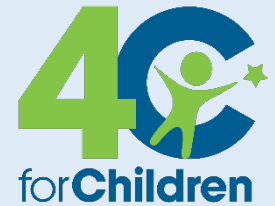


Learn Through Play 2026

September—preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Practice counting with your child. Have them count objects and point to each one as they say the number.	2 Blow bubbles outside and see how far they travel without busting.	3 Count how many orange items you can find in your bedroom.	4 Practice doing jumping jacks.	5 Take a nature walk and have your child describe the sounds they hear.
6 Play I-spy a sound with your child. Choose a letter and have them find as many objects as possible that start with that letter.	7 When doing laundry, have your child match the socks.	8 Read your child's favorite book to them, ask them to make up a new ending.	9 Collect rocks outside, help your child sort them by shape, color or size.	10 Blow up a few balloons and see how long you and your child can keep them off the ground by hitting them back and forth.	11 Read books outside on a blanket.	12 Play restaurant with your child. Let them take your order, write it on paper, prepare your play meal and serve you.
13 Ask your child to tell you a story about a time when they were scared but did something brave.	14 Provide supplies for your child to draw a self-portrait. Don't forget to remind them to add all the details.	15 Make an alphabet book with your child. Have them write each letter and draw an object that starts with that letter.	16 Draw outside with sidewalk chalk. Use the recipe on the side of the calendar to make your own chalk with your child.	17 Sing the alphabet song!	18 Blow bubbles together. Chase them around and count how many you can pop with your hands.	19 Sit outside and look up at the clouds. Talk about the shapes you see.
20 Go outside and look for different insects. Count how many different ones you find.	21 Ask your child to name as many words that rhyme with fall as they can.	22 Have a dance party in the kitchen. Turn on your child's favorite music and dance together.	23 Have a taste test with fall fruits, such as pears and apples. Do they taste sweet or sour?	24 Create fruit prints. Cut your leftover fruit in half and put paint on it. Then stamp it on paper.	25 At bedtime, ask your child what made them happy today!	26 Visit the library and pick out books about autumn.
27 Practice throwing and catching a ball with your child.	28 Practice drawing shapes; circles, squares and triangles.	29 Take a walk and look for signs of autumn in your area.	30 Ask your child what they want to be when they grow up. Then play dress up as to what they want to be!	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:

Sidewalk Chalk Paint

1. Add 1 cup of water to 1 cup of cornstarch in a bowl.
2. Mix until there are no clumps of cornstarch and then pour the mixture into the cups of a muffin tin or small plastic containers.
3. Next add a few drops of food coloring to each cup and mix until blended.
4. Go outside and find a sidewalk and have fun creating art!