

# APRIL ACTIVITY CALENDAR: AGES 3-5



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

**Butterfly breaths.** When we're worried, it may help to take deep breaths through the nose and blow out through the mouth. Say, "Blow out the butterflies, so they can fly away!"

**Puppet emotions.** With your child, use homemade puppets to talk – and talk back. A sock or a paper bag works. Pretend the puppet is sad or happy!

**Outdoor finds.** Sit outside and look at everything around you. Tell your child that everything living needs air. Take in 5-6 slow, gentle breaths and think about all you see!

**Bumblebee buzzing.** With your child, take the flaps of your ears and push them against the ear holes. Do you hear a buzzing sound when you block out the outside noise?

**Loving nature.** Can you name three things in nature that you love? Say them aloud or write them down with your child.

### WEEK 2

**Stack time!** Save milk cartons, Jell-O boxes or cereal boxes. Your child can stack them to make towers. Practice counting and guessing how tall you can make them together!

**More or less.** Help your child sort objects into piles. For example, socks in one pile and shirts in another. Talk about which has more, which has less.

**Bathtime fun!** Have some fun in the bath. You can talk about all the fun things to do in the water. Use plastic cups of different sizes to talk about full and empty.

**Hand to hand.** Hold up your hands to your child's hands. Talk about the different sizes and how it feels.

**Counting songs!** Think of songs like "5 Green and Speckled Frogs," or "5 Little Monkeys Jumping on the Bed" to practice number sense.

### WEEK 3

**Sorting smarts.** Practice sorting groups of different items – e.g., carrots/celery, apples/oranges, rocks/sticks, socks/pants – into 2 different piles. Ask, "Which pile does this go in?" "Does this look the same or different?"

**Puzzle play!** Empty cereal boxes? Turn them into puzzles. Let your child help make their own puzzles by cutting the box into 10-15 pieces.

**Shape detective.** Draw a shape on a piece of paper and talk about it ("a square has 4 sides"). Let your child lead you around the house finding objects with that shape.

**Chore helper.** Let your child help with vacuuming, sweeping, dusting, folding clothes, etc. Make up and sing a song about what they are doing.

**Funny finds.** Hide things for your child to find – e.g., a ball in a kitchen cupboard, a stuffed animal in your child's bed, a hairbrush in the shoe pile.

### WEEK 4

**Letter of the week.** You might find letters in magazines, in recipes, on food boxes/cans, on clothing and toys. Keep 1 letter in mind for the week.

**Artwork appreciation.** When children have created art from a project you do together or they do some writing/drawing on their own, hang it with pride in a place they can see it.

**Finger letters.** Letters can be everywhere! Draw letters with fingers in sand/dirt/flour/air. Ask your child to find letters you draw and/or have them practice drawing and naming letters.

**Story order.** After reading a story or watching a familiar video together, talk about the beginning, middle and end of the story.

**Learning to write.** When practicing writing letters or a child's name, write in yellow crayon/marker or light pencil. This makes it easy for your child to trace independently!

RESOURCES FROM SAVE THE CHILDREN

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

## WEEK 1

**CALM DOWN KIT:** Use an empty shoebox or other container to make a "Calm Down Kit" with your child. Have your child put special items inside that help them feel secure and relaxed. When they are feeling upset, remind them to use their kit. They even can decorate the box to make it their own.

**Brainy Background:** It helps to make a "Calm Down Kit" before upset feelings happen. You're helping your child plan for how to handle stress so they can take action in a difficult moment. This gives them more control. It also builds skills important to tackling challenges.

## WEEK 2

**DINNER BITES:** At dinner, have some fun with your child by counting each bite they take. After the first bite, announce "one!" in a silly voice. If they know numbers, make a mistake ("one, three") and see if they can spot your mistake!

**Brainy Background:** Children learn about numbers when they match them with real things, like bites of food. They're also learning that numbers go in a certain order, especially when you make a pretend mistake and they try to catch it.

## WEEK 3

**IN THE RIGHT ORDER:** Have your child look for letters or numbers in a specific order on signs and license plates. You can say, "Can you find a one and a two next to each other?" or "Can you find an A and an E next to each other?" Take turns and see who can find the most.

**Brainy Background:** Your child must pay close attention to their surroundings to find letters or numbers and keep track of what they have seen and how many times. They're also using their working memory to remember the correct order to look for.

## WEEK 4

**LETTER SHAPES:** Encourage your child to point out letters on signs. Chat about the shapes of the letters. Is the letter A pointy like a triangle? What about the letter O? How many letters of the alphabet can you find? Enjoy describing their Letter Shapes.

**Brainy Background:** Having fun with language and shapes helps your child enjoy learning. It's not just fun though. This game builds focus, self-control and memory. Your child stretches what they know about letters and shapes to make new connections at the same time!



## PARENT AND CAREGIVER CORNER

**You are your child's first teacher!** You have what it takes to support your child's learning. Preschoolers are still very much at the age of imagination and play, so encourage independent play. Also, schedule short periods throughout the day (or schedule 1-2 longer periods of time during the day) when you can connect with your child. Go outside, discover, do art projects, dance, read or do whatever may support your child's connection and learning with you! **Remember, we're in this together!**

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