

JANUARY ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Sponge bath! Cut letters out of new sponges, which make for great bath toys. Can your child spell their name in the bath? How about Mom?

Letter foods. Talk about what letters a child's favorite food starts with when they are eating it. What letter does banana start with? Can you make that sound?

Letter race. Write one letter on different pieces of paper. Spread them out over the room. Call out a letter and time your child to see how long it takes to bring the right letter to you.

Kitchen letters! Extra salt, flour or sugar? Pour some on a shallow plate and encourage your child to practice drawing letters in it. Can they write the whole alphabet?

Letter hunt. Pick a letter and have your child hunt for things around the house that start with that letter.

WEEK 2

Nature patterns! Can you make a pattern in nature? Rock/stick/rock or leaf/pinecone/leaf make great patterns outside. Talk about patterns you see and then make some on your own!

Time patterns. Time is a pattern. Help your child begin to think about time by using minutes in everyday talk. "We will go outside in 5 minutes."

Pattern walk! Using simple patterns, you can turn a walk into a learning experience! Hop for two steps, skip for two steps and repeat. This supports learning math skills.

Color patterns! Egg cartons are great for patterns. Can you paint or color each section of an old egg carton to make a pattern?

Food patterns. Foods can make great patterns. Can you think about making a snack into a pattern? Talk about why it is a pattern.

WEEK 3

Dinner ideas! Struggling to find something to make to eat? Have your child look through a cookbook or recipes with you and help decide!

Love notes. Writing simple letters to your child gives examples of why reading is important. Leave short notes that let them know you care, even if they can't read yet!

Letter sounds! Point out ways words begin and end. Compare words that start with the same sound. "Toy and tongue start with the same sound. Can you hear it?"

Lego letters! If you have blocks or building materials (like old boxes), write letters on each block. What can you spell?

List trace! Make a list of things you will do for the day. Write lightly with pencil or crayon and let your child trace it with a marker!

WEEK 4

Look at you grow! Make a growth chart for your child and any other family members. Mark the height and weight. As the child grows, continually add to the chart.

Puzzle time. Puzzles are a great way to play with shapes. You can make a simple puzzle by cutting a simple picture you draw into pieces.

Food count. Give your child a snack. Ask them if they would like more. Ask how many more pieces. Using less and more every day helps with math skills.

Everyday symbols. As children begin noticing symbols, they're learning that a picture can convey a message. Can you point out symbols and talk about what they mean?

Dressing math. When getting dressed, can you count the buttons on a shirt? Give your child a choice between two shirts to give children a choice.

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

SECRET LETTERS: As your child lies down at night, slowly draw a letter on their back with your fingertip. Can they guess what it is? Repeat the letter again. The more you practice this together, the better they will get! Soon you will be ready to write whole words!

Brainy Background: Your child learns about the world through their senses and through back and forth conversations. In this game, you're giving them a chance to make connections between not only how letters look, but also something new – how drawing a letter on their back feels!

WEEK 2

DANCE DUET: Let your child pick a fun, fast song to dance to. Take turns making up dance moves. They can start, then you copy them. Keep going back and forth as you both repeat the moves and add new ones. Before you know it, you will have a whole dance routine!

Brainy Background: When you and your child build on each other's patterns, they're using their memory and focus to remember the moves. They are also thinking flexibly to make up their own moves. These skills are important for creativity and learning.

WEEK 3

WORD OF THE DAY: Come up with a word of the day, like "play." As you and your child go through your day, point out moments or things you see that remind you of the word of the day. You might say, "Look, those dogs are playing!" Encourage them to find their own examples of the word of the day.

Brainy Background: Your child must use their memory to remember the special word all day, and use focus and self-control to play the game. They're also exposed to new words and learn about the different ways that words can be used. These are important parts of learning to read and write.

WEEK 4

AIR DRAW: Ask your child to watch your finger as you draw a shape in the air. Start with something simple, like a circle. Can they guess what it is? Make it harder and draw more complicated shapes, like a heart or a star. Then have them take a turn drawing and you take a turn guessing.

Brainy Background: Your child has to use self-control to focus only on your finger drawing in the air. Being able to use focus is critical to learning and staying motivated to reach a goal. Everyday use of shapes and symbols supports math skills, too.



PARENT AND CAREGIVER CORNER

Let's celebrate a new year with new things! It can be tough to get some kids to try new foods. As caregivers, we want to help our children be healthy and stay healthy. Eating patterns, preferences and attitudes with food are established very early in life. The brain also needs good foods to grow and make connections. When children can be part of the food planning process, you could be more successful in getting them to be healthy eaters. Plan a menu together that includes a shopping list. Include space for snacks and talk about what those could be. Focus on snacks they can prepare or grab themselves and ones that may need some assistance. Use the www.choosemyplate.gov resource for ideas and recipes as well as tips on eating on a budget. Talk to children about food and what it can do for our bodies. Having some knowledge that is age appropriate will help them to make good food choices to have a healthy body.

Remember, we're in this together.

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