


Learn Through Play 2022

April—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 Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/parentsources. 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 Learn how to say “I love you” in a different language.</p>	<p>2 Let your child help with mopping the floor— spring cleaning!</p>
<p>3 Make paper chains out of colored paper and decorate the kitchen.</p>	<p>4 Let your child help prepare a healthy breakfast for the family.</p>	<p>5 Look for the number 9 in newspaper ads.</p>	<p>6 Go to the library and find books with rabbit characters.</p>	<p>7 Go outside and look for signs of spring!</p>	<p>8 Try different ways of walking: giant steps, baby steps, tip-toeing backwards, etc.</p>	<p>9 Go on a scent hunt. Find things that smell: coffee, soap, chocolate, etc.</p>
<p>10 Have a green day with green clothes, foods, crayons, and paints!</p>	<p>11 Write alphabet letters on pairs of flowers. Mix up and then find matching flowers</p>	<p>12 Read your favorite children’s books to your child.</p>	<p>13 Go outside and practice hopping and skipping!</p>	<p>14 List ways to show your love to someone.</p>	<p>15 Plant seeds in paper cups. Talk about how long it might take for them to come up.</p>	<p>16 Use cookie cutters to make cookies. Eat them up!</p>
<p>17 Let your child choose between two outfits to wear. Ask them why they like one more.</p>	<p>18 Listen to different sounds inside and outside. Then make your own silly sounds!</p>	<p>19 Let your child help you make a card for someone who is sick.</p>	<p>20 If it is sunny, go outside to find and make shadows.</p>	<p>21 Make small dots on a piece of paper and then cover the dots with Cheerios.</p>	<p>22 Go outside or to the park and look for the birds.</p>	<p>23 Play store with paper money and your child’s toys.</p>
<p>24 Make binoculars out of two paper tubes taped together. Go out and explore.</p>	<p>25 Put on some fun music and create a new dance!</p>	<p>26 Find spring books to read at the library. Cuddle up with your child and read!</p>	<p>27 Make up silly songs using the tune of “Row, Row, Row Your Boat.”</p>	<p>28 Make tiny bundles of dried flowers to hang from door handles to be ready for May Day!</p>	<p>29 Go outside and look for signs of spring!</p>	<p>30 Let your child help prepare a healthy breakfast for the family.</p>



Activity:
Blueberry Smoothie
 1 ½ cups frozen unsweetened blueberries
 ½ cup frozen unsweetened pineapple chunks
 1 cup pineapple juice
 ¾ cup lemon yogurt

Directions:
 Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit. Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary.

Pour into glasses and enjoy!