



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>1</b> Visit the library.	<b>2</b> Find leaves with assorted colors and shapes. Feel the textures.	<b>3</b> Read with your child 15 minutes a day.	<b>4</b> Go on a nature walk and bring a bag to keep your treasures in. Talk about the items when you get home.	<b>5</b> Make obstacle courses with blocks and hula hoops. Have your child jump in and over the obstacles.
<b>6</b> Provide times to use scissors. Use old magazines and have your child cut pictures from them.	<b>7</b> Let your child pick out a favorite book and have them read it to you in their own words.	<b>8</b> Sing "All Around the Kitchen" and hop around like a rooster. Be silly with it!	<b>9</b> Play the "I Spy" game. Try to find different colors and shapes in your environment.	<b>10</b> Lie on your back on the ground and look up at the clouds. Talk about what you see.	<b>11</b> Draw on a paper coffee filter with a marker then spray it with water and watch what happens.	<b>12</b> Make marble mazes with paper towel tubes and tape. Add chairs and other items for height.
<b>13</b> Let your child help you make play dough. Give them tools to use.	<b>14</b> Set up a shoe store with shoes from around the house, shoe boxes, a foot measurer and cash register.	<b>15</b> Encourage older children to read to the younger children. Even if they cannot "read," it's a fun interaction!	<b>16</b> Set up a sorting activity using different colored or sized objects to sort.	<b>17</b> Create a simple activity board using hinges, clasps or locks found in a hardware store.	<b>18</b> Play games with bean bags. Have your child place them on his knee, head, etc.	<b>19</b> When beginning a book, ask your child what they think the book is about.
<b>20</b> Sing songs that have action movements like jumping or pretending to be different animals.	<b>21</b> Write letters with chalk on a sheet of dark paper.	<b>22</b> Use a cookie sheet with magnetic letters. Talk with your child about the different shapes in letters.	<b>23</b> Make the homemade ice cream recipe on the right. Enjoy!	<b>24</b> Talk about what you can do when you are feeling mad.	<b>25</b> Ask your child what she is interested in. Find books at your library.	<b>26</b> Give your child small shakers, maracas or bells to shake while singing songs.
<b>27</b> Explore a knock-knock joke book and make up some of your own.	<b>28</b> Take a bucket of water and brushes outside. Let your child "paint" on sidewalks.	<b>29</b> Allow your child to help prep meals. Give them a task like cutting soft fruits or veggies or setting the table.	<b>30</b> Provide natural materials small twigs or leaves for children to make art projects.	<b>31</b> Tape two short cardboard tubes together side by side to make a pair of binoculars.	<b>4C for Children Additional Resources</b>  Sign up for our monthly Family Source e-newsletter at <a href="https://4cforchildren.org/newsletter-sign-up/">4cforchildren.org/newsletter-sign-up/</a> for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.	

## Activity

### Homemade Ice Cream

For one serving:  
 1 tbsp sugar  
 1/2 cup milk or half & half  
 1/4 tsp vanilla  
 6 tbsp rock salt  
 1 pint-size plastic food storage bag (e.g., Ziploc)  
 1 gallon-size plastic food storage bag  
 Ice cubes

How to make it:  
 1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.  
 2. Put milk, vanilla, and sugar into the small bag, and seal it.  
 3. Place the small bag inside the large one, and seal it again carefully.  
 4. Shake until the mixture is ice cream, which takes about 5 minutes.  
 5. Wipe off the top of the small bag, and then open it carefully. Enjoy!

