



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>Connect With 4C Resources Online</b></p> <p><b>Parenting E-newsletter:</b> Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/families">www.4cforchildren.org/families</a>.</p> <p><b>Social media:</b> Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 				<p><b>1</b> Draw on a paper coffee filter with marker then spray it with water and watch what happens.</p>	<p><b>2</b> Play a song on a CD player and have everyone dance. When you stop the music everyone 'freezes.'</p>	<p><b>3</b> Fill a small see-through container with objects. Have your children guess how many they think are inside.</p>
<p><b>4</b> Take a bucket of water and brushes outside. Let your children 'paint' on sidewalks.</p>	<p><b>5</b> Go on a nature walk and bring a box or bag to keep treasures in. Talk about the items when you get home.</p>	<p><b>6</b> Make obstacle courses with blocks and hula hoops. Have your children jump in and over the obstacles.</p>	<p><b>7</b> Provide opportunities to use scissors. Use old magazines and have your children cut pictures from them.</p>	<p><b>8</b> Let your child pick out a favorite book and have them read it to you in their own words.</p>	<p><b>9</b> Sing "All Around the Kitchen" and hop around like a rooster. Be silly with it!</p>	<p><b>10</b> Play the "I Spy" game. Try to find different colors and shapes in your environment.</p>
<p><b>11</b> Lie on your back on ground and look up at the clouds. Talk about what you see.</p>	<p><b>12</b> Make lemonade on a hot day. Let your children squeeze the juice into a bowl.</p>	<p><b>13</b> Make marble mazes with paper towel tubes and tape. Add chairs and other items for height.</p>	<p><b>14</b></p> 	<p><b>15</b> Let your children help you make play dough. Give them kitchen tools to use when working with the play dough.</p>	<p><b>16</b> Encourage older children to read to the younger children. Even if they can't "read" it's a fun interaction!</p>	<p><b>17</b> Set up a sorting activity using an old hors d'oeuvre tray with many sections. Use different colored or sized objects to sort.</p>
<p><b>18</b> Create a simple activity board using hinges, clasps or locks found in a hardware store.</p>	<p><b>19</b> Play balancing games with bean bags. Have your children place them on their knee, ear, shoulder, etc.</p>	<p><b>20</b> Before reading a book for the first time, ask your child what they think the book is about. Talk about the picture on the cover.</p>	<p><b>21</b> Sing songs that have action movements in them like jumping or pretending to be different animals.</p>	<p><b>22</b> Set up a sprinkler outside and let your children run through it.</p>	<p><b>23</b> Use a cookie sheet with magnetic letters. Talk with your child about the different shapes in letters.</p>	<p><b>24</b> Create Monster Bubbles (see recipe at side). Talk with your children about size and how long they last.</p>
<p><b>25</b> Freeze a block of water using a small wash tub in the freezer. Set it outside and watch it melt.</p>	<p><b>26</b> Ask your children what they are interested in. Find books at your library about their favorite things.</p>	<p><b>27</b> Give your children small shakers, maracas or bells to shake while singing songs.</p>	<p><b>28</b> Place note cards or small pieces of paper with pens in a basket for children to write letters to friends and family.</p>	<p><b>29</b> Allow your children to help prepare meals. Give them tasks like cutting soft fruits or veggies or setting the table.</p>	<p><b>30</b> Provide natural materials like small twigs, leaves, and grass clippings for children to make art projects.</p>	<p><b>31</b> Have your child tell you a story. Write it down for her, then have her illustrate it to create her very own book.</p>



## Rainbow Plate

**Materials:**  
 Red, orange, yellow, green, blue, and purple streamers  
 Paper plate  
 Cotton Balls  
 Glue

### How To:

1. Cut or fold the paper plate in half.
2. Glue the streamers onto the folded half of the plate.
3. Glue the cotton balls to the rounded portion of the plate to mimic a cloud.
4. You can hang your new rainbow on a window to let the light shine through it to cast a real rainbow in your home!