

# SEPTEMBER ACTIVITY CALENDAR: AGES 3-5



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

**Hot potato!** Find a small item to pass back and forth like it's hot, and sing a song as you do. When the song ends, whoever has the object does something silly, like jump up and down. Take turns.

**Red light. Green light.** When the leader says, "green light," you move. With "red light," you stop. Don't get caught moving during a red light! This simple game helps with self-control.

**Which way?** When taking a walk with your child, give them options of which way they would like to go. Should you walk fast or slow? Giving children choices helps them have a sense of control and responsibility.

**Minute to win it!** Games for kids can be so much fun. Here are a few for you to try: Lego tower (how tall can you build it in a minute)? Jumping jacks (how many can you do in a minute)?

**Mirror me!** You be the leader and your child the mirror, mimicking your movements and facial expressions. They will have to pay attention and be aware of their body movements.

### WEEK 2

**Salty-sweet showcase.** When you're in the kitchen, let your child try a few grains of salt, and then a few of sugar. What foods taste like they might have salt or sugar in them?

**Floating fruit!** Fill a large bowl with water. Using fruit (or other items in your kitchen), see which ones float and which ones sink! Can your child guess – and explain why?

**Here's a secret...** You can grow a potato from potatoes! Stick 4 toothpicks in a potato. Insert the potato into a glass jar, adding enough water to cover the bottom. Watch it grow!

**Kitchen categorize.** When you're in the kitchen, help your child categorize things. Can you put the plates together and add a spoon? Ask your child which item does not belong.

**Cut it out.** Give your child a paper plate and let them cut food out of magazines to make dinner for you. They can glue or tape the cut-outs on the plate, too.

### WEEK 3

**Dance moves!** Playtime can become a dance party. Turn on some tunes and shake a leg, wiggle and hop. Can your child copy your moves? Next song, it's their turn to lead!

**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!

**Clap like me!** Start a clapping pattern and have your child follow the pattern. See how many changes you can add to the pattern! Taking turns helps your child pay attention to rules and patterns.

**Hot and cold!** Hide a toy somewhere in your house. Tell your child they are getting warmer when they get close to it, and colder when they get further away.

**Loud or quiet?** Kids have to perform an action, either loud or quiet. First pick an action like stomping feet. The leader says "loud" and they stomp their feet loudly. Let your child be the leader!

### WEEK 4

**Playtime picks.** Pick a color with your child and go on a three-minute hunt in your house. How many things in the house are blue?

#### Monday Activities



**Hide and seek letters.** Hide cut out letters around a room. Once your letters are hidden, give a flashlight to your child and spot the letters. When they find a letter, have them identify it and then make its sound.

**Shape hunt.** Pick a letter, shape or color, and go on a hunt. Some examples: A clock is a circle, an Elmo toy starts with "E." Sing the song, "I'm going on a bear hunt," replacing "bear" with what you are looking for.

**Cloud talk.** Go outside and talk about clouds using describing words such as: dark/gloomy, light/fluffy, thin/thick, low/high, etc.

**Letter locate.** Pick a letter with your child and try to find it everywhere you go. Take turns saying the letter when you see it. What word is it in? Focus on one letter at a time.

RESOURCES FROM SAVE THE CHILDREN

# MONTHLY ACTIVITY CALENDAR: AGES 3-5



## BRAINY BACKGROUND

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

**WEEK 1** Playing games like “Hot Potato” gives your child practice in following rules and taking turns. It also gives them practice at self-control, a skill that helps them stick with something long enough to meet their goals.

**WEEK 2** Firsthand experiences like these help your child think like a scientist and use their senses to understand the world around them. Having back and forth conversations about these discoveries together makes the experience better.

**WEEK 3** Believe it or not, dancing games can be great brain builders! They can teach your child to pay attention to sounds and rhythm and to imitate you using their body. It also gives them the chance to be the leader, and that's a good feeling.

**WEEK 4** “I Spy” games are great brain builders. They make your child aware of their environment and teach them to make connections between similar things. You can try these games with letters, colors, shapes – almost anything!

## PARENT AND CAREGIVER CORNER



**Here are some strategies you can use to extend your child's learning:**

1. **Help children see themselves as thinkers.** Wonder aloud, ask questions, pose challenges.
2. **Respond to curiosity.** Curiosity motivates children to explore and learn. Supporting their curiosity will raise yours. Asking questions ignites curiosity and encourages new ways of thinking.
3. **Use mirror talk.** Providing feedback to your child makes them feel noticed and that their work is valued. It also helps them become aware of their actions and thinking.
4. **Solve problems together.** Collaborating with your child can help them think through the steps of solving a problem, use multiple strategies and develop a positive attitude toward problem solving.
5. **Link new to familiar.** Linking new concepts with things they already know and are interested in makes it more likely children will remember and use what they learn.

**Remember, we're all in this together!**

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