

MARCH ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

It's raining colors! Fill a jar with water. Leave some room at the top and add some shaving cream. Then add a little food coloring and watch how it looks like colorful rain coming through a cloud!

Apple science. Cut up some apples and see how different liquids change the apples! Try water, lemon juice, vinegar, soda, etc.

What happens when you add water? On a warm day, collect various items outside – rocks, sand, grass, leaves, dirt, etc. Put into separate muffin tins or other small containers. Add water to each and talk about which ones absorb water.

Which holds more? When cooking or playing in the bath, have a variety of sizes of containers. Guess which container holds more. Test your thinking by measuring.

Water music! Fill glasses with different levels of water. Using a spoon, gently tap each glass and listen to the different sounds each glass makes. Talk about higher and lower tones – and why.

WEEK 2

Symbols, symbols everywhere! Talk about everyday symbols you see with your child – and what they mean. For example, shapes (like a triangular warning sign), colors (like a red firetruck), characters (like # and \$), etc.

I'm so grown-up. Young children love to pretend and imitate adults. So give your child a notebook when you're writing, a pretend phone when you're on a call, pretend cookware when you're cooking. The options are endless!

Story time math! When reading with your child, use spatial language to discuss where things are and make comparisons. Ask questions like, "Where is the boy? Is he behind the tree?" Or, "Is the cat bigger or smaller than the mouse?"

Map it! Draw a simple map of your child's bedroom. Have your child draw the furniture, doors, windows, closets, etc. Talk together about how close or far apart things are.

Grocery guessing! Take two items from your grocery bag, like a can of soup and a box of crackers. Ask your child which is heavier? Can you weigh them and find out? Discuss how size does/doesn't relate to weight?

WEEK 3

What's missing? Find 5-10 objects, such as a spoon, key, pencil, etc., and put them on a table. Give your child 30 seconds to study the objects, then cover them up with a towel. Remove one item, then take the towel away and ask what's missing!

Countdown... Counting backwards helps build concentration. Can you start with 5 or 10 and count backwards with your child? How high can you go? Try doing this with objects, where you remove one at a time.

Relay racing! Gather a bunch of items from around the house and create a relay race. Have your child do things like put on a hat, crawl across the room, run back and give you a high-five, etc.

We love PB&J! Using 2 balls, designate 1 as peanut butter (maybe a brown ball) and the other as jelly (maybe red or purple). The object is to always throw the peanut butter ball and roll the jelly. 1, 2, 3, go!

Rock, paper, scissors! Play this beloved game with your child using your hands. Count 1, 2, 3, then show your hand in the shape of your selected object. Rock beats scissors (crush), paper beats rock (cover) and scissors beats paper (cut).

WEEK 4

Picture favorites! Look at pictures together on your phone or in frames – and pick your favorites. Ask your child what they like about theirs? What do they think/feel when they look at it?

Quiet game. See how long you and your child can stay quiet. Can you set a timer or stopwatch and see how long you can go? Guess how long you can stay quiet next round. Shhh...

I wonder... Try wondering aloud with your child. Say something like, "I wonder how old that dog is?" These questions can start good back-and-forth conversations, fostering your child's curiosity.

1, 2, 3... Go! Tell your child 3 things to do and have them try. For example, "One, touch your nose. Two, pick up 2 crayons. And three, jump up and down. Ready, set, go!"

Leader of the band. Band leaders use a wand to conduct the band. When the wand is up and moving, have your child play an instrument. When you put the wand down, they stop. No instruments? Pretend with a box or bowl and spoon!

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

SALTY-SWEET SHOWCASE: When you're in the kitchen, let your child try a few grains of salt and then a few of sugar. Ask how they taste. Which do they like better? What foods taste like they might have salt in them and what foods taste like they have sugar in them?

Brainy Background: Experiences like these help your child think like a scientist. They are using their senses to understand the world around them. Having back-and-forth conversations about these discoveries together makes the experience richer.

WEEK 2

FAKE FISHING: During bath time, cast an imaginary fishing rod and pretend to catch a fish. Have your child tell you what they think this imaginary fish looks like (how big, what color). Then have them catch one, and you describe the pretend fish they caught.

Brainy Background: Pretending is very important to learning. It helps your child to understand symbols and think imaginatively.

WEEK 3

MOVE LIKE A CAT: While walking, ask your child to move in different ways. See if they can move like a slinky cat, a jumpy dog, and a skittering bug. What animal do they want you to imitate?

Brainy Background: When you ask your child to move like different animals or insects, you're encouraging them to think on their feet and not go on autopilot. They're using their skills of focus and self-control to pay attention and to move their body according to "the rules."

WEEK 4

SIMON SAYS WITH SOCKS: Getting dressed? Invite your child to follow the directions, "Touch the sock to your foot" or "Touch the sock to your hand." When they can do this, invite them to do the opposite. When you say, "Touch the sock to your foot," they should touch it to their hand.

Brainy Background: So much is going on as your child plays this simple game: they must focus on what is happening, remember the rules, use self-control to follow directions, and think flexibly as the rules change. Children learn best when they're active and having fun.



PARENT AND CAREGIVER CORNER

Stress Buster! Parenting young children can be stressful. Children have many needs and often demand immediate attention. Sharing your frustrations with trusted family members and/or friends can help you reduce your stress and think of new ways to meet parenting challenges. Talking with other parents of young children can help you feel relieved when talking together about the tough moments and the highlights of parenting. Having someone else just hear what you are struggling with can ease your stress and support your much needed time for connecting with others. **Remember, we're all in this together!**

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