

Preschool Activity Calendar

Activities for 3 and 4 year olds



Adapted from the Success by 6 Early Childhood Initiative of United Way of Champaign County

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Welcome!

This preschool calendar was adapted from Success by 6- the early childhood initiative of the United Way of Champaign County- to help you and your child prepare and get ready to start school.

This calendar contains:

- Ideas for fun activities that develop a variety of skills
- Recommended books
- Useful websites



Key Thoughts:

- Children develop at their own rates and “typical” development can vary greatly from child to child.
- School readiness is more than knowing letters and numbers, and identifying colors and shapes.
- Children, who are ready for kindergarten, have good social, self-help, physical skills, and are developing a love of learning.
- This calendar offers activities that encourage the development of skills needed in kindergarten. Use the kindergarten checklist on the following page to help you track your child’s development.

How to Use the Calendar:

- The calendar is geared towards preschool children ages 3 and 4.
- This calendar runs from September through June.
- Each month focuses on a different learning topic with suggested weekly activities.
- Use this calendar as a guide for fun activities. Include family members and your child’s friends in the activities.
- Have fun and enjoy this time with your child!

Remember that play is an important part of learning. Your child learns best when he or she is spending time with you and doing activities that are interesting and fun!



Kindergarten Readiness Checklist

This checklist can help to guide you as your child prepares for their kindergarten year. It's best to look at the items on the list as a goal towards which to aim. They should be accomplished through everyday routines and enjoyable activities you've planned with your child. If your child lags behind in some areas, don't worry. Remember children grow and develop at different rates.

Good Health & Physical Well Being

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Immunizations up to date
- Runs, jumps or plays outdoors & does activities that provide exercise and help develop large muscles
- Does puzzles, scribbles, colors, paints & other activities that help develop small muscles

Social & Emotional Well Being

My child:

- Is learning to explore and try new things
- Is learning to work well alone and do many tasks independently

- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores
- Is learning to use words to identify and express emotions

Language & General Knowledge

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books

- Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write their name and address
- Is learning to count and play counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw and be creative
- Has opportunities to listen to and make music and dance



Read with your child each day



Create a reading area for your child.

- Store your child's books in a special place that is easy to reach (eg: basket, drawer or low shelf).
- Add a small rug or pillow to create a cozy place to read.
- Join your child and read together in this special place.

Give your child a variety of books for reading.

- Get a library card for your child.
- Visit your local library with your child.
- Let your child look at the picture books in the children's section of the library and take a few books home.

- Look for other places to find books eg: garage sales, friends, etc.

Set aside a special time each day to read with your child.

- Read with your child in a special place away from distractions.
- Hold your child close to you when reading to develop a positive attitude towards reading.
- Use your finger to point to the words as you read along the page.
- Children enjoy and learn by repetition. Read your child's favourite books over and over.

Let your child participate in book reading.

- Show your child how to read a book (eg: left to right, front to back, how to turn pages, etc).
- While reading with your child, talk about the story.
- Ask your child to look at the pictures and predict what the book is about.
- Ask your child to retell the story in their own words

Local Libraries:

- Okotoks: 7 Riverside Drive
- High River: 909- 1 St. SW
- Vulcan: 303 Centre St.
- Claresholm: 211 49th Ave W
- Black Diamond: 301 Ave Ctr. W



Rhyme of the Month: Alice the Camel

Alice the Camel has 5 humps,
 Alice the Camel has 5 humps,
 Alice the Camel has 5 humps,
 So go Alice go...boom, boom, boom (shake hips from side to side)
 Repeat 4, 3, 2, 1, 0 humps
 Last line: Cause Alice is a horse



September

Do you feel like you're being watched? You are! The best way to help children learn how to act is to show them through your own words and actions. They are master imitators. When they hear you say please or thank you they learn to be polite. When they see you help others, they learn to be helpful. When they hear you call someone a name – they will do it too. So don't just tell children what to do- show them!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow week: look for things that are yellow this week.			Help your child print his/her name. Start with tracing then copying name.		Look through magazines and books to find things that are yellow.	
	Look for words that begin with the same first letter using books, magazines, etc.		Take your child to the library and sign out some books.	Pick a book, have child guess what book is about by looking at cover.		Go for a walk with your child and talk about what you see.
	Find food items or animals that begin with same sound. Name the letter.		Play and sing "Ring around the Rosie" together.		Visit a local farmers market this weekend.	
	Practice counting from 1 to 10.	Book an eye exam for your child. This is covered by Alberta Health Care.			Play a board game or card game with your child.	



