

JULY ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Pretend play! Pretend play encourages imagination and creativity. During bath time, ask your child where they could go, a boat? The sea? Rafting? What can they see?

Music draw. Play different types of music. Give your child paper and markers or crayons. Start the music and ask them to draw what they are hearing. Can they follow the sounds?

Hurry up! Children may not have a concept of time. When you need to hurry, children can't understand the rush. Make it a game! Can your child be quick like a cheetah?

Chain countdown! Do you have a fun event coming up? Make a paper chain and write a number on each chain representing the number of days until the event. Count down!

Watch me! Observe what your child is doing. By watching your child, it gives you a chance to understand their development and think about what you can teach them next!

WEEK 2

Puzzle hunt. Do you have a puzzle your child likes? Mix it up by hiding the puzzle pieces around the house. First, find the pieces, then put it together!

Cotton swab! Cotton swabs make great paintbrushes! If you don't have paint, get creative! Can you paint with pudding or shaving cream? Can you draw letters or numbers?

Shoe trace! Trace the shoes of family members in your house. Whose shoes will be the biggest? Which ones might be the smallest? Can you measure them?

Rocking it! Find a variety of sizes and shapes of rocks outside. Outline the rocks on paper with a crayon or marker. Guess which outlines go with each rock.

Toss a toy! Toss soft toys or pillows into a laundry basket or box. Can your child move back? Can they throw higher? Guess how high or far it can go!

WEEK 3

Leak-proof bag! Fill a large plastic bag with water and seal. Take a sharp pencil and poke all the way through the bag. Can you put more pencils through without leaks?

Weigh it! Talk about the weight of toys or objects. Which one is light/heavy? Which one do you think weighs the most?

Kitchen music. Fill an assortment of glasses or jars with varying levels of water. Line them up in order from least to most full. Give your child a wooden spoon and make sounds!

Guess it! When preparing meals have your child guess how much is in a container? Can they guess how much you need to make for the meal?

Water play! Gather materials outside or around the house for a simple sink or float activity in a tub or bucket of water outside.

WEEK 4

Jumbo blocks! Make your own jumbo building blocks by using shoe boxes or other boxes. Your child can build so many things with these big blocks!

Chore time. Can your child help you with simple chores like making the bed? Talk about where blankets and pillows go. Do they go under? Above? What goes on first/second/third/last?

Ask why! When reading with your child ask why they think a character might do what they did. Ask why they think what happened in the story did.

Name that tune! Clap or tap out your child's favorite nursery rhyme or song. See if they can figure out what it is!

Letter grab! Using paper, write one letter on each piece of paper. Tape the papers in a doorway so they hang down. Have your child jump to grab the letters you call out!

RESOURCES FROM SAVE THE CHILDREN

JULY ACTIVITY CALENDAR: AGES 3-5



Powered by
vroom™

Your child's brain is growing so quickly! Our friends at Vroom share more activities and the science behind them.

WEEK 1

MAKE AND PLAY: As your child plays, encourage them to find something to climb over or crawl under. What about something they can roll on the ground, bang like a drum or balance? This game is fun inside or outside. Talk with them about it. What was the same and what was different?

Brainy Background: It takes flexible thinking and creativity to find different ways to use familiar objects. Your child is also practicing focus and self-control as they crawl, climb and balance. They can even learn some new words and concepts as they explore.

WEEK 2

PREPARE A PATTERN: Do you have a muffin tin or an empty egg carton? Look for things that can fit inside each hole, like pen caps. Make a pattern, like one red cap in a hole, then two blue caps in another, then another red cap. Then give the caps to your child. Can they match the pattern?

Brainy Background: Making and re-creating patterns asks your child to focus and keep the pattern in mind, even when it isn't there anymore. Being able to recognize patterns is an important skill for math, science and language learning.

WEEK 3

WHAT FLOATS? Are you near water? Even a big puddle works. Grab some rocks, sticks, or leaves and toss them in one at a time. Do they float or sink? Talk back and forth about how things like shapes or size may make a difference. Keep trying new things and test your ideas. What other experiments can you do together like this?

Brainy Background: This game helps your child learn to think like a scientist. This kind of thinking helps them focus on understanding what they see, and make guesses based on that. Thinking-in-action like this helps them figure out if something is true or false, or even something in between.

WEEK 4

LAUNDRY DELIVERY: After folding the laundry, ask your child to help you with "Laundry Delivery." Ask them, "Where do the towels go? That's right, in the bathroom! What about your pajamas? Yes! In your room. Which drawer?" Switch and let them pick the items and ask you where they go.

Brainy Background: When children learn to group things into categories, they learn how to organize and make sense of their world. Just think about how important matching is to reading, math, science and many other subjects.



PARENT AND CAREGIVER CORNER

Relationships build resiliency. Parents and caregivers play a key role in the development and nurturing of resilience in children. The relationship between you and your child begins before they are born. That closeness that you feel for your child is building their capacity to adapt and thrive. The connectedness you and other supportive adults foster with your child are essential building blocks they will need to face adversity. Science now supports the fact that the personal connections we form in our early years lead to better coping skills and better self-esteem as we grow. There are other ways to build resiliency in children, most of which you probably already do, so good job! Help your child to help others, have goals and move towards them, make sure to take care of yourself, and try to be positive. Remember, children are taking their cues from us. **We're all in this together!**