or bread cubes.

\* SING WITH M

## Sing "The Bear Went Over the Mountain" \*

The bear went over the mountain,  
The bear went over the mountain,  
The bear went over the mountain,  
To see what he could see.  
But all that he could see,  
But all that he could see,  
Was the other side of the mountain,

The other side of the mountain,  
The other side of the mountain  
Was all that he could see.

*Change the lyrics about what the bear could see when he went over the mountain. For example, "But all that he could see was a pretty lake and sunshine." What can you think of?*

## Silly March Celebrations

### March 2: Dr. Seuss's Birthday

Read a book by Dr. Seuss.

### March 7: National Cereal Day

Eat your favorite cereal or try a new kind of cereal.

### March 7-13: Celebrate Your Name Week

Write the letters of your name in your favorite color.

### March 21: World Poetry Day

Can you write your own poem?







Eat a green vegetable today. Will you eat peas, green beans, spinach or lettuce?



Find out how you got your name. Are you named after someone in your family?



Go outside on a windy day. What does the wind feel like? What happens when the wind blows the trees?



Make pretend money by writing on paper. Pretend you are a cashier charging grown-ups for things.



Can you make something from twist-ties? What if you added rubber bands or straws?



Can you find something that's small? Can you find something that's medium-sized? Can you find something that's big?



What words rhyme with the word "up"? What words rhyme with the word "down"?



Ask a grown-up to hide an object in the room and draw a map. Try to find the object using the map.



Listen to music and play the game Freeze Dance. When a grown-up stops the music, freeze until the music starts again.



Play Going on a Bear Hunt, and sing "The Bear Went Over the Mountain."



What can you do now that you couldn't do when you were a baby?



Can you color or paint a rainbow? What colors did you use?



What can you use to make a pretend phone?



Play a game about shapes on a tablet, computer, or grown-up's phone.



Shine a flashlight on the wall and make shadow animals with your hands.



Fill a glass with water and hold it up to the window on a sunny day. Can you see a rainbow?



Can you make a kite? Make a design on a piece of paper, then attach a tail made out of string to the other end. Can you fly it?



Find Oscar the Owl. What is he having for breakfast? Listen to an adult read Green Eggs and Ham by Dr. Seuss.



Use your shoe to measure your bed. How many shoes does it take to get from the top to the bottom of your bed?



Lay a strip of masking or duct tape on the floor. Crawl or walk along the tape like it's a tightrope.



Can you draw a picture to slow music? Can you draw a picture to fast music? How do each of them make you feel?



Find a picture in a book or magazine. Make up a story about what you think is happening.



Can you follow a pattern that a grown-up makes for you? White sock, blue sock, white sock... what comes next?



Make a pretend mirror by covering a piece of paper with aluminum foil. Use it to describe your face.



Pretend you are your favorite animal. What sounds will you make?



Make green eggs and ham. How does it taste?



What's your street address? Can you tell it to a grown up you live with?



Can you make different sounds with your body? Stomp, clap, hum, sing and pretend to sneeze.



Social-Emotional Development



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Language and Literacy





# APRIL

## Science Exploration & Knowledge

When children investigate the sky or earth, when they learn about what plants and animals need to survive, or when they discover how things interact with each other, they gather scientific information. Children can care for a pet or grow seeds in a garden. They can make shadows or watch the weather to practice science skills. Children can practice planning and creating things to help them find out about engineering. Computer skills are part of science learning, too. When children learn to play a game on a laptop, they figure out important skills that will help them throughout school.

You can teach your child to be a scientist! When children learn to observe something and ask questions to find out more, they begin the scientific process. They can guess or predict what might happen and then test their prediction. For example, children may look at a small ball and guess how far it might go when rolled across the room. They may say, "It's going to roll all the way over to the chair." Next, they roll the ball to find out if they were right. That's science!

## Make a Thumbprint Flower

Draw a circle in the middle of your paper. Dip your thumb into a tiny bit of paint. Then, put your thumb on the paper next to the circle to make a petal. Add more thumbprints around the circle until you have made a flower. Draw a stem and leaves. Can you make a lot of flowers and find a vase to put them in?

HOW FUN! LOOK AT THIS!

## MAKE A SENSORY BAG

**5 TBSP cornstarch**      **1/2 cup water**  
**1/2 cup cooking oil**      **Food coloring**

1. Mix together the cornstarch, cooking oil, and water in a small bowl.
2. Add a few drops of food coloring. (You can use more than one color.)
3. Pour into a Ziploc bag and seal tightly. You can tape the outside to make sure it will stay closed.
4. Squeeze the bag with your hands and watch what happens. Do the colors mix together?

