



Technical Assistance  
& Training Program



Dear Family,

Your child's success begins with you! You are your child's FIRST and BEST teacher. They will learn the most about the world around them from you. This calendar has been created to provide you with an activity to try with your child any day of any week. Enjoy!

These simple activities don't require a lot of materials or preparation so you can fit them into your daily routine of spending time with your child.

The activities are designed to encourage development in the areas of:

Language and Literacy - the way children learn to communicate with sounds, words and gestures, and eventually, the way they learn to read and write.

Physical Development - how they move their bodies in physical activities and how they use their hands

Social and Emotional Development - begin to recognize and express their own feelings, and to understand and respond to the emotions of others

Approaches to Learning - how children deal with new environments, interactions, and discoveries

Mathematical Thinking - number knowledge, patterns, size, shape awareness, and the relationship between objects and space.

Scientific Inquiry - exploration and discovery of the world around them.

Social Studies - trying to make sense of the social and physical environments.

Please remember to use caution and supervision with all the activities. Emphasize health and safety with all activities and build a lifetime of good habits with your child.

If there is an activity that your child really enjoys, you can repeat it another day, as well as interchange any activity from one day to another. (If it is raining on a day that says to go outside, swap it out for an activity from a different day)

Most importantly - Take time to play and enjoy creating special moments with your little one - they grow up way too fast!

Your impact on their overall development will be significant and will last a lifetime!

# Activities for Month 1

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|--|---|---|---|
|   | <b>Classification</b> - grouping and sorting objects by color, size, shape, and use - are skills that will help children in reading and math. Let your child help with sorting objects such as spoons and forks, fruits and veggies by color. <b>**Make it fun!**</b> |   | 1  | 2   | 3   | 4   |
|   |   |   | Have your child point their: <b>elbow, wrist, nose, hand</b>   | <b>Talk about greeting others. Practice methods such as waving, elbow bump, smiling, saying hello.</b>                                    | <b>Play the "No touching" game. Walk past objects and furniture without touching.</b>                               | Together with your child, name 4 animals that live in a tree.   |
| 5   | 6   | 7   | 8  | 9   | 10  | 11  |
| Name the fruits in your refrigerator.   | Cut the letters in your name out of a magazine or newspaper. Glue them to make your name.   | Sing the ABC Song. Point to the letters on the chart that is attached to this packet.                 | An ice cube is cold. Talk with you child about hot and have your child name 5 things that are hot.                     | Find the <b>orange, blue, black, white</b>  | Have your child find things that are shaped like an orange.   | Look outside. Talk to your child about what the is weather like today.  |
| 12  | 13  | 14  | 15   | 16  | 17  | 18  |
| Together with your child, name some healthy foods.  | Close your eyes and pick a crayon. Name something that is the same color as the crayon you picked. Repeat   | Name 3 ways you can travel to the store.  | Is it morning, afternoon, or evening. What is your favorite time of the day.   | Bounce a ball. Count how many times you can bounce the ball with your right hand? Your left hand?   | Make a tea party or a picnic for your child and their stuffed animals/dolls.  | Name something you can see with your sense of sight. Describe it.   |
| 19  | 20  | 21  | 22   | 23  | 24  | 25  |
| Have your child name something you like to do outside. Have him/her draw a picture about it.                          | Go outside with your child. Find a plant that is <b>tall</b> . Find a plant that is <b>short</b> .  | Together with your child, name some things you can hear with your sense of hearing.                   | If you could get on a plane and go anywhere....where would you go? Draw a picture.                                     | Use your sense of touch. Find something that is <b>bumpy</b> . Find something that is <b>smooth</b> .                                     | Talk about feelings with your child. In front of a mirror make "happy, sad, mad, surprised, scared" faces together. | Doodle with your child. Provide them with lots of paper, thick pencils and crayons to create and doodle away. |
| 26  | 27  | 28  | 29   | 30  | 31  |   |
| With colored vegetables or fruits have your child separate the colors into different piles and talk about the colors. | Make a book with your child. It is a story book, so have your child tell you a story and write it in the book. Try to write in it daily and read at bedtime.  | Have your child help you sort by color. Use words like "in, out, under, on, beside, in front of" etc. | In your conversations or when looking at a book use position words like "in, out, under, on, beside, in front of" etc. | Have a "yellow" day. Wear something yellow. Find yellow things in your home. Eat yellow foods like (banana, pineapple, eggs, cereal etc.) | Name a variety of farm or zoo animals and talk about whether they are big or small.                                 | PLAY DOUGH FACES  |
| 2   | 3   | Notes   |  |   |   |   |












