

NOVEMBER ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Leaf lookout. Write color words like yellow, brown and red. See if you can find leaves outside in those colors and put them into those categories!

Letter mix up! Write the word "C-A-T." Say the sounds of each of the letters and together. Erase away the first letter. Replace it with a different letter like M or R.

Letter order. Using paper or plastic cups is another great way to put letters in order to make your child's name or other familiar words. Mix them up! Can your child put them in order?

Disappearing letters! Can you use chalk to draw letters on the sidewalk? Call out the letters and have your child use water to erase the letter you say.

Letter match. Using an egg carton, write different letters on the inside. Write the same letter on a piece of paper (or do lower case and upper case). Match them!

WEEK 2

Count it! Include numbers in your everyday conversations. "Look we have 5 apples." By pointing out numbers in conversation, you build math concepts for your child.

Same and different. Comparing is a great way to bring math to everyday experiences. You can talk about things such as wider/longer/heavier. Test it out! You can weigh things or measure to see.

Count out loud. Count when you are reading with your child. Ask them how many are there on this page? Compare with the last page. Are there more? Less?

Time yourself! Have your child guess how many minutes it takes them to get ready for bed, to eat lunch or get dressed. Time it! How close were they?

Countdown! When waiting for something to happen, can you guess how long it will take? Count down by counting backwards. Were you right?

WEEK 3

Find new words. Define new words when you are reading (books, signs, food items, recipes, etc.). This supports your child's vocabulary and helps to become a strong reader!

Question everything! When reading, ask questions that support learning. What do you think is happening here? What makes you think that? What do you think will happen next?

Recycle mail. Using a grocery store advertisement or other junk mail, invite your child to practice identifying letters.

Food rhyme. At meal time, one person names a food item. Go around the table and try to think of a word that rhymes with it. Take turns.

Mealtime connections! Ask questions about the day and ask for details (e.g., Tell me about your day. Who did you play with? What did you do?) Mealtime is a wonderful time to connect!

WEEK 4

ABC throw! Call out a letter, and have your child say a word that starts with that letter. Throw a ball their way and they say a new letter!

Long jump! See how far your child can jump. Mark it with tape, chalk or other place holder. Keep trying! Can they remember how far they jumped the first time?

Mr. Wolf. Children stand away from the adult (wolf) and say "What's the time, Mr. Wolf?" The adult calls out a time. Each child steps that number towards the wolf. At any time, the wolf yells "dinnertime!" and chases.

Stair toss. Label your stairs with numbers and throw bean bags/balls/socks to land on each stair. Have your child tell you which number they want to land on!

Lights out! Tell your child to go find 3 things. Have them try to remember the items. Turn off the lights and have your child look with a flashlight.

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

FIND THE B's

While waiting, look around you and try to spot things that start with a B. Take turns with your child spotting B's (like babies, bottles and baskets) and calling out the words to each other.

Brainy Background: By using waiting times for learning, you're helping your child learn to wait as well as to make connections among letters, words and sounds – all laying the foundation for reading.

WEEK 2

COLOR COUNTDOWN

Challenge your child to find as many things as they can that are blue. Get creative by limiting the game to a specific time (three minutes or so) or place (the grocery store). Have them count how many they find. Switch it up by looking for letters or objects instead.

Brainy Background: Your child is practicing focusing in this game. They are also using their memory to remember the color and the number of times they have seen it. Playing this game with different rules helps your child learn to think flexibly and make new connections.

WEEK 3

MENU MAKER

Involve your child in meal planning. Ask them to choose how to organize the meal. Can they do it by color or family favorites? For example, they could ask family members which dish is their favorite. Then help your child draw or write a menu based on everyone's picks.

Brainy Background: Your child is using important skills to make their menu. They're grouping things and making connections. They're learning how important language is in daily life and using early reading skills.

WEEK 4

MOVE LIKE ME

Ask your child to imitate you as you walk, jump, clap or bend down to touch your toes. Then see if they can do the actions when you just say the words. Challenge them by going fast and slow or adding multiple steps like, "Reach up, turn around, and then jump!"

Brainy Background: Your child uses their skills of focus and self-control as they try to copy your words and actions. By changing the speed of the movements, you ask them to think on their feet. They must also use their working memory to keep track of what comes next.



PARENT AND CAREGIVER CORNER

Parenting, like many things, looks a little bit different these days. None of us were prepared for these adjustments to last as long as they have. As adults, we oftentimes "vent" to other adults about how all of these changes are affecting us. Most of the time, it is helpful, but it is not something we were born doing. We have learned and observed this over time. It is important for us to remember to ask children how they are feeling, too. Remembering that sometimes children tell us about their feelings through their actions and behavior, it is important for us to listen to children with our ears and our eyes. Also keep in mind that ingredients like routine, parent interaction and safe social connections can help children be successful.

Remember, we're in this together!

To find more Vroom Tips™, visit [Vroom.org](https://www.vroom.org).

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