


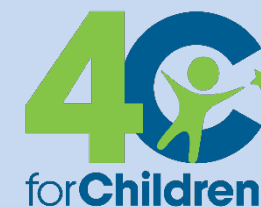


Learn Through Play 2019

June—Preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit 4cforchildren.org/families.</p> <p>Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						<p>1 Visit your library. Ask the librarian if they have a fun summer program planned.</p>
<p>2 Look for worms in your yard. Try moving like a worm.</p>	<p>3 Make alphabet letters with your body.</p>	<p>4 Dance like the wind. Are you a soft breeze or a wild hurricane?</p>	<p>5 Look for the number 5 today. Practice counting to 5 and then practice counting 5 items.</p>	<p>6 Take turns with your child throwing rolled up socks into a laundry basket.</p>	<p>7</p> 	<p>8 Help your child learn your phone number. Write it down and point to the numbers as you say it.</p>
<p>9 Blow bubbles outside. Talk about the different sizes of the bubbles.</p>	<p>10 Count the petals on a flower.</p>	<p>11 Practice saying "please" and "thank you."</p>	<p>12 Dance to country music today.</p>	<p>13 Challenge your child to find objects with letters on them. What letters did she find?</p>	<p>14 Go outside at night and talk about the stars. Sing "Twinkle, Twinkle, Little Star" together.</p>	<p>15 Make the sounds of various farm animals and sing "Old McDonald."</p>
<p>16</p> 	<p>17 Exercise with your child. Do jumping jacks, waist bends, etc.</p>	<p>18 Find faces in magazines or books. Have your child tell you how that person is feeling. Discuss the feelings.</p>	<p>19 Sing and do the motions to "If You're Happy and You Know It."</p>	<p>20 Commit to a TV/phone/tablet screen-free evening and read together as a family.</p>	<p>21 Have your child draw a picture. Ask him to sign his wonderful piece of art.</p>	<p>22 Go outside and find things that fly, such as birds, jets and butterflies. Talk about how they are the same and different.</p>
<p>23 Let your child help you plan and prepare a healthy breakfast.</p>	<p>24 Talk about different ways to be good friend.</p>	<p>25 Try different ways of walking: giant steps, baby steps, tip-toeing, walking backwards, etc.</p>	<p>26 Mix crackers, cereals, pretzels, etc. Then ask your child to sort through the snack, matching them and eating them.</p>	<p>27 Make paper airplanes with your child. Practice throwing them outside to see how far they will go!</p>	<p>28 Take your child on a scavenger hunt to look for items outdoors! (a black rock, a green leaf, a yellow flower, a worm, etc.)</p>	<p>29 Explore your neighborhood looking for spiders and their webs. Webs can be beautiful.</p>
<p>30 How many books did you read this month?</p>						



No-Bake Monster Cookies

Ingredients:

- 2½ cups oats
- 1 cup peanut butter
- ½ cup honey
- 1 teaspoon vanilla extract
- ½ cup chocolate chips
- ½ cup M&Ms

Stir together the oats, peanut butter, honey and vanilla until combined. Stir in the chocolate chips and M&M candies.

Roll dough into balls and place on a baking sheet. Put them in the fridge for 30 minutes to set and enjoy! They can last up to 2 weeks in an airtight container.