## Silly April Celebrations

### April 6: National Walking Day

Take a walk outside. How far can you go?

### April 10: National Farm Animals Day

Name all the farm animals you can and the sounds they make.

### April 26: National Pretzel Day

Eat pretzels for a snack. Then, try to make your body into a pretzel shape.

### April 29: International Dance Day

Learn a new dance. Dance to slow music, then to fast music.







Walk through a room in your house. When you get to another room, jump across that room. Change the way you move each time you get to a new room.



Make a thumbprint flower with paint and paper.



Can you make a body ramp? Run a toy car or ball down your arm or leg.



Are you saving money in a piggy bank? What will you buy and why?



Can you think of a different ending to a fairy-tale? What would happen if Papa Bear asked Goldilocks to have breakfast with them?



Can you break uncooked spaghetti into pieces and then decide which is the shortest and which is the longest?



Can you tell a story to your favorite stuffed animal or doll? What is it about?



Can you read the signs of the stores and buildings near your home? What do they say?



Can you walk like a bear to bed? Or hop like a kangaroo to the car?



Can you think of a word that rhymes with the word walk?



Can you help a grown-up finish a chore like folding clothes or setting the table?



Sing the song "Old McDonald Had a Farm".



Paint a picture with things you found outside. Can you use a leaf, pine needle, or stick as a paintbrush?



Make a Sensory Bag. Squeeze the bag to make the water move. What does it feel like?



Can you make the letter W with play-dough?



Play "Opposites." Ask a grown-up to say a word. Can you think of the opposite? Up...down; on...off; yes...no.



Where is Oscar the Owl on the page? What color are his tennis shoes? Draw a pair of green tennis shoes for you.



Have an adult read, [Mrs. Wishy-Washy's Farm](#) by Joy Cowley.



Play a game using directions. Can you put your hand over your head? Under your foot? Beside your ear? In between your legs?



Have a grown up put a line of tape on the floor. Can you walk the straight line without stepping off?



Play "Funny Face." First you make a funny face. Then ask a grown up to make a different face. How many different faces can you make?



Take a walk outside. What do you hear? What do you see? What do you smell?



Can you find flowers and plants of different colors in your neighborhood?



How tall are you? Put paper on the wall, then stand with your feet against the wall and mark your height. Check it again in a few months. Have you grown?



Hold a blank piece of paper against a tree trunk. Rub the flat side of a crayon on the paper. What happens?



Can you count the spoons in the kitchen drawer?



Can you find things in your home to make a fort? Cover a chair with a sheet or blanket. Take a book inside to read.



Tape a paper towel tube to a door or table. Get some cotton balls and put them in tube. Did they fall out?



Social-Emotional



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Language and Literacy







## Mathematical Thinking

Children use math every day! They count while they are going up the stairs. They choose their favorite color shirt. They recognize that their ball and the sun are the same shape. There are many different types of mathematics that children practice. They develop number sense when they learn how to count and when they begin to understand that one finger on each hand adds up. Geometry, or shapes and spatial sense, is another math skill. Children find out that things can be on, over, around, or under other things, and they learn about the different shapes. Math practice helps children learn how to measure things, learn about time, and learn about patterns. When children learn basic math concepts as a young child, they do better in school when they're older! How can you talk about colors, patterns, shapes, and sets of things with your child?

Did you know that you can help children learn math when they're getting dressed? You can start by reminding children that is time to get dressed and that they do this everyday after they get out of bed and brush their teeth. Then, you can talk about the colors that children are wearing. For example, you can point out the colors of their pants and shirt. You can lay out clothes in a pattern and ask children to match them. For example, you can lay out a red sock, then a blue sock, then a red sock, then a blue sock. Children learn about sizes when you talk about shirts' sleeve length or if you tell them pants are too big or too small. You can ask them to find shoes that match and count the number of buttons on their shirt. There's so much to learn!

# MAY



\*

SING WITH ME!

## Sing "1-2-3-4-5"

1-2-3-4-5 (count with your fingers)

Once, I caught a fish alive

6-7-8-9-10 (count on the other hand)

Then I let it go again.

Why did you let it go?

Because it bit my finger so.

Which finger did it bite?

The little finger on my right.

(wiggle your right pinkie)

## Silly May Celebrations

### May 10: National Clean Your Room Day

Clean out your closet. Are there clothes or toys that you can give away?