Let your child use school tools such as pencils, Markers, crayons and scissors

Gather & organize materials for drawing, writing and cutting.

- Help your child create and decorate a container to store materials.
- Decide on simple rules (eg: markers at table only, scissors cut paper only, etc.)

Encourage your child to explore with drawing materials.

- Suggest that your child draw pictures in different places (eg: outside, in the kitchen, etc)
- Draw pictures with your child about family experiences.
- Talk about the pictures & pick a place to display pictures.

Rhyme of the Month: Five Little Fishies

Five little fishies swimming in the sea (swim hands)

Teasing Mr. Shark, you can't catch me (taunt with fingers on head, stick out tongue, etc.)

Along comes Mr. Shark as quiet as can be (put hands together and swim slowly)

And SNAP! (clap hands together)

Repeat 4, 3, 2, 1 fishies (the last fish gets away and says you missed me!)

- Praise your child's efforts. Remember, perfection is not the goal.

Let your child see that written words are a part of daily life.

- Make a grocery list together.
- Label your child's belongings with their name.
- If interested, practice printing the letters of the alphabet with their drawing materials.

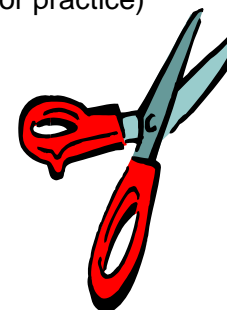
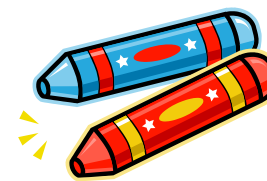
Support your child as they practice using children's safety scissors.

- Designate appropriate places and materials for cutting.



- Model and demonstrate how to hold the scissors, open/ close the blades and how to hold the paper.
- Practice cutting play doh and soda straws into little pieces.
- Provide strips of construction paper, old magazines and cards from junk mail for your child to snip

Websites for cutting practice

- www.dltk-kids.com
- www.worksheetworks.com
(search scissor practice)



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Using tweezers, pick up small objects (cotton balls, beads) and set them in a dish.	Talk about fall and have your child draw a picture of a tree.		Cut shapes out of paper to make a picture.	While outdoors, draw on the sidewalk with chalk. Practice these pre-printing shapes (I, -, o, +, □, /, \, X)	
Orange week: look for things that are orange this week.	Practice the ABC song.	Cut pictures of expressive faces from magazines and make a "feelings" collage.		Library Day!		Take your child for a walk and collect different kinds of leaves.
Read your favourite children's book to your child.			Practice these pre-printing shapes using bathtub crayons in the tub (I -, o, □, +, /, \, X)	Sort or count things like socks, canned soups, buttons, etc.		Practice printing your child's name in upper and lower case letters.
	Make a grocery list together.	Find food items or animals that begin with the same letter as your child's name.		Use large muscles and act out a favourite book together.		Look at the pictures in a book with your child prior to reading.

Stories to pair with actions and sounds... Dr. Seuss' ABC, Brown Bear, Brown Bear, What do you see? Dear Zoo



Give your child daily opportunities to use large muscles



Collect safe toys & equipment to help your child develop large muscles.

- Empty plastic water bottles to use as bowling pins.
- Bean bags to toss, use a sock filled with dried beans
- Stuffed animals to toss
- Balls to throw, catch and bounce (9-12" rubber balls)

Let your child spend time outdoors and have space and freedom to use large muscles.

- Have a safe outdoor place for your child to run and play.
- Set up a basketball hoop indoors, low enough so your child can "make a basket".

Rhyme of the Month: Hokey Pokey

Put your right foot in, you put your right foot out, Put your right foot in and you shake it all about. You do the hokey pokey and you turn yourself around That's what it's all about

Join your child in active play.

