

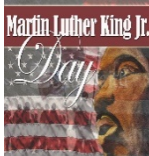


Learn Through Play 2022

January—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 www.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</p> 
<p>2 Have your child write thank you notes with pictures for holiday gifts.</p>	<p>3 Have your child cut out pictures of favorite foods. Head to the grocery store and find the foods.</p>	<p>4 Turn on some dance music. Have a dance party with stuffed animals.</p>	<p>5 Have your child cut letters out of ads and paste into a letter collage. Trace letters with fingers.</p>	<p>6 Take turns pretending to be different animals with your child and guess what the animal is.</p>	<p>7 Make a cozy blanket fort with your child in the play room and snuggle inside and read books.</p>	<p>8 Big and little! Practice taking big and little steps, big and little jumps with your child.</p>
<p>9 Make snow angels with your child! If no snow, do jumping jacks—indoor snow angels!</p>	<p>10 Use empty water bottles and bowl them down using a rubber ball.</p>	<p>11 Read a book with your child and act out the movements in the story.</p>	<p>12 Make roads on the floor with masking tape. Let your child drive small cars on the roads.</p>	<p>13 Color music! Have your child color on different types of paper to the rhythm and speed of music.</p>	<p>14 Look through family photo albums and tell stories about the pictures to your child.</p>	<p>15 String some O-shaped cereal with your child and hang outside for the birds to eat.</p>
<p>16 Have a Blue day with your child. Wear and find things inside and outside that are blue.</p>	<p>17  Martin Luther King Jr. Day</p>	<p>18 Mix a batch of cookie dough with your child, then bake, decorate and eat!</p>	<p>19 Count clothespins with your child as you place them on the rim of a bucket.</p>	<p>20 Up and Down! Have your child slowly roll her body down to the ground and back up.</p>	<p>21 Have your child twist pipe cleaners to make shapes and circle bracelets.</p>	<p>22 Place a sticker on the right hand or foot of your child and play the Hokey Pokey.</p>
<p>23 Have your children separate the grocery produce into different groups by colors.</p>	<p>24 In a mirror, make feeling faces together: happy, sad, mad, etc.</p>	<p>25 Make believe paint your house with your child. Paint high and low, fast and slow.</p>	<p>26 Dress up in silly clothes. Pants on your head, socks on your thumbs, etc.</p>	<p>27 Doodle shapes on paper with your child and put smiley faces on the doodles.</p>	<p>28 Read a book about snow with your child and cut out snowflakes to decorate your windows.</p>	<p>29 Make a tunnel with chairs and a blanket. Crawl through and around it with your child.</p>
<p>30 Play hide and seek with a toy. Give clues as the child searches.</p>	<p>31 Take a family walk! Share ways your family can stay healthy this year.</p>					



Ice Cube Bags

What you will need:
Ice cube tray
Water
Red, yellow, and blue food coloring
3 re-sealable plastic bags

Mix water and food coloring together and pour into the ice cube tray. Make enough for two ice cubes of each color. When frozen, place one red and one yellow ice cube into a plastic bag. Then place a red and a blue ice cube into the second plastic bag. Then place a yellow and a blue ice cube into a third plastic bag.

Let your child move the cubes around in the bags and will be amazed by what happens when two colors melt together!