### May 13: National Frog Jumping Day

Jump like a frog across the room.

### May 23: National Lucky Penny Day

Drop a penny on the ground. Did it land heads up?

### May 25: National Sing Out Day

Pick your favorite song and sing it out loud! Sing it fast, then sing it slow!



## \* Bubble Solution!

Pour a cup of dish detergent into a bowl. Slowly add one cup of water. Add two teaspoons of sugar. Gently mix it together.

## How Many Ways Can You Say Great?

Wonderful! Marvelous! Fabulous!

Are there others you can name?







Can you make colander art? Poke pipe cleaners or twist-ties into the holes of a colander or strainer.



Draw a face of how you feel today. For example, happy, sad, or silly.



Go outside to look at clouds. Lay on your back and look up. What shapes do you see in the clouds? Do they look like animals?



With a grown-up, go for a walk to pick up litter. Wear gloves to keep your hands clean and put the litter into a plastic bag to throw away.



What do you need to take with you when you go to the grocery store? Can you make a list of things you might need or like to buy?



Ask a grown-up to cut a picture from a magazine or a piece of cardboard into different pieces to make a puzzle. Can you put them together?



Have a grown-up read, Froggy goes to School by Jonathan London.



Can you pretend one of your stuffed animals or dolls is sick? What kind of doctor will help make it better? What will the doctor need to do?



Have a picnic lunch outside. What foods will you prepare to make sure you eat something from all the food groups?



Write or tell a story about a green frog on the calendar.



What is your favorite song? Can you sing it softly? Can you sing it loud?



Make a picture or card for your favorite friend. Give it to them.



Find Oscar the Owl at the bottom of the page. Can you hop like a frog? Can you march like you are leading a parade?



Find out what happens when you put drops of water onto waxed paper.



Look outside your window, draw a picture of the weather. Is the sun out or is it cloudy?



Ask a grown-up to lay out 4-5 items like a spoon, pencil, or block. Hide your eyes and ask the grown-up to take one away. Can you remember what it was?



Can you find where you live on a map?



Look through a book or magazine. How many times do you see the letter M? (Remember, the word "May" starts with M!)



Can you lift your arms high above your head and make them go around? Can you kick your leg high? Can you bend down low?



Play indoor bowling on a rainy day. Set up plastic cups or bottles in a row. Roll a nerf or a soft ball to find out how many cups or bottles you can knock down.



Can you take a survey of your family? How many have straight hair? How many have curly hair? How many have short hair? How many have long hair?



Find rhymes around the room. What rhymes with the word "chair", "rug" or "lamp"?



Ask a grown-up to number each of the parts of an egg carton. Can you fill each one with the correct number of cheerios or pennies?



Can you make up a rule about something you need to do every day? For example, your rule can be to brush your teeth or clean up your toys every day.



Can you sing the song, "1-2-3-4-5"?



How many different things can you find that zip? Were you able to zip them together?



What would you like to be when you grow up? Draw a picture!



Make your own bubble solution in a jar or cup. Use a slotted spoon as a wand.



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Language and Literacy



# JUNE

## Language and Literacy

Children practice listening, speaking, reading, and writing when they are learning language and literacy skills. When they listen to others talk or to stories and songs, they get information about ideas or experiences and build new vocabulary. They learn about the sounds that letters and words make. When children practice speaking, they learn how to express their needs, wants, and interests, and speaking helps them get along with others. Reading skills grow when children are read to by adults. They can talk about the story together, explore how print starts on the top left of a page, and look at the letters and words. Reading skills blossom when children begin to recognize the alphabet and the sounds each letter makes. Writing begins when children make marks and lines on paper, then make shapes, and then write letters or numbers. Crayons and paper are a great way to start writing practice.

A research report called Building a Nation of Readers concluded that, "The single most important activity for building knowledge for their eventual success in reading is reading aloud to children." Here are some tips:

- **Read with fun in your voice. Read to your child with humor and expression. Use different voices.**
- **Know when to stop. Put the book away for a while if your child loses interest or has trouble paying attention.**
- **Be interactive. Discuss what's happening in the book, point out things on the page, and ask questions.**
- **Read it again and again. Go ahead and read your child's favorite book for the 100th time!**

### LET'S GET COOKING!

## COOK SOME PEA FRITTERS!

**1 cup flour   3 cups frozen peas   1 onion, chopped   3 eggs**  
**1/3 cup feta cheese, crumbled   1 tsp baking power**

Boil the peas for 2-3 minutes, or until peas are tender, drain and rinse under cold water. Add the eggs, spring onion, and half of the peas to a food processor or blender and pulse until combined. Add the blended mixture to a large mixing bowl and mix the remaining peas, feta cheese, flour, and baking powder. Stir until just combined.