- Play toss and catch with your child using 9-12" rubber balls.
- Set up an obstacle course and encourage your child to move through it in a variety of ways (crawling, slithering, walking)
- Make a hopscotch with masking tape. Show your child how to hop the pattern. Try hopping on 1 foot and 2 feet which is easier.
- Sing the "Hokey Pokey" and involve your child and other friends or family.

Give your child opportunities to use large muscles indoors.

- Invite your child to toss bean bags or bean socks into a basket or a masking tape circle on the floor.

- Let your child balance a beanie baby or bean bag on his/her head while walking.
- Create an obstacle course in a room with space for moving. Include a taped line to walk on, a table to crawl under, chairs to crawl through, a book to jump over and a large box to crawl through.
- Suggest that your child move like different animals: hop like a rabbit, slither like a snake, crawl like a bug, and fly like a bird.
- Use a book of animals stories that you can act out together



Check out these websites:

- <http://www.ot-mom-learning-activities.com/gross-motor-activities.html>
- <http://omazingkidsllc.com/>



November

The waiting game. Waiting is hard for all of us, but especially for children. But sometimes waiting can't be avoided, so be prepared with a "bag of tricks". Maybe a bag with a notebook, crayons, and a small hand held game or music device, books, simple snacks and a juice box or bottle of water. Keep a few simple songs in your head like "Itsy, Bitsy Spider" or "ABC's", make up a story, or just count the change in your pocket or purse. Time flies when you are both having fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play hopscotch with your child.	Have your child tell a story to a family member.		Make a necklace using dental floss (or plastic lace) and cereal (cheerios, froot loops, etc.)	Help your child begin to learn their address and phone number.		Help your child draw a picture of your family.
Practice the ABC song	Brown week: look for things that are brown this week.		Take a walk and find things that are brown.	Put on some music and dance with your child.		Schedule a play activity at your local rec center.
	Exercise with your child. Count the number of arm circles, hops, etc.		Ask your child to help set the table and count the number of items.	Library Day!		Kick a ball back and forth with your child. Practice counting the number of kicks.
Look in books, magazines, for different facial expressions: sad, happy, excited, etc.		Play "Hokey Pokey" together. Place sticker on right hand and foot to introduce left and right.		Poke toothpicks into play doh to make a porcupine and count the number of quills together.	Go skating with your child this weekend.	Make up funny pairs of rhyming words: "Sad Dad" or "Eat Feet", etc.



Help your child become aware of letters and words at home and in the community

911

Help your child recognize his or her first name in print.

- Write the first letter of their name with an upper case letter and lower case for the other letters (eg: Tom)
- Write a name card for each member of family.
- Help your child match the name cards to each person's spot.
- Invite your child to watch you write his/ her name as you label personal belongings.

Help your child recognize the letters of their first name.

- Spell their name on fridge using magnet letters.

Rhyme of the Month: A Chubby Little Snowman

A chubby little snowman had a carrot nose
Along came a bunny (with 2 fingers hopping)
And what do you suppose (shrug shoulders)
That funny little bunny looking for his lunch (rub tummy)
Ate that little snowman's nose (pretend to eat)
Nibble, nibble, crunch!

- Encourage your child to arrange the letters in the correct order using a name card as a guide.
- Place the alphabet letters in a bag or other container. Have your child pull out the letters one at a time and name them.

Encourage your child to "read" familiar signs.

- Read the road signs and business signs as you drive.

Give your child opportunities to recognize and name letters of alphabet.

- Encourage your child to pick out the letters from their name in signs that you see.
- Read alphabet books and have them name the letters they recognize.
- Write the alphabet on paper. Have your child point to the letters as you say the alphabet song.