# Activities for Month 2



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|---|--|--|---|
|   |   |  |   | Help your child become more independent in daily routines such as washing and drying hands, using tissues to wipe face and nose, and using the bathroom.               |  | 1   |
|   |   | Recognizing emotions in themselves and others is an important skill for children. Being able to understand emotions will help them learn self-control. |   |  |  |   |
| 2   | 3   | 4  | 5   | 6  | 7  | 8   |
|   |   | 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.                                      | Mix a combination of crackers, cereals, pretzels etc. Then ask your child to sort through the snack, matching them and eating them. | 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.                    | Have your child help to set the table for a meal. Show them where everything goes. Talk about the names of everything and who sits where.          | 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. |
| 9   | 10  |  | 11  | 12   | 13   | 14  |
| March across the room with you child. Count while you march.  | Have a picnic outside in your yard or [bg]XY [nci f \ci gY when you have a gdYVJU' snack" | Have your family stand in a line. Who is tallest? Who is shortest?   | Put the word "cup" and "cake" together. What word does it make? (cupcake)   | Play beauty salon, let your child do your hair; spray your hair with water, comb, brush, put in barrettes etc.   | 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. | Have an "orange" day. Wear something orange. Eat orange foods (e.g.: oranges, cheese, carrots) Play I spy                       |
| 16  | 17  | 18   | 19  | 20   | 21   | 22  |
| Have your child think about their favorite book. Have them try to retell the story.   | Find a ball. Play catch with your child.  | Read a book with your child outside on a blanket in the shade. Use different voices for the different characters in the book.                          | Talk about a time you were scared. Draw a picture of yourself when you were scared.   | 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! | 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.)  | Try some stretching exercises together. Touch your toes and reach to the sky. Reach to your sides and stretch your legs         |
|   | 23  |  | 24  | 25   | 26   | 27  |
| A turtle is slow. Together think of animals that are fast.  | Put the words "rain" and "bow" together. What word does it make? (rainbow)                | Look outside. Talk about what the weather is like today.   | Talk together about what to do to help a friend that is sad.  | Practice hand washing with your child: before meals, after meals, after coughing or sneezing or wiping nose, after using the toilet, or coming in from outside.        | Play and sing "Ring around the Rosie" together.  | Read a story together that has some fun rhymes in it (like a book of Dr. Seuss, or nursery rhymes).                             |
| 30  |   |  |   |  |  |   |
| Play catch with your child with a medium sized ball. Help them learn how to catch with their hands extended or in their arms. |   |  |   |  |  |   |