Add 1 tablespoon of the oil to skillet and cook on medium heat. Take a tablespoon of the mixture and drop it into the pan. Flatten slightly. Cook for 2-3 min on each side, or until golden brown and crispy. Repeat until all the mixture is used up.

## Silly June Celebrations

### JUNE 1 : INTERNATIONAL DINOSAUR DAY

Look on the computer or in a book to find your favorite dinosaur. Draw a picture.

### JUNE 17: NATIONAL EAT YOUR VEGETABLES DAY

Try a new vegetable. How did it taste? Try Pea Fritters. (recipe above)

### JUNE 23 : WEAR PINK DAY

Wear something pink.

### JUNE 30: NATIONAL HAND SHAKE DAY

How many people can you shake hands with today?

## Five Little Dinosaurs

(Lohnes/ Finger Folk)

Five little dinosaurs, trying hard to roar, One went away, and then there were four. Four little dinosaurs, hiding near a tree, One went away, and then there were three. Three little dinosaurs, peeking out at you, One went away, and then there were two. Two little dinosaurs, ready now to run, One went away, and then there was one. One little dinosaur, not having any fun, He went away, and then there were none.

Use with finger puppets or flannel board.







Pretend you're an airplane and fly around your yard.



Draw a picture of the way you're feeling today. Are you happy? Are you mad? How should your face look?



Look in books to find pictures of different animals' eyes. How are they the same? How are they different?



Play the beginning sound game. Which word starts with the same sound we hear at the beginning of the word June? Is it jump or book? Juice or dog?



At bedtime, think back on your day. What was your favorite part?



Say the Five Little Dinosaurs finger play.



Can you think of words that start with the letter D sound?



When you are at the food store, pick the aisle you like best. What foods are in that aisle? Why is it your favorite?



Help Make Peas Fritters and eat them for snacks.



Pick out a book to read. Before you open it, can you look at the cover and guess what might happen inside?



Listen to a grown-up read, [How do Dinosaurs Say I'm Mad?](#) by Mark Teague.



Find Oscar Owl pointing at the dinosaur nest. What color are the eggs? Draw a dinosaur nest. What color are the eggs in your nest?



Help a grown-up decide where to put the groceries. Does milk go in the drawer or refrigerator? Where does bread go?



Make a calendar or use one you have in your home to mark the weather each day. Use a sun, cloud, or raindrops to tell you what kind of weather you had.



Plant some seeds and watch what happens. How long until you see a stem peek through?



How many spoons of water does it take to fill a cup? Does it change if you use a big spoon and then a little one?



Shake hands with someone in your family. While shaking hands, say hello and tell them your name.



Ask a grown-up to say three words for you to remember, then you say them back. Then, try to remember four words. Can you remember five words?



Find out how long a minute is. Ask a grown-up to set a watch, timer for one minute. Can you dance or tap your feet until the minute is up?



Make a place mat. Lay a piece of paper on the table, put a plate and cup on top. Then, use a crayon or pencil to trace around them.



Ask the people in your family how old they are. Who is the oldest? Who is the youngest? Where do you fit in?



What words rhyme with the word "hand"?



Can you count all the spoons that are in your silverware drawer? Then, count the forks. Which has more or are they the same?



Share with a friend or family your favorite dinosaur and tell them why it is your favorite. Does your favorite dinosaur fly, run, or stomp?



Listen to CCH Pounder's Book, [Sophie's Masterpiece](#). Can you make a masterpiece?



While playing outside today, stomp across the yard and roar like a dinosaur. Can you move around your yard like a flying dinosaur?



Ask a grown-up to give you a job to do around the house.



Take a walk around your home and look for things you can build with. What did you find?



Social-Emotional Development



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# JULY



## Creative Arts

Children use their imagination when doing creative arts experiences like art, dance, music, or make-believe. The creative arts help people to relax and have fun. They help children learn, too! When children draw, they strengthen the hand muscles they need for writing. When they dance or move creatively, they strengthen their legs and arms and learn about themselves in relation to the space around them. When they play or listen to musical instruments or sing, they learn about other cultures, build vocabulary, and sound recognition, and begin to understand patterns, a math skill. A crayon, a piece of paper, or background music while children play are great brain boosters!

