

# Play and Learn 2022

# September – Preschool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Connect with 4C Resources Online</b></p> <p><b>Blogs:</b> 4C has two parent-focused blogs, <i>Blink-and They're Grown</i> and <i>Put a Bib on It</i>. For these and other 4C blogs, visit <a href="http://www.4cforchildren.org/blogs">www.4cforchildren.org/blogs</a>.</p> <p><b>E-newsletters and social media:</b> Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit <a href="http://www.4cforchildren.org">www.4cforchildren.org</a>.</p> 				1 Go on an imaginary trip. Walk through mud, sand, bridges etc.	2 Make a road on the floor with masking tape. Take small cars and drive them on the roads.	3 Snuggle underneath a blanket and read together.
4 Field Trip Friday! Visit the library or a local park or museum.	5 <b>LABOR DAY</b> 	6 Cut out shapes and make a shape collage.	7 Prepare a picnic meal together.	8 Collect small rocks and put them in the shape of letters.	9 Sit on a tshirt and move around the kitchen floor using only your arms!	10 Have your child tell you a story and write it down to save.
11 Blow bubbles outside. Try to catch them!	12 Screen Out Saturday! Spend the day without TV or electronics!	13 Have the children help you sort coins into different piles.	14 Math Monday! Count the number of chairs in your house.	15 Go on a letter O scavenger hunt in your home.	16 Have your child read his favorite book to you in his words.	17 Spread out wash clothes and walk only on the cloths, not touching the floor!
18 Make drawings outside with sidewalk chalk.	19 Write down words that rhyme with "hop"!	20 Name a variety of zoo animals and talk about whether they are big or small	21 Make circle bracelets out of pipe cleaners, string with cereal.	22 Sing "Old McDonald had a Farm". Take turns naming animals.	23 Sprinkle flour on a cookie sheet and practice drawing letters or numbers.	24 
25 Have a yellow day! Wear something yellow, eat yellow foods.	26 Go on a parade, march and play sticks or kazoos	27 Show your child how to fold laundry, especially his clothes and washcloths.	28 Enjoy quiet time, close your eyes and listen to classical music.	29 Go on walk and look for fall changes outside.	30 Collect colored leaves and arrange them in a vase.	



## Under the Sea Snacks

Ingredients:  
Graham Crackers  
Blue Icing  
Goldfish crackers  
Sprinkles

Coat the graham cracker in blue icing.

Stick goldfish crackers into the icing so that they look like they are swimming in the sea!

Add on some colorful sprinkles and you've got an adorable fish-themed snack!