

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Exercise together – be the instructor in an exercise class. Ask your child to bend, hop, run-in-place, stretch. Then let your child be the instructor and tell you what kind to do.	2
3 “It is easier to build strong children than to repair broken men.” – Fredrick Douglas	4 Healthy Eating Habits: Start each day with a healthy breakfast! Avoid using food to punish or reward behavior.	5 Make a road map by using blocks and small toys to represent buildings and streets in your community. Ask your child to move small cars around the map while you talk about the different places.	6 Plant bean or flower seeds in a small can or cup. Put the container in a sunny place. Water it with your child every day. Watch what happens!	7 Play a counting game. Ask your child to find specific amounts of different items you describe. Ex) find 3 pencils, find 5 pennies, etc.	8 Dance with your child using props such as musical instruments, scarves, ribbons, etc. Have your child help select the music.	9
10	11 Imitate sounds you hear in your neighborhood such as cars, fire trucks, birds, or airplanes. As your child to guess what they are. Then switch roles.	12 Have your child create a sculpture or ‘masterpiece’ from throw away items from your home (paper rolls, lids, egg cartons, etc). Encourage him/her to describe what s/he made.	13 While outside, throw 3 different kinds of balls into the air. Talk about which one goes higher, faster, and further. Why do you think that happened?	14 Sing some patriotic songs together! 	15 GAME NIGHT Play a board game or card game as a family. Count the spaces. Do you know how many spots were on the roll of the die? Which is more a nine or an eight?	16
17 	18 Make stencils by cutting shapes out of plastic lids (coffee can, butter tub). Trace or shade over stencil with marker, crayon, or pencil. Lift it up to see the shape you made!	19 Talk about your favorite things. Ask questions like ‘what do you like to do when you are outside?’ Can these activities be done year round or do they change with the seasons?	20 Create sound patterns with your hands or mouths. Ask your child to repeat them. (Clap, clap, tap; finger snap, tongue click, finger snap).	21 Help your child get ready to play with a friend. Talk about the kinds of things they might do together.	22 MOVIE NIGHT Have your child help make the popcorn. Estimate how long it will take to pop. Watch the numbers count backwards.	23 
24	25 Use sidewalk chalk together when you’re outside to create a picture on the sidewalk or driveway. Practice some letters or numbers as well!	26 Play the “Opposite Game.” Say a word and see if your child can say the opposite. You say “walk”; she says “run”. You say “happy”; he says “sad.”	27 Help your child write a letter to a family member or friend. Together, address the envelope, put on a stamp, and take it to the mailbox to mail.	28 Have you completed your letter book? Start on a number book. Glue the correct number of items on each page.	29 On a nice evening when it gets dark, go outside in your yard or park and try to catch some fireflies. Then let them go!	30