You can help children enjoy and learn from the arts when you focus on the way they are coloring, singing, or dancing instead of what you think something should look like when they're finished. It's called, "process instead of product." Imagination and skills grow when children explore or practice without any right or wrong answers. They may want to paint the sky red and the dog green or crawl on the ground to music. No worries, children are being creative and learning at the same time!

## Make a Story Worm

Make a story worm just like this!



## Here is a Beehive

Here is a Beehive (Make a fist).

But where are all the bees?

Hiding inside where nobody sees (put your finger inside your fist) Here they come, creeping out of the hive,

1-2-3-4-5 BZZZZZ (lift one finger as you say the number)

## Silly July Celebrations

### JULY 1: NATIONAL POSTAL WORKER DAY

Take a trip to your local post office. Watch what the postal workers do.

### JULY 12: PAPER BAG DAY

How many things can you fit in a paper bag?

### JULY 14: NATIONAL MACARONI AND CHEESE DAY

Eat some macaroni and cheese!

### JULY 20: NATIONAL MOON DAY

Draw the different phases of the moon. For example, draw the crescent moon, half moon and full moon.

## Sing "B-I-N-G-O"

There was a farmer who had a dog and BINGO was his name-o.

B-I-N-G-O, B-I-N-G-O, B-I-N-G-O (clap once for each letter)

And BINGO was his name-o.





Cut a piece of celery into a 2-3 inch piece. Spread peanut butter on the celery. Then, put raisins on top. Yum, you just made ants on a log!



Start an "All About Me" book. On each page draw yourself, your family, your favorite foods and your favorite colors. What else would you like to tell in your book?



Fill a glass with water and add a few drops of food coloring. Cut off the bottom of a celery stalk and put the top in the colored water. Wait 2-3 hours and see what happens.



Draw a map from your kitchen to your bedroom.



Pretend you are a mail carrier and deliver mail to someone in your house. Did you give that person a bill, letter, or magazine? What can you use as a mailbox?



How many red envelopes have fallen out of Oscar Owl's mail bag? Did you find all six?



What are some words that start with the same sound as ball? What sound does the letter B make?



Listen to a grown-up read [Delivering Your Mail](#) by Ann Owen.



Set up an obstacle course. Find an item to walk around, another item to crawl through and another item to jump over.



Recite "Here is a Beehive."



Draw a picture of something that makes you happy. Now, draw something that makes you surprised.



Can you sing the song "Bingo"?



Put some chairs in a line to make the cars of a train. Sit in the first one and be the conductor. Where will you go?



Put a red, blue, brown, or black piece of paper outside in the sun for a few days. Then, bring it inside. Does it look different?



Go outside with a grown-up at night to see the moon. Draw what you see. Is it a full moon, half moon, or a crescent moon?



What happens when you mix blue and yellow paint or play dough together?



What colors are in the American Flag?



Practice writing the letters in your name.



How many red things can you find in your house?



Can you walk across the room with a book on your head without the book dropping?



Is Macaroni and Cheese or spaghetti your favorite? Is there anyone in your family who likes macaroni and cheese?



Make a Story Worm. Every time you read a book, add another circle to the worm's head. How long can you make your worm this week?



Listen to an adult read the book [Inside, Outside, Upside Down](#) by Stan and Jan Berenstain.



Give a compliment to someone in your family. (A compliment is saying something nice or good about someone else.)



Ask a grown-up to make some straight lines on a piece of paper. Can you follow that line with a pair of child's safety scissors? Can you follow a curved line?



Ask a grown-up for a lunch paper bag to make a puppet of yourself.



Pretend you are a police officer and explain how to safely cross the street.



Put a blanket or towel on the floor. Pretend it's a lake or river. How will you get to the other side?



Social Emotional Development



Creative Arts



Physical Development and Health



Approaches to Play and Learning



Social Studies Thinking



Scientific Exploration and Knowledge



Mathematical Thinking



Language and Literacy



# Did you know?



The more you read books with children, the more opportunities they will have for the enrichment of their cognitive skills.



You can extend children's thinking through the questions you ask.



Shared reading with parents helps young children learn new words and understand language.



By hearing stories and looking at images, children learn to form a mental picture from the story they hear and practice using their visual memory skills.



Reading books to children is one of the best ways to build their vocabulary.



Literacy promotes "lifelong learning" and builds skills.



Literacy is the basis for all learning and provides tools for developing one's own thinking.



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ALABAMA DEPARTMENT OF  
**Early Childhood  
Education**