

OCTOBER ACTIVITY CALENDAR: AGES 3-5



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Practicing self-control. Self-control is a skill children can learn through fun games! This week, notice when your child focuses, pays attention, shifts their thinking, or tries hard. When they do, they're practicing self-control.

Play loud/quiet. Actions can be either loud or quiet. First, choose an action (i.e., stomping your feet). The leader says "loud" or "quiet," and the follower must stomp loudly or quietly. Take turns being the leader and follower.

Drum beats! Tell your child to respond to different drum beats with specific body movements. For example, kids might hop when they hear a fast beat. Use your imagination to match different beats and movements!

Staring contest. Sit face to face with your child. Stare at each other without moving, talking or changing your facial expression. The person who can do it the longest wins!

Question it. After reading a book with your child, ask recall questions such as, "What happened when...?" or "What did the ... do?" Recalling recent events builds memory!

WEEK 2

Learning patterns! Patterns are a great way for children to learn about rules and math concepts. This week, focus on activities that help your child find patterns. They can be found everywhere!

Ice cube fun! An ice cube tray makes a great tool for patterns – 1, 2, 3 or circle, square, circle, square. What can you find to make patterns with? Snacks? Coins? Can your child finish a pattern?

Nature patterns. Can you make a pattern with nature? Look for pinecones, different colored leaves, rocks, etc. Try different patterns. Ask your child what you can use next!

Forks, spoons and knives. Look for patterns in everyday routines. When setting the table, talk about the pattern you are making with the forks, spoons and knives. Point out patterns wherever you see them!

Music makers. Patterns can be found in music. Can you make patterns when listening to music? For example: Clap, clap, stomp. Mix it up and try many different patterns!

WEEK 3

Ask why. Science for young children is a process of forming, understanding and developing ideas. This week, focus on asking why questions to help develop your child's curiosity!

Dance party clean up! When it's time to clean up, play a long song. You and your child can pick up toys as fast as you can. When everything is cleaned up, dance for the rest of the song!

Roll on... Roll cars, balls or other toys down a flat piece of wood/cardboard. Notice that items roll differently and explore whether the size, weight or angle impacts the speed.

Rise up! Fill a large jar part way with water. Add rocks and watch the water rise! Talk about how the water is getting higher without adding more water.

Toy freeze! Place small toys in a container filled with water into the freezer. Later, retrieve the container and try to get the toy! What can help melt the ice – salt, water?

WEEK 4

Fun with letters. This week, focus on letter concepts to help your child gain a foundation for reading. Young children pretend to read long before they can actually read words.

Shine it! Soak old pennies in a small bowl of vinegar with a teaspoon of salt. Within a minute the pennies will be instantly "shined." Talk with your child about the transformation!

Letter hop. Outside with chalk or inside with paper and pen, write different letters. Call out the letter and have your child jump to that letter!

Simon says ABC... Play the game Simon Says, but with letters! The leader can say things like, "Simon says find the letter T."

Junk mail letters! Can you use junk mail to cut out letters and put them in the order of your child's name? What other words can you make?

RESOURCES FROM SAVE THE CHILDREN

MONTHLY ACTIVITY CALENDAR: AGES 3-5



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Your child's brain is growing so quickly! Our friends at Vroom share more about the science behind it!

WEEK 1

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 2

ONE, TWO, THREE FOODS

Pick three food words such as "banana, apple, pear" to make a word pattern. Repeat with your child three times. Have them pick three food words and make a pattern three times: "fork, spoon, plate." Talk about what word comes first, second and third.

Brainy Background: When your child is choosing words, listening to words and making patterns with you, they're creating and then using a rule. Understanding and applying rules will help them learn math concepts as they grow.

WEEK 3

WATER WONDERS

Encourage your child to learn by playing with safe objects in the bath. Do you have a washcloth and a plastic cup? They can explore different ways they each hold water. Ask questions, like: "What happens when the washcloth gets wet? What happens when you squeeze it? Can you squeeze water out of a cup?"

Brainy Background: You and your child are thinking like scientists! Learning how things work through play boosts your child's curiosity and their passion for finding answers.

WEEK 4

ONE LETTER AT A TIME

Is your child curious about spelling? Take turns going back and forth spelling a simple word like "cat." You say "C," they say "A," and you say "T." Add a twist and help them spell the word backward with you!

Brainy Background: Playing games like this helps your child connect letters and sounds. Spelling backward helps them to think flexibly and not just go on autopilot. Spelling games like this one also help prepare them for later reading and writing.



PARENT AND CAREGIVER CORNER

Playing has so many benefits for children. It's at the heart of the early years – and is a key component to learning. Play has a role in children's physical, mental, social and emotional health and well-being. Through play, children develop resilience. When you are playing with your child, or when they are engaged in play with other children or alone, remember that they are developing many skills they will need – for school and life.

As always, we're in this together!

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