Websites

- www.starfall.com (click on "download center", then "online printouts")



December

Seven positives. Did you know on average it takes seven positive comments to balance the effect of just one negative comment? Saying “good girl” or “good boy” isn’t enough. Be specific and tell your child what was good about it. For example, “Wow. That tower is the tallest you have ever built. You worked really hard on it and I like the columns to the side.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice the ABC song.	Green week: looks for things that are green this week.		Have your child practice saying your phone number.	Library Day!		
	Clip clothespins on rim of coffee can or bucket. Count pegs as you place. Use thumb and index finger to pinch.	Have your child print their name on a card and display it on the wall, fridge, etc.	Ask your child to name four animals.	Have your child show thanks by writing thank you note with your help. “Pretend” writing is okay.		Make cookies with your child to share as a gift.
Sing a favourite holiday song together.	With playdoh, hide small buttons or beads in it and have child dig them out using their fingers.		Play a game that involves taking turns.		Practice how to zip/ unzip your child’s coat as you go in and out.	
	Practice counting backwards from 10. (10, 9, 8....1...blastoff!!)		Read two books today.			



Introduce your child to numbers and counting



Use written words and point out written numerals as you and your child do things together.

- *In the kitchen:*
 - “This package of rice says to add 2 cups of water.”
 - “I need you to put 3 forks and 3 plates on table.”
- *Grocery Shopping:*
 - “Pick out 4 apples and put them in this bag”.
- *At play:*
 - “See if you can stack 6 pennies”

- “Can you put 4 blocks in a row?”

Involve your child in number and counting activities.

- Play Simon Says (eg: Simon says to clap your hands 5 times, etc)
- Make number cards. Write numbers 1, 2, 3, 4, 5 on cards- one number per card. Have child place the correct number of pennies on each card.

- Read stories such as “The Three Bears.”
- Sing counting songs you remember such as “This Old Man”.
- Say nursery rhymes such as “one, two, buckle my shoe” and “Baa, Baa, Black Sheep” with your child.

Websites

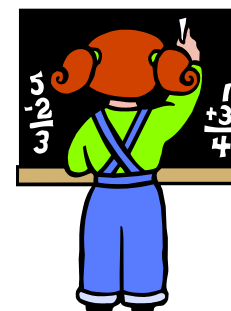
- www.pbskids.org/games/counting.html
- www.kidzone.ws

Read, tell stories, sing songs and say nursery rhymes about numbers and counting with your child.

Rhyme of the Month: Hickory Dickory Dock

Hickory dickory dock
The mouse went up the clock
The clock struck one
The mouse ran down
Hickory, dickory dock
Repeat with:

The clock struck two....the mouse said “boo”
The clock struck three....the mouse said “Wee!!”
The clock struck four.....the mouse said “No more”



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Act out a favourite story. Use puppets, dolls or stuffed animals.	Have your child divide a snack evenly to share.		Using a newspaper article, circle words that begin with the first letter of their name.	Practice counting to 10 or higher.	
Blue week: look for things that are blue this week.		Sing some of your child's favourite songs.	Blow up balloons and have child bat at them using clean fly swatter or paper towel roll.	Library Day!	Play "Simon Says".	Play counting games like "how many blue things do you see?"
Help your child to make their favourite sandwich.		Continue teaching your child their phone number and address.		Teach your child to play a board game with a friend.		Recite nursery rhymes with your child.
	Find things around house that begin with same letter. Name the letter.		Play "I Spy Numbers."	Using their piggy bank, practice inserting coins into the slot using their fingertips.		Make or draw a snowman with your child





Encourage your child to listen and use words to express ideas and feelings

Take time each day to listen to and talk with your child.

- *While traveling together:*
 - Turn off the radio and talk about where you are going and what might happen when you get there.
- *At home together:*
 - Turn off TV at meal time and talk with your child about things that each of you did that day.

Use pictures to encourage your child to express ideas.

- Look at the pictures in a book or magazine together.
 - Have your child describe things in the picture
 - Look at a picture book together and have your

child predict what will happen next

- Have your child draw a picture and then tell you about it.

Involve your child in activities that require listening and following directions.

- Give your child directions that involve two steps (eg: “pick up your plate and put it in the sink” or “walk to the door and open it”)
- Ask your child to do certain things with an object. Use words such as under, over, behind, in front of, beside, etc. (Eg: “put the bean bag under your chin” or “hold the ball over your head”.

Help your child learn about and express different feelings.

- Read books that tell about and explore feelings.
 - Talk about situations that make people feel sad, happy, angry, frustrated, scared, etc.
 - Use facial expressions and different tones of voice to help dramatize different emotions.
- Encourage your child to talk about and label his or her feelings in different situations.

