**Family Activity Calendar**

Center

Teacher

Circle  for reading 15 minutes

Circle △ for doing the activity in the box

**May 2016**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **30** | **△** | **31** | **△** |  |  |  |  |  |  |  |  | **1** | **△** |
| Exercise TimeSee how many ways you and your child can move your arms and legs and still remain in the same place. Begin by lying on your backs and moving your arms and legs in different ways. | Reading TimeRead a familiar story to your child. Talk together about the different characters in the story. What does each character do? Is the character big, small, good, bad, etc.? |  |  |  |  | SoundsTake a walk with your child. Ask him or her to listen for different sounds and try to remember them. Later help your child recall some of the sounds. |
| **2** | **△** | **3** | **△** | **4** | **△** | **5** | **△** | **6** | **△** | **7** | **△** | **8** | **△** |
| Inside and OutsideDraw a large circle for your child. Ask him or her to draw a small square inside the circle. Then ask him or her to draw a large square outside the circle. | Mirror, MirrorHave your child look in a mirror and then point to and name the parts of his or her face. Example*:* nose, lips, eyes, cheeks, chin, etc. | Happy or SadAsk your child to tell you some things that make him or her happy. Then ask what things make him or her sad. Share some of your own happy and sad feelings. | **Build a Tower** Gather some blocks, shoe-boxes, or empty food-storage containers. Have your child stack as many as he or she can to make a tower. Then help your child count the number of items used. | A Familiar SongSing the alphabet song with your child. It might be fun to start together and then take turns singing along. Example*:* Both sing A, B, C; then one sings D, E, F; the other G, H, I. Continue singing the letters in this way. | Mom’s DayHave your child make a card, a picture, or a little gift for someone for Mother’s Day. Write down something special about this person that your child tells you. | How Big?Take a walk with your child. Ask him or her to find things that are smaller or bigger than himself or herself.Example*:* The hydrant is smaller. The car is bigger. |
| **9** | **** | **10** | **△** | **11** | **△** | **12** | **△** | **13** | **△** | **14** | **△** | **15** | **△** |
| Healthful SnackHave your child choose a fresh fruit to mix with his or her favorite yogurt. Ask your child to help you wash and prepare the fruit. | Vegetable ChoiceAsk your child to choose a fresh vegetable (broccoli, carrots, squash, etc.) to prepare for the evening meal. Have your child help you wash and prepare the vegetable. | Reading TimeReread a familiar story to your child. Allow your child to turn pages for you. See if he or she can finish a sentence from memory.  | Reading PoemsTogether find a comfortable spot, outside or on some pillows on the floor, and read some of the poems from your child’s library book. | **Kicking a Ball**Kick a ball back and forth with your child outside. Try to kick a short distance and then a longer distance. | Walk and CountTake a walk with your child. Before starting, agree on something you will count while walking. Example*:* bicycles, red cars, traffic lights, hydrants, trucks, etc. | **Matching Household Items**Find a few pairs of items in your home that are the same and that your child can match. ( For example: socks, forks, spoons, shoes) |
| **16** | **** | **17** | **△** | **18** | **△** | **19** | **△** | **20** | **△** | **21** | **△** | **22** | **△** |
| Simon SaysPlay “Simon Says” with your child. Take turns being Simon. Try to use the words *over, under, behind, above,* etc. Example*:* Simon says, “Put your hand *behind* your knee.” “Put your hand *above* your head.” | **Outdoor Scavenger Hunt**Collect items in a bag that you and your child find outside together. Bring them in and talk about what you have found. | How Many More?Place five items (beans, for example) in one group and three items (buttons, for example) in another. Ask your child to add enough buttons so that each group will have the same number. | Sing a SongSing the song “Head, Shoulders, Knees, and Toes” together and touching the body parts as you sing. | Yesterday I . . .Ask your child to tell, in order, some things he or she did yesterday. | LikesAsk your child to name two or three things he or she enjoys doing. Then ask him or her to tell you why. | Make a Touch BookUse cardboard cut into squares; put two holes in each piece to tie together with yarn. Put things your child likes on each page and talk about the things while your child touches them. |
| **23** | **△** | **24** | **△** | **25** | **△** | **26** | **△** | **27** | **△** | **28** | **△** | **29** | **△** |
| **Water Painting Outside**Give your child a bucket (or other container) and a large paint brush. He/she can paint the fences, sidewalk, trees, etc. that they choose outdoors. | Copy MeOn the sidewalk or blacktop, use chalk to draw lines and shapes. Give your child a piece of chalk and have him or her copy them. | Growing UpMake a chart for your child to mark his or her growth. Also record how much he or she weighs and write the date. Show your child some clothes that no longer fit and talk about how much he or she has grown. | **Helping during Handwashing**Let your child get their own soap when handwashing. Sing “Twinkle, Twinkle Little Star” while washing hands. | ExerciseDecide on a few exercises you can do together outside. Talk about how such exercises help you to stay healthy and strong. | **Child’s Choice**Ask your child to choose a special activity for the two of you to enjoy together. | When I Was SmallTell your child a special story about yourself when you were a child. Tell about your favorite thing to do, or a special time you remember with your family. |

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 # of  # of △ Total

Child’s Name

Parent’s Signature

Date Teacher’s Initials