# Activities for Month 3



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|--|--|---|--|
|                                       | 1<br>Have a "green" day. Wear something green. Play "I spy something green". Eat green snacks (peas, cucumber, celery, kiwi or honeydew melon, etc)  | 2<br>Hide a small toy in one hand. Ask your child to guess "which hand it is in?"... "this hand or that hand?" or for the older child "my right or left hand?"  | 3<br>Sort a deck of cards together, by numbers or by colors or by shapes/suits.  | 4<br>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. | 5<br>Print your child's name in large letters on a piece of paper and help your child to trace around them.<br><small>Take deep breath</small>  | 6<br>Make a fort out of cushions, pillows and blankets. Take a flashlight and read a story inside the fort when it is all built.   |
| 7  |  8<br>Sing the "Wheels on the bus" and do the actions as you sing.  | 9<br>Have a "red" day. Wear something that is "red". Look for different things that are red in your home. Eat snacks that are "red" apple, tomato, salsa etc"   | 10<br>Give your child an adult sweater with large buttons to practice fastening and unfastening buttons.   | 11   |  12<br>Practice deep breathing with your child especially at night or when angry to help them to calm themselves and settle. | 13<br>Color in a coloring book together while listening to music. Color according to the rhythm of the music (fast or slow).   |
| 14   | 15   | 16  | 17   | 18   | 19  | 20   |
| Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you too!            | Play hide and seek with your child. Encourage them to count to ten or more!  | Pretend to be different animals with your child. Slither like a snake, swing like a monkey, walk like an elephant, duck, bear, etc.   | Talk about "big" and "little" concepts. Have your child find five things that are smaller than their hand.   | Read a short story with your child. Then ask them to re-tell it back to you, by looking at the pictures and using their own words.                             | Talk about the animals that might be on a farm. Have your child draw one or more of the animals that might be on a farm.  | DFYHbX d'Umk Jh' nei f' WJ'X" DFYHbX' tc' [ fcWf m g\cd' i' g]b [ 'ZcX' ]b' nei f' dUbfnt' DFYHbX' tc' [ c' ci h'tc' YUH'Vma U.]b [ ' a Ybi g'z cfXYf]b [ ' z'UbX' gYfj ]b [ 'ZcX" |
| 21   | 22   | 23  |  24   | 25   | 26  | 27   |
| Talk about the rules you have in your house, with your child. Talk about the reasons, and what happens if they forget. | Help your child to learn your phone number. Write it out on a card and then help them to memorize it with a tune. Recite everyday till they know it. | Have a "square" day. Draw a square together, cut it out and then look for different shaped objects that are the same. Have a square snack. (a sandwich, cracker, cheese, etc.)  | Play "I spy" when reading or looking at a book or a magazine. Say things like "I spy some shoes", etc.   | Talk about "big and little" concepts. See if your child can find five things that are bigger than their hand.  | While outside, practice kicking a ball to one another. Be careful not to kick too hard and aim for their feet.  | Try saying tongue twisters with your child like "big blue balloon"; "fine fat fish"; "cans of candy kisses" or "mama makes muddy messes Monday"                                    |
| 28   | 29   | 30  | 31   |   |    |  |
| Blow bubbles outside together. Chase and pop! Practice blowing or use the wind and move your arm.                      | Encourage your child to read a book to you - choose a book with mostly pictures and have them tell you what is happening on each page.               | On paper plates, draw different faces with different emotions (happy, silly, sad, mad, sleepy, etc) Draw mustaches, eyebrows, eyeglasses, freckles etc.)  | Trace a letter on your child's back and see if they can guess which letter it is. If they have trouble, tell them which letter first and then draw it. |  |   |  |
|                                     |   |  <p>Give your child lots of fun practice with the letters in his or her name. Some examples are magnetic letters, shaving cream, letter blocks, sand or salt drawing, tracing strokes on large letters. Make it fun!</p> |  |   |    |  |

# Activities for Month 4



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|---|--|--|
|  |   |  |  | 1   | 2  | 3  |
|  |   |  |  | Talk about feeling with your child. In front of a mirror, make "happy, sad, mad, surprised, worried" faces together.          | Doodle with your child. Provide them with lots of paper, thick pencils, and crayons to create and doodle away. | Allow your child to make breakfast with you. Allow them to scoop the cereal from one bowl to another, give them a small cup of milk to pour with. Supervise. |
| 4  | 5   | 6  | 7  | 8   | 9  | 10   |
| <p>Make different animal sound and see if your child can guess which animal. Ask "what animal makes this sound _____?"</p>  | <p>Talk about rhyming words or words that sound the same. Explore words that rhyme with "cat". Write them down together, so they can see.</p> | <p>Recite the days of the week with your child. Point to a calendar like this one saying the days.</p> | <p>Have your child practice using a zipper. Place a jacket on the floor and show them to do it up and undo it.</p> | <p>Trace your child's handprints or footprints on a piece of paper. Then have your child color in the print with crayons.</p> | <p>Gesture or sign "I love you" or learn to say the phrase in another language with your child.</p>            | <p>Encourage your child to read a book to you - choose a book with mostly pictures and have them tell you what is happening on each page.</p>                |




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## Take Care of Yourself


**Eat nutritious meals and snacks.**




**Follow safety rules.**



**Get plenty of rest.**



**Exercise every day.**



**Keep your body clean.**

