





<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Teach your child the rhyme "Mary, Mary Quite Contrary."	2 Name five things you love about your home.	3 Celebrate with white cupcakes topped with strawberries and blueberries.	4 March around to some patriotic music.	5 Cut yellow pictures from magazines and make a yellow collage.	6 Use your senses to explore a fragrant flower.
7 Cut triangles out of colored paper. Glue onto white paper to make flower shapes.	8 Pretend to be a flower blooming in the warm summer sunshine.	9 Visit a farmer's market. Choose a new vegetable to try.	10 Practice saying please and thank you to each other.	11 Look at a map to show where your relatives live.	12 Let your child help you make a fruit smoothie.	13 Read a book about gardens, such as "The Tale of Peter Rabbit."
14 Use a watering can and water some plants.	15 Write letters with chalk on a sheet of dark paper.	16 Drop paint onto paper. Fold it in half, rub across the paper and unfold.	17 String straw sections on shoelaces to make necklaces.	18 Talk about what you can do when you are feeling mad.	19 Go to the library and explore the children's room.	20 Put on your swimming suit and enjoy an indoor beach picnic.
21 Explore a knock-knock joke book and make up some of your own.	22 Lay on a blanket outside in the shade and listen to the different noises.	23 Tape two short cardboard tubes together side by side to make a pair of binoculars.	24 Draw on a paper coffee filter with marker then spray with water.	25 Play the "I spy" game.	26 Set up a shoe store with shoes around the house.	27 Freeze a block of water and set it outside to see how long it takes to melt.
28 Read with your child for 15 minutes today.	29 Make homemade play dough.	30 Have a dance party with your child's favorite music! Craft homemade drums & shakers.	31 Repeat your favorite activity of the month.	4C for Children Additional Resources Sign up for our monthly Family Source e-newsletter at 4cforchildren.org/newsletter-sign-up/ for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.    		



Activity:

Waffle Dippers

Ingredients

- 1 frozen waffle, toasted**
- 1/2 cup flavored yogurt**
- 1/4 cup diced fruit or berries**

Directions

- 1. Cut toasted waffle into 1-inch strips.**
- 2. Dip into yogurt.**
- 3. Serve with fruit.**