

DECEMBER ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Color sort! Laundry offers a great way to categorize. Can your child put all the red shirts in a pile? All the blue socks?

Mix it! Learning to mix colors is fun! Can you mix paint in a sealed bag to see what colors can be made? Mix yellow and blue. What happens?

Crayon melt! Old crayons? Take the paper off, place crayon in a muffin tin or other mold and bake in the oven on low for 5-10 minutes. Talk about what colors they turn into! Now use these big new crayons to color.

Rainbow plates! A paper plate cut in half makes a great rainbow shape! Can your child use markers, paint or crayons to make a rainbow? Add a few cotton balls for clouds.

Color bowling. Use recycled toilet paper rolls as bowling pins. Color or write the names of colors on the "pins." Knock them down with a soft ball or a few socks rolled together.

WEEK 2

Daily exercise. Pick out several favorite exercises, like jumping jacks, toe touches, windmills, mountain climbers, etc. Together, do 10 of each exercise every morning this week!

Race for it! Play hide and seek with a favorite toy. Can you hide it from your child? See how long it takes them to find it by counting. Take turns!

Somersault, bridge. Somersaults are great movement activities. How many can your child do? Can your child hold a bridge with their hands and feet on the floor, and with their back and bottom not touching the floor?

Stair roll! Do you have stairs in your house? Stairs can be great to get kids moving. Using cardboard or tubes, can you roll balls or cars down? How fast or slow do things go?

Cushion walk! Can you line up pillows or couch cushions? Have your child walk on each one in a line. Spread them out further for a challenge!

WEEK 3

Charting weather! Make a simple chart and have your child mark the weather each day. Talk about how many days are sunny, rainy, windy and cloudy. Does the weather change throughout the day?

Saving rain! Is it snowing or raining where you live? Can you put a cup or jar outside and measure how much it rains or snows? Predict how much it will be before measuring.

Rain name! Cut out rain drops from paper. Put each letter of your child's name on each drop. Have your child put them in order.

Shaving cream clouds! Spray shaving cream on a table in the shape of clouds. Talk about the texture using words like fluffy, soft, sticky, etc.

Windsock! Using a recycled toilet paper roll or rolled up piece of paper, decorate – and add ribbons to the bottom. Hang outside and see what happens in the wind!

WEEK 4

Cloud dough! Make play dough with 1/4 cup baby oil and 2 cups flour. It looks like flour but you can mold it into shapes, like clouds!

Guess jars. Gather small items, like rocks, paper clips, leaves and pennies – and place like items in clear jars or cups. Have your child guess how many are in the jar!

Kitchen float! Use what you have in the kitchen to see what sinks or floats in a bowl of water. Try marshmallows, pieces of bread, fruit, vegetables, etc.

Science words. Use science words every day! Your child can "estimate" how much water is in their cup. You can have your child "observe" when you are doing something.

Volcano! Mixing baking soda and vinegar makes a great reaction and is fun to watch! Talk about what is happening when they mix!

RESOURCES FROM SAVE THE CHILDREN

MONTHLY ACTIVITY CALENDAR: AGES 3-5



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

WEEK 1

COLORFUL WORLD

When you are with your child, team up with them to find colors. Have them point to something and name the color. Then you name all of the things you can think of that are the same color. Take turns playing this game.

Brainy Background: Thinking about the characteristics objects have in common (whether it's colors, shapes, or size) sparks connections in your child's growing brain.

WEEK 2

BALANCING FEAT

Take turns with your child standing on one foot and then the other, trying to balance. You can say, "Your turn," and "My turn." See if you can do it with your eyes closed. What else can you do?

Brainy Background: You and your child are having a conversation with actions as you take turns standing on one foot, then the other. When they practice doing this, they're learning about balance—what it takes to stay steady and not fall down.

WEEK 3

OUR WEATHER WRAP-UP

When you come in from outside, have a chat with your child about the weather. Were you hot or cold? Make sure you use simple sentences, but add bigger words, too.

Brainy Background: Talking with your child about their world helps to build their brain. Remember to ask questions: "Did your coat keep you warm?" And build on what they say: "The wind made me shiver just like you!"

WEEK 4

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: Giving your child a chance to tell the news provides them a chance to look at what is happening around them and put it into words. They're learning to be an effective communicator. There's nothing like a pretend microphone to get someone talking!



PARENT AND CAREGIVER CORNER

Resilience can help us cope with hardship. But resilience is not something we're born with. Resilience is built over time and affects each person in a unique way. That's why we all respond to stress and adversity, like that from the COVID-19 pandemic, differently from each other. However, as parents and caregivers, we must remember that children are taking their cues from us. They are watching to see our reactions. They are listening to hear our response. Being mindful of what you say and do matters to children – and how they will interpret their surroundings will depend on you.

Remember that self-care is not selfish. During these times of the pandemic, take time for yourself when you can do it safely. Recharge yourself so that you are ready for that next game of I-Spy or Candy Land that comes your way. **We are in this together, so give yourself the grace you need to be kind.**