



| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|--|--|---|--|--|---|--|
| | 1 Pick tiny wildflowers and tie a ribbon around them to celebrate May Day! | 2 Dance like the wind—a soft breeze or a wild hurricane! Try different types of music! | 3 Read a story book together and then find all the letter M's for May! | 4 Talk about things your child liked to do as a baby. | 5 Make different faces for your child. Have them tell you how you are feeling. | 6 Cut off a carrot top or eye of a potato and put it in water. Watch it grow! |
| 7 Go outside early or late and look for shadows. | 8 Cook pancakes together in fun shapes. | 9 Finger-paint with blue and yellow paint. Mix to make green! | 10 Let your child help you sweep and mop the floor. Celebrate your good work! | 11 Make pennies shine by soaking them in 2 T vinegar and 2 tsp salt. | 12 Show your child a map of your state and point out where you live. | 13 Write a fun breakfast menu and then fix it with your child. |
| 14  | 15 Take a blanket out in the sun and read books outside. | 16 Try different ways of walking: giant steps, baby steps, tiptoe, backwards, etc. | 17 Show your child how to cough or sneeze into their elbow or shoulder. | 18 Practice using phone manners on a toy phone. Have a play conversation! | 19 Read a book and then draw a picture from the story. | 20 Talk about times you feel happy. What makes you happy? |
| 21 Go on a bug hunt and count how many you find. | 22 Have a "red" day. Wear red, find red in your house, eat red foods! | 23 Get a joke book at the library and share jokes together. | 24 Sing "Head, Shoulders, Knees and Toes." See who is the fastest! | 25 Take a walk outside and collect cool rocks. | 26 Put some small objects in a bag. Let your child reach in and guess what they are. | 27 Make cookies with different shapes and decorate them. |
| 28 Share your cookies with a friend or neighbor. | 29  | 30 Make a blanket fort and go inside and read. | 31 Listen to Irish music and make up your own dance. | | | |



Touchy Feely Box

Materials:

- Shoebbox with hole cut out big enough for a child's hand to fit in
- shells, pinecones, rocks, feathers, etc.

Place items in box. Have the child put hand in the box, touch an object and try to use words to describe it. Encourage child to use descriptive words such as hard, soft, smooth, rough or bumpy. Have child guess what it is, then pull it out.

Let children put in items to surprise each other. For younger children, use items they commonly play with such as blocks, crayons, etc.

Connect With 4C Resources Online

Blogs: 4C has two parent-focused blogs, *Blink—and They're Grown* and *Put a Bib on It*. For these and other 4C blogs, visit www.4cforchildren.org/blogs.

E-newsletters and social media: Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit www.4cforchildren.org.

