

MAY ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Body art! Using a large piece of paper/cardboard have your child lie down so you can trace their body. Add some clothing. No paper? Use chalk outside. Talk about what else to add.

Body art (continued). Over the week, add to your child's body art, by cutting out images, like buttons, eyes, shoes, etc., from magazines and other items. Talk about your additions, count them, etc.

I spy patterns. Notice patterns everywhere! Patterns can be colors, shapes, sounds, numbers, etc. Play "I Spy" and think of clues you can give your child to find patterns.

Spring has sprung! Spring is a season of new growth, including budding flowers and leaves. Explore the springtime finds in your neighborhood. Talk about shapes and colors. Collect a batch to bring home for decoration.

Red light/green light! Make your own stoplight with white paper and crayons/markers. Teach your child how to go on the green light and stop on the red.

WEEK 2

Freeze dance! Have a dance party and tell everyone that when you stop the music, they hold very still. When the music starts back up keep dancing!

Reading recipes. Cooking can be a great way to practice reading. Read recipes out loud together, as you prepare to shop and cook. Give your child various ways to participate.

Remember when? When reading a book, relate something in the book to something your child has experienced. "Do you remember when we [fill in the blank], just like in the book?"

Read it again! Reading favorite books again and again helps children with reading and memorization. When reading, leave pauses so your child can "fill in the blanks," which helps them practice pre-reading skills.

Junk mail! Keep old/junk mail, notebooks, envelopes and other materials to practice writing and playing with. Pretend to write and mail a letter to a family member or friend.

WEEK 3

Choices, voices. Choices help children feel they have a voice. Can you offer two different snacks to choose from? Can you offer a choice of where your child can sit? What else?

Mystery bag. Put small "mystery" items in a bag and have your child identify them by touch. Model the process by describing the size, shape, sound and texture of the object before you guess its name.

Sing it! Songs like the "Hokey Pokey" and "Head, Shoulders, Knees and Toes" help children pay attention to their bodies while having fun! Try singing and moving fast, then slow, then fast again.

Be the band! Make an instrument using plastic jars or bottles with sand, beans, rice, etc. Make a drum with wooden spoons on pots/pans. Make a guitar with rubber bands and a box. Then rock it out with your child!

Be the band (continued). Practice different sound patterns with your band's instruments. Can your child copy the pattern you make? Can they come up with a pattern of their own? Take turns and have fun!

WEEK 4

Snack shapes! Talk about shapes – using snacks. Some are already in certain shapes – think round banana slices. Others can be cut into shapes. How many shapes can you make and discuss with your child.

Tracing shapes. Can you take small wood blocks, plastic cups or other small items from around the house and trace them? Talk about the shapes as you trace.

Sponge art! Old sponges or old t-shirts make great painting brushes and tools. Check it out with water by painting shapes and letters, etc. outside on the sidewalk. How long will it last before it disappears?

Fill it up! During bath time, use a variety of sizes of cups/bowls to fill and empty with water. Have your child estimate which cup will hold the most/least water.

I spy... Play "I Spy" while getting dressed. Looking at your child's clothes say, "I spy a circle." Let your child guess which shirt/pants/dress you are thinking about. Take turns!

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

NATURE PATTERNS: Have your child collect items like rocks and leaves. Arrange them in a pattern such as one rock, two leaves, one rock, two leaves. Then mix them up and ask your child to recreate your pattern. Can they remember the order? Have them take a turn making a simple pattern for you to remember.

Brainy Background: Finding and repeating patterns builds focus and memory. It is a great way to make connections and solve problems. These are all important skills for learning. Playing with patterns also builds math skills like comparing sizes, numbers and shapes.

WEEK 2

NAME THAT TUNE: Start humming a song your child knows and have them guess what it is. If they guess wrong, start over and hum the tune again. After a few guesses, you can add in some words to the song as hints. After a few tries, let them try a tune while you guess.

Brainy Background: This game helps your child focus and pay attention to sounds – which is important in communicating, reading, and writing – and it's fun, too!

WEEK 3

SILLY SONG: Turn a familiar tune into a "Silly Song." Change a word in a song your child knows well and see if they notice. Stretch the moment by asking why that doesn't work. Can they take a turn to add a silly twist to the song?

Brainy Background: Your child must listen closely and use their memory to recall the words to songs when you play this game. They're also playing with what's real and what isn't – important concepts for understanding how the world works.

WEEK 4

FINGER MARKER: While waiting, draw a shape (like a circle or a wiggly line), using your fingertip on your child's open palm. Can they name it? Repeat the same shape until they can guess what it is. Take turns back and forth, drawing and guessing shapes.

Brainy Background: When you play "Finger Marker," you give your child a chance to put together what they know about how shapes look with how shapes feel. It's a new and fun way to learn shapes through the sense of touch!



PARENT AND CAREGIVER CORNER

Save the Children recognizes the need for healthy support systems for the well-being of children and their caregivers. The month of May is Mental Health Awareness month and we are spotlighting an agency that supports mental health.

NAMI (National Alliance on Mental Illness) provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. To learn more, visit <https://www.nami.org/home>.

Published May 2021

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