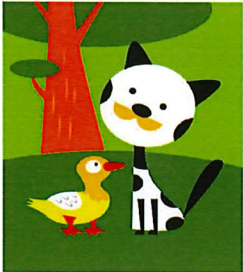
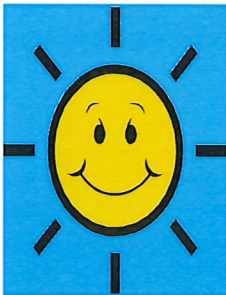


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk jug golf: Write numbers on three to five milk jugs, then place in your yard 5-10 feet apart. With a small ball, have your child roll the ball to try to hit a jug, like golf, repeat!	Mix a combination of crackers, cereals, pretzels etc. Then ask your child to sort through the snack, matching them and eating them.	With a sheet ask your child to hold the corners of one end and then you hold the others. Make the sheet go up and down like a parachute. Give a ball or animal a ride!		Cut out pictures of food from flyers. Talk about how you need to eat a rainbow of foods everyday. Classify them together into groups: fruits/vegetables/grains, milks, meat etc.	Play beauty salon, let your child do your hair; spray your hair with water, comb, brush, put in barrettes etc.	Draw circles with sidewalk chalk and place a number in each one. With small rocks see if you and your child can take turns tossing and landing on numbers.
Talk about the feeling of being angry. What is okay to do when you are angry (to talk about it) and what not to do (hit, yell, throw things etc.)	Have an "orange" day. Wear something orange. Mix yellow and red food coloring and water to make orange. Eat orange foods (e.g.: oranges, cheese, carrots) Play I spy.	Play a "sink or float" game with your child. In a container, sink or wading pool, gather a bunch of different items, and toys and see which ones will sink or float, together.	When outside on the grass, have your child hold your hands, and walk up the front of your legs, then tuck their knees to their chest, turn a somersault, and land on their feet.	With play dough, show your child how to roll and make balls or eggs. Then make a nest and put the eggs in. Then make a mama bird together to sit on the nest.	Go on a bug hunt outside and see how many different bugs you can find... spiders, butterflies, ladybugs, beetles, ants etc. Name them and watch them.	Make paper airplanes with your child. Practice throwing them outside to see how far they will go!
Talk about rhyming words –words that sound the same. See how many words rhyme with "late". Write them down to show your child what they look like.	Try some stretching exercises together. Touch your toes and reach to the sky. Lie flat on your tummy and stretch your arms to arch your back and look up. Reach to your sides and stretch your legs	Cutting practice: give your child some salad tongs to pick up objects and place into a container or bowl or give your child a turkey baster to play with in the water to squeeze and suck up water and squirt.	Have a picnic outside in your yard or at a park for when you have a snack or even a meal.	Go for a walk and see how many different birds you can see. Look up the birds in a bird book for a close up look.	Have your child take stickers off and place them onto a paper. Then have them take a marker and trace a circle or a square around each one.	Write your child's name on a paper in pencil or highlighter. And Then have them trace over the letters with a crayon or marker.
Read a book with your child outside on a blanket in the shade. Use different voices for the different characters in the book.	Sing this month's featured rhymes: "Me" and "Teddy Bear, teddy bear"	Have your child walk "over" you when lying on floor. Make a bridge with your hands and feet on floor and have your child go "under". Reverse roles!	Place old crayons in a bag and place outside to see how the sun will melt them. When soft combine them into a ball. Cool, then color with the ball.		Build a house together out of containers, a box, blocks etc. Use people or Barbie's to play in the house.	Mix different containers of food coloring with water. Then with other containers mix different colors of water with others and talk about what colors they make.