

Learn Through Play 2026

October—preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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.				1 Make leaf rubbings by placing different leaves under a sheet of paper and rub a crayon over them to reveal the texture.	2 Create your own leaf art by gluing your collected leaves onto paper.	3 Fill a container with dry pasta, acorns and pinecones. Provide your child with small scoops and small bowls for sorting and pouring.
4 Whip up your favorite pancake recipe. Have your child decorate with blueberries or M&Ms and enjoy!	5 Have a special day, like a "yellow day" where you wear all yellow and only eat yellow foods.	6 Go outside and practice different ways of moving, such as running in a zigzag, hopping like a bunny or playing "stop and go."	7 Draw outside on the sidewalk with chalk. Practice drawing circles.	8 Make a simple treat with your child like apple or pumpkin muffins. Allow your child to help measure, stir and taste test.	9 Enjoy a healthy snack of apple slices and peanut butter or yogurt and talk about the different colors, flavors and textures.	10 Visit the library and check out books about fall.
11 Give your child cups and bowls to pour water back and forth in the bathtub.	12 Put dots on a paper and have your child place a cheerio on each dot. Or use cheerios to string onto a pipe cleaner to make bracelets.	13 Go on a bug or scavenger hunt to discover new sights and sounds.	14 Use painters' tape or masking tape to create a road on the floor for your child to push cars back and forth on.	15 Cut apples in half and dip in paint to make apple prints.	16 Practice writing the letter "A" with your finger in shaving cream or bath foam while in the bathtub.	17 Play "Simon Says" and have your child copy simple instructions like clapping, jumping or stomping.
18 While cooking, tell them what you are making and have them smell the ingredients.	19 Play music and dance, trying different moves like twirling, dipping or bouncing.	20 Show child pictures of items in a book or magazine that he can find around the house.	21 Practice counting objects outside like birds, windows, flowers, etc.	22 Have your child help you fold the laundry, try matching socks or folding washcloths.	23 Call a family member or friend and allow your child to talk on the phone with them.	24 Try a new fruit or vegetable with your child at lunch today.
25 Cut up a picture from a card or cereal box into a few pieces and help your child put it back together.	26 Count out 10 pretzels with your child, then eat them for a snack.	27 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands, wash our hands..."	28 Read, Read, Read!	29 Create a jack-o-lantern out of coffee filters, use markers to decorate and then spray with a water bottle and watch the colors blend.	30 Have a mini-Halloween party. Put on costumes, play some not-so-spooky music and eat seasonal snacks.	31 Go on a nature scavenger hunt in your backyard of the park. Collect leaves, sticks and acorns, then sort



Cinnamon Sugar Baked Apple Slices

Ingredients:

Apples
Sugar
Cinnamon
Salt

Directions:
Cut apples into ¼ inch slices

Combine enough sugar and cinnamon to coat the apples in a gallon freezer bag or bowl. Add a pinch of salt to the mixture.

Toss the apples until they are coated on both sides.

Layer apples on a cookie sheet and bake at 350 degrees for 20-25 minutes.

Let cool and enjoy!