Websites:

- www.parentlinkalberta.ca (click on “talkbox”)
- www.talkingpoint.org.uk
- www.hanen.org

Rhyme of the month: I'm walking to the Mailbox (Tune: the more we get together)



I'm walking to the mailbox, the mailbox, the mailbox
I'm walking to the mailbox, the mailbox, the mailbox
I'm walking to the mailbox, to mail my valentines

Repeat with: I'm skipping..., I'm hopping..., I'm tiptoeing... I'm running to the mailbox, to mail my valentines



February

Do you get tired of saying “No” and “don’t do that” all the time? Try switching it up and give your child positive directions. Tell them what **to do** rather than what NOT to do: Say “use your quiet voice” instead of “don’t yell” or “keep the water in the bathtub” rather than “quit splashing”. Being positive sets a more pleasant mood and children are more likely to follow directions happily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red week: look for things that are red this week.	Find things around the house that begin with the sound of the letter “M”.		Make a list of the people you love and why you love them.	Library Day!	Make and send homemade Valentine cards. Use scissors, crayons, etc.	
	Make puppets out of paper bags or socks and act out a fun activity.		Read a story and ask your child what their favourite part was and why.		Zip up! Take your child for a walk and invite a friend.	Count all the doors and windows in your home.
Play a board game or card game with your child.		Sing the ABC song.	Using an adult sweater with large buttons, practice fastening and unfastening.	Read a book about feelings.		Look outside and talk about what you see.
Play “Freeze” dance together. When the music stops, freeze in that position.			Use play doh to make a family of snowmen. Use toothpicks for arms, etc.	Use masking tape to make a road on the floor. Take small cars and drive them on the road.		



Enjoy the sounds of language with your child

Read rhymes with your child

- Read Mother Goose rhymes. Encourage your child to complete the rhymes (eg: Hickory, dickory dock, the mouse ran up the _____" (clock)
- Practice saying the rhymes
- Read simple poems. Encourage your child to complete the poem with the correct rhyming word.

Play with rhyming sounds

- Collect various objects or Pictures of objects (eg: sock,

rock, hat, cat, etc) and have your child match the objects that rhyme.

- Using objects around the house (eg: sock, ball, chair, etc) ask your child to name a word that rhymes with that object. Accept nonsense words that rhyme as well.

Help your child match letters to objects or pictures

- Select an object (eg: banana) and have your child say the name of the object to hear the beginning sound of the word.

- Write down a letter and tell your child what sound it makes. Have your child find pictures in a magazine of things that have the same beginning letter sound.
- Ask your child to name the alphabet letter that matches the beginning sound of the word.

Rhyme of the Month: 5 Little Monkeys

5 Little monkeys jumping on the bed (5 fingers jumping on a palm)

One fell off and bumped his head (point to head)

Mama called the doctor and the doctor said (pretend to phone)




No more monkeys jumping on the bed (shake head and finger)

Continue: 4, 3, 2, 1



March

Routines aren't boring- they're healthy. Children feel more secure when they know what to expect. Keep a basic structure to your day. An evening routine might include setting the table, eating dinner, playtime, bath time, snack, tooth brushing, three stories, ten kisses and lights out! When children know what's coming next, it's easier for them to cooperate and you avoid a lot of temper tantrums.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Purple week: looks for things this week that are purple.	Have your child practice jumping, hopping on one foot, throwing and catching a ball, etc.		In bathtub, practice naming and counting body parts. Try different ones like elbow, chin, ribs, etc.	Library Day!	Continue teaching your child their phone number and address.	
	Sing songs with rhyming sounds.	Name a letter and have your child find items beginning with that sound.		Make up silly words that rhyme with your child's name.	Read two books. Have your child tell you which is his/ her favourite and why.	
	Find things around the home that begin with the sound of the letter "J".		Take a walk and look for signs of spring.			Practice opposites with your child (up/ down, in/ out, over/ under), etc
	Cut out shapes and play a matching game.	Find things that begin with the sound of the letter "D".		Bake cookies together. Count the number on each tray.	Listen to a story on tape or CD with your child.	





