



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read a favorite book together. Leave out certain words as you tell the story and see if they will fill in the blanks.	Play "freeze". Play some music and dance together. Then turn off the music and "freeze or stop". Turn the music back on and then say "go".	With a child sized blanket, wrap around your child and have them pretend to be a superhero or a ghost or a bird flying in the sky. Talk about what they see as they pretend.	Allow your child to make breakfast with you. Allow them to scoop their cereal from one bowl to another, give them a small cup of milk to pour with. Let them spread with a butter knife etc. Supervise.	Fill a plastic spray bottle with water and food coloring. Have them spray onto the snow to make designs. If it is too cold bring snow indoors and color in a container or sink.		Make a fort out of cushions, pillows and blankets. Take a flashlight and read a story inside the fort when it is all built.
Sort a deck of cards together, by numbers or by colors or by shapes/suits.	Make valentine's cards together for your loved ones and friends. Decorate with cut out hearts, stickers etc. Put them in envelopes and mail them!	Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn six times, blink once, etc.	Sing this month's rhymes together: "I'm walking to the mailbox" and "I'll love you forever"	Give your child an adult sweater with large buttons to practice fastening and unfastening buttons.	Have a "red" day. Wear something that is "red". Cut out red hearts and decorate. Look for different things that are red in your home. Eat snacks that are "red" apple, tomato, salsa etc"	Play with play dough and make a family of snowmen, use toothpicks for arms, little balls of play dough for facial features etc.
In the snow stomp down a circle and a large "X" in the middle. Play tag, sticking to the pathways, the center is the safe zone. Pretend to be fox and geese.	Talk about the concepts "big and little" show them examples within the house or outside (shadows, hands, feet, shoes, gloves, shirts, animals, plates, bowls etc.)	Suspend a foil balloon from a ceiling at shoulder height and encourage your child to bump it with their right hand, left hand or with a plastic bat or paddle.		Make different animal sounds and see if your child can guess which animal. Ask "what animal makes this sound ____?"	Arrange a play date with another child or children. Or attend a parent/tot group to meet other families.	Encourage your child to draw faces of family members and of themselves. Encourage them to describe features and people as they draw.
Sing the "Wheels on the bus" and do the actions as you sing.	Talk about rhyming words or words that sound the same. Explore what words rhyme with "cat". Write them down together, so they can see.	Talk about feelings, act out different emotions and then like charades ask them to guess how you are feeling, by looking at your face and how it changes.	Print your child's name in large letters on a piece of paper and help your child to trace around them.	Sit opposite of your child with your legs spread out and roll a ball back and forth to one another. Talk about "fast/slow" concepts and compliment with "good catch, nice roll etc."	Before bedtime, read your child a story and then ask them "what was the best part of your day and what was the worst part of your day?" Share yours also!	Play "Simon says" in the tub. Say "Simon says wash your toes", "Simon Says wash your belly button", " wash your ears ", "Oh I didn't say Simon Says" etc.