

Learn Through Play 2026

January—preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>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.</p> 				<p>1 Take a nature walk and talk about winter.</p>	<p>2 Practice cutting a straight line and zig-zag lines.</p>	<p>3 Fold and cut coffee filters to make lacy snowflakes.</p>
<p>4 Make hot chocolate with your child.</p>	<p>5 Play in a sink of warm, soapy water. Discover what floats.</p>	<p>6 Teach your child the rhyme, "Hickory Dickory Dock." Act it out!</p>	<p>7 Turn out the light and write on a wall with a flashlight.</p>	<p>8 Make up a story by looking at pictures in a magazine.</p>	<p>9 Make a tent with blankets and crawl inside and read.</p>	<p>10 Make a map of your house and have your child trace paths from room to room.</p>
<p>11 Let your child help you vacuum and dust. Sing while you work together!</p>	<p>12 Talk with your child about ways to be a friend.</p>	<p>13 Have fun playing with dough using cookie cutters.</p>	<p>14 Talk about ways to express your love for each person in your family.</p>	<p>15 Count the number of circle objects in your home.</p>	<p>16 Pick-up cotton balls with tweezers to fill up a bowl full of "soft snow."</p>	<p>17 Take turns with your child singing your favorite songs.</p>
<p>18 Teach your child how to set the table. Have a tea party!</p>	<p>19 Take turns hiding and finding cotton balls around the room.</p>	<p>20 Read an ABC book and ring a bell when you find a letter in your child's name.</p>	<p>21 Color to music! Find different rhythms, speeds and patterns to match the music.</p>	<p>22 Play "store" with toys, grocery bags and money made from paper.</p>	<p>23 Make a pile of socks and have your child find the matching pairs. Put them on and giggle.</p>	<p>24 Take a ride in the car and look for red or yellow cars.</p>
<p>25 Read! Read! Read with your child!</p>	<p>26 Take a nature walk and talk about winter.</p>	<p>27 Put on an apron and show your child how to fingerprint.</p>	<p>28 Talk to your child about a time when you played in the snow when you were young.</p>	<p>29 Go outside and listen to the birds. Sprinkle cereal under a tree for them.</p>	<p>30 Sort out M&Ms or another candy by color. Talk about favorite color.</p>	<p>31 Practice writing the first letter of your child's name. Use different pens, pencils, crayons or markers.</p>



Homemade Playdough

Ingredients:

- 1 cup of flour
- 1/3 cup of salt
- 2 tsp of cream of tartar
- 1 tbsp oil
- 1 cup of water
- Food coloring

Instructions:

Mix all ingredients together in a saucepan. Use medium heat until a dough ball is formed.

Let cool and knead until smooth. Store in an airtight container.

For added fun, use flavored extracts to make the dough smell yummy and seasonal.