Make the most of TV, videos and computers

Use media as learning tools

- Choose TV programs carefully “what will my child learn from this?”
- Choose videos and DVD's on topics that interest your child (eg: animals, underwater, space, etc).
- Reinforce basic skills (eg: colors, shapes, counting) with computer games.

Limit children's total screen time

- Set limits for TV and computer use.
- Turn TV off when no one is watching it.

- Keep TV's and computer in public area of home (not the child's bedroom)

Monitor the media your child is using

- Select age-appropriate TV programs, videos, music, computer games, and web sites.
- Preview programs before your child.
- Watch together and talk about what you see. Use this time to connect with your child.

Avoid making TV a centerpiece of home life

- Encourage other forms of entertainment (reading, drawing, playing outside, music, playing games)
- Turn TV off at meal time.
- Be a role model and set an example by watching less TV yourself.

Good Media Websites for 3 & 4 year olds

- www.pbskids.org
- www.pbs.org/parents
- www.sesameworkshop.org/sesamestreet

Rhyme of the Month: I'm a Little Bunny (tune: I'm a little teapot)

I'm a little bunny, watch me hop (hop)



Here are my two ears, see how they flop (hands become ears)

Here's my cotton tail and here's my nose (one hand to be a tail)

I'm all furry from my head to my toes (point from head to toes)

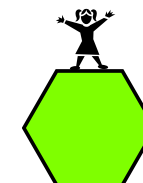


April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pink week: Look for things that are pink this week.	Keep the TV off today. Read books and play games instead.			Library Day!	Have your child find the letters of his name on cereal box, cans, etc.	
Visit the PBS website: www.pbskids.org	Draw a picture of spring.		Play "Hokey Pokey" together. Place sticker on right hand/ foot to continue learning left and right.	Have child close eyes and then gently touch a body part. Have child open eyes and tell you what part you touched.		Have your child trace around objects like cookie cutter, lids, ruler, keys, etc.
	Take a walk and talk about the different sounds you hear.		With long paper strips, have child practice cutting with single snips. Glue pieces to paper afterwards		Read two books today. Have your child pick the books.	Sing a favourite song with your child.
	Watch TV with your child, talk about what you see and feel and ask questions.	Put on music and dance and clap to the beat.		With a ride-on toy, tricycle or bike, play "Red light, Green light" with your child.		



Play learning games with your child



Play matching games

- Start with 6 pairs of matching cards (cards you bought or cards you made)
- Shuffle cards and lay them face up on the floor.
- Have your child find the two cards that match.
- Add additional pairs of cards as your child improves

Have fun as you play “I spy” color games

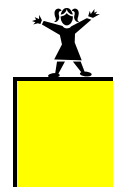
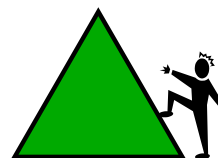
- Begin with one color (eg: red. “I spy something red. It’s round and you can throw it. What is it?” (ball))
- Add another color (eg: yellow “I spy something yellow. You peel it and eat it. What is it? (banana))
- Continue to add more colors

Play shapes and sizes games

- Show your child a collection of coins and name them. Have your child put all the same sized coins together.
- Using cards with shapes (cards you bought or cards you made), give your child a card with a shape and ask them to find the matching card.




Rhyme of the Month: I have a little bicycle

I have a little bicycle, I bought it at the shop
And when I see the big red light, I know it's time to stop!
I have a little bicycle, I ride it to the gate
And when I see the yellow light, I know it's time to wait!
I have a little bicycle, I ride it to and fro
And when I see the big green light, I know it's time to go!



