

Learn Through Play 2026

August – preschool



Activity

Rainbow Plate

Materials:

Red, orange, yellow,
blue & purple streamers
Paper plate
Cotton balls
Glue

How to:

1. Cut and fold the paper plate in half.
2. Glue the streamers onto the folded half of the plate.
3. Glue the cotton balls to the rounded portion of the plate to mimic a cloud.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit https://www.4cforchildren.org/families/parenting-supports/ Social media: Connect with 4C on Facebook, Pinterest, X, YouTube, Instagram and TikTok! Just search for 4C for Children on your favorite social site.						1 Play a song for your child. When the music stops, everyone freeze!	
2 Fill a small see-through container with objects. Have your child guess how many are inside.	3 Go on a nature walk and bring a box or bag to keep treasures in. Talk about the items when you get home.	4 Make obstacle courses with blocks and hula hoops. Have children jump in and over the obstacles.	5 Provide opportunities to use scissors. Use old magazines and have your children cut pictures from them.	6 Let your child pick out a favorite book and have them read it to you in their own words.	7 Help your child look for the first letter of their name in print and on signs. Count how many of that letter they can find.	8 Sing the alphabet song while folding laundry. Have your child match the socks.	
9 Play the "I Spy" game. Try to find different colors and shapes.	10 Lie on your back on the ground and with your child and look up at the clouds. Talk about what you see.	11 Make lemonade on a hot day. Let your child squeeze the juice into a bowl.	12 Make a marble maze with paper towel tubes and tape. Add chairs and other items for height.	13 Let your child help you make play dough. Give them kitchen tools when working with the play dough.	14 Encourage older children to read to younger children. Even if they can't "read." It's a fun interaction.	15 Set up a sorting activity using a tray with sections. Use different colored or sized objects.	
16 Create a simple activity board using hinges, clasps or locks found in a hardware store.	17 Play balancing games with bean bags. Have your children place them on their knee, ear, shoulder, etc.	18 Before reading a book for the first time, ask your child what they think the book is about. Talk about what's on the cover.	19 Sing songs that have action movements in them, like jumping or pretending to be different animals.	20 Set up a sprinkler outside and let your child run through it.	21 Use a cookie sheet with magnetic letters. Talk with your child about the different shapes in letters.	22 Create the Rainbow Plate activity to the right with your child.	

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23 Draw a picture of your favorite summer memory.	24 Place note cards or small pieces of paper with pens in a basket for your child to write letters to friends and family.	25 Allow your child to help prepare meals. Give them tasks like cutting soft fruit or veggies or setting the table.	26 Provide natural materials like small twigs, leaves and grass clippings for children to make art projects.	27 Have your child tell you a story. Write it down, then have them illustrate it to create their very own book.	28 Let your child pick out a favorite book have them read it to you in their own words.	29 Play hide and seek together.	4. Hang your new rainbow on a window to let the light shine through it and cast a real rainbow in your home.
30 Visit the library and check out books about going to school.	31 Practice writing the first letter of your child's name in shaving cream on a tray or plate.						