May

You are the best reward. When your child does a good job or learns a new skill, reward him or her with your time and attention. Avoid using treats or toys as rewards or bribes for good behaviour. Sweets aren't healthy and toys cost money. Time with you is free and builds bonds that last a lifetime.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Find things around the house that are square, circular and rectangular.	Practice kicking a ball together.		Find things that begin with the sound of the letter "L". Say the name of the letter.	Library Day!		Go for a bike ride together.
	Make a rhythm for your child and see if they can copy it (clap hands, tap thighs, snap fingers, etc)	Play "Simon Says". Focus on exercise activity (hopping, bending over, touch toes, etc)		"On your mark, Get set, Go!" Ask your child to "run & touch house, then touch tree, then the bike", etc	Sort coins into groups by color or size.	
Count from 1 to 10 or as high as your child can.	Help your child practice tying their shoes.		After listening to a story, have your child tell you what happened first, next, last, etc.	Play "I Spy".		Play a game together such as Memory or Go Fish.
Black week: look for things that are black this week.	Practice playing catch together using different sized balls.		Look through old magazines and cut out circles, squares, etc.		Practice throwing ball overhand and underhand at a target on wall.	



Invite your child to think and solve problems

Collect materials that encourage thinking & problem solving

- Cut out pictures of things that go together and paste on separate cards (eg; shoe and sock, flower and pot, etc)
- Collect real objects that go together (eg: hammer and nail, comb and brush)

Involve your child in discovering things that go together

- Begin with *real objects*
 - Ask your child to find the two objects that go together and tell you

why the two objects go together.

- Use *pictures* next
 - Ask your child to find the two pictures that go together and tell you why the objects go together.

Play pattern games with your child

- Create a movement pattern and ask your child to repeat it (eg: step-step-jump)
- Start a pattern using objects and ask your child to repeat it (eg: fork- spoon at the table)

Provide opportunities to experience and resolve challenges cooperatively

- Give your child lots of time to play with other children. Encourage activities that promote sharing (play-doh, blocks, crayons)
- Develop a conflict or argument with stuffed animals. Talk first about how each animal feels. Discuss how to resolve the conflict.

Rhyme of the Month: Teddy Bear

Teddy Bear, teddy bear, touch the ground (touch ground)
 Teddy Bear, teddy bear, turn around (turn around)
 Teddy Bear, teddy bear, touch the sky (reach up)
 Teddy Bear, teddy bear, fall to the ground (fall down)
 Say it faster the second time.....



June

Thanks for the memories. Chances are your own happy memories revolve around things you did with those you love. Really enjoy your child by taking time to have fun together every day. Sing songs, take a walk and look for ducks or interesting sticks. Play ball, or house, or cards...,
PLAY ANYTHING- **just do it together!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White week: look for things that are white this week.		Find things that begin with the sound of the letter "S".	Plant flowers together. Talk about the steps in the planting process	Go outside and ask your child to repeat patterns: (step/ jump/ step, clap/ clap/ pat, etc.)		
Practice doing sommersaults outside.		Draw circles with sidewalk chalk & place number in each one. Take turns tossing rocks to land on number		Library Day!		Make a picnic lunch with your child and eat outside.
	As you pick out fruits and veggies at store, ask your child to name the colors.		Blow bubbles outside together. Chase the bubbles and pop them between your two hands.	Count groups of tens using cereal like cheerios.		Draw a picture of fun things to do in the summer.
						



Developmental Keys



Social Competence

- Child plays and gets along with others, is curious about the world and likes to explore, shows respect for adults and other children, able to control own behaviour, follows rules and instructions, can work independently, shows self confidence, and is eager to play with a new toy or game.

Language & Thinking Skills

- Child is interested in reading and writing, is able to identify at least 10 letters of the alphabet, can count up to 20, is able to remember things easily, is able to sort and classify objects by shape, colour and size, understands simple time concepts (eg: today, summer, bedtime)

Physical Health & Wellbeing

- Child is well rested and well nourished and can sustain energy levels during kindergarten activities, is able to climb stairs, is physically independent (can look after own basic needs), has gross motor skills (eg: able to throw and catch a ball), has fine motor skills (eg: able to hold a pencil or crayon), and is well coordinated (eg: can run without bumping into or tripping over things).

Emotional Maturity

- Child is able to express emotions at an age-appropriate level, can empathize with others, able to reflect before acting, not too fearful and not too impulsive.

Communication Skills & General Knowledge

- Child is able to communicate needs and wants in socially appropriate ways, can tell stories, has general knowledge about the outside world that is age-appropriate.



Source: adapted from Early Child Development Mapping Project Alberta

For services, programs and events in your area please visit www.foothillsnetwork.ca

