

JUMP START INTO KINDERGARTEN



family activities
to prepare for school

Parents  & Partners

welcome

Dear Parents,

You are your child's first and best teacher. They will learn the most about the world from **you**. This calendar has been created to provide you with an activity to try with your child every day. These activities do not require a lot of time, materials or preparation so you can fit them into your daily routine.

THE ACTIVITIES ARE DESIGNED TO ENCOURAGE DEVELOPMENT IN THE FOLLOWING AREAS:



communication - the language they understand and the language that they express



gross motor skills - how they move their bodies in physical activities



fine motor skills - how they use their hands



self help skills and independence



social skills



problem solving skills - focus on their auditory attention, visual attention and memory skills

Please supervise your child while doing the activities at all times. They were created for you to do together! Take time to play with your child. Your impact on their overall development will be significant and it will last a lifetime!

Dauphin County Libraries

East Shore Area Library

4501 Ethel Street
Harrisburg, PA 17109
Phone: (717) 652-9380

Elizabethville Area Library

80 North Market Street
Elizabethville, PA 17023
Phone: (717) 362-9825

Johnson Memorial Library

799 East Center Street
Millersburg, PA 17061
Phone: (717) 692-2658

Kline Library

530 South 29th Street
Harrisburg, PA 17104
Phone: (717) 234-3934

Madeline L. Olewine Memorial Library

2410 North Third Street
Harrisburg, PA 17110
Phone: (717) 232-7286

McCormick Riverfront Library

101 Walnut Street
Harrisburg, PA 17101
Phone: (717) 234-4976

Northern Dauphin Library

683 Main Street
Lykens, PA 17048
Phone: (717) 453-9315

William H. & Marion C. Alexander Family Library

200 West Second Street
Hummelstown, PA 17036
Phone: (717) 566-0949



JUNE 2015

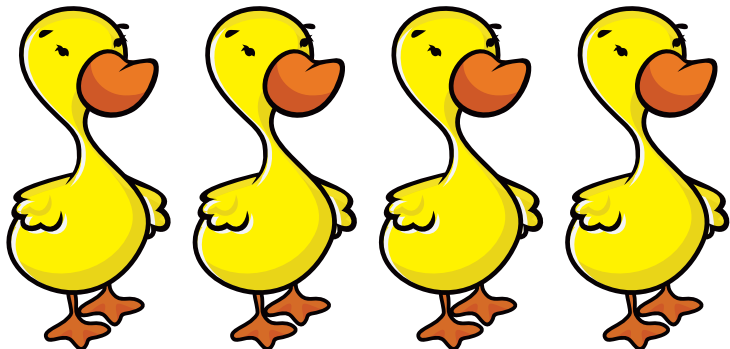
Sidewalk Chalk Paint

YOU WILL NEED:

mix up a paste with:
cornstarch
food coloring
water

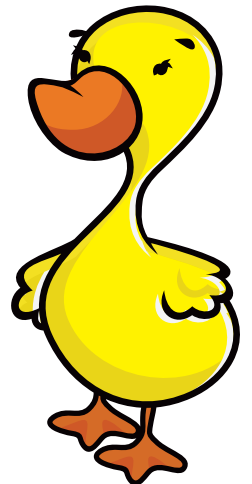
HELPFUL TIPS:

1. Mix the cornstarch and food coloring first inside the house, then carry the muffin pan with the dry powder outdoors. add the water with a small cup (to control splashing)
2. Make sure you use a good ratio of cornstarch to water. You'll want it to be a thicker paste not too watery so the color will show up!



Five Little Ducks (Rhyme)

Five little ducks went out to play (*show five fingers*)
Over the hill and far away (*place hand over brow as to look far away*)
When the mama duck called quack, quack, quack
Four little ducks came waddling back
Repeat 4, 3, 2, 1, 0
No little ducks went out to play, over the hills and far away
When the daddy duck called QUACK, QUACK, QUACK
5 little ducks came waddling back



SUNDAY

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



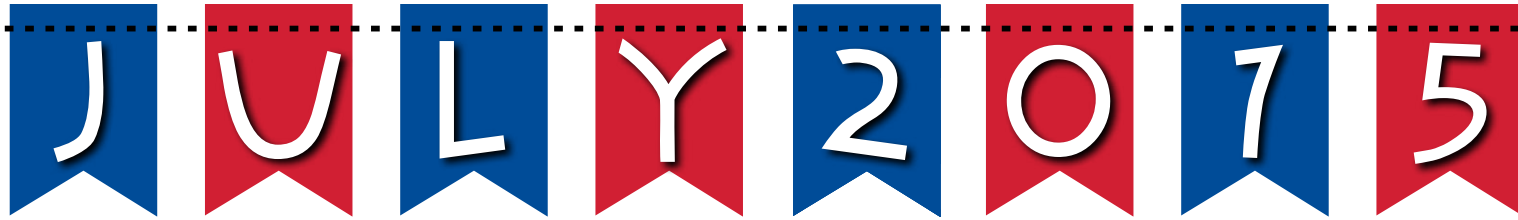
	<p>7</p> <p>Have your child trace around objects like a jar lid, cookie cutter, key, ruler, or paper shapes.</p>	<p>2</p> <p>Together make a collage of summer pictures. Talk about your favorite summer activities.</p>	<p>3</p> <p>Place old crayons in a bag and place outside to see how the sun will melt them. When soft combine them into a ball. Cool, then color with the ball.</p>	<p>4</p> <p>Sing your child's favorite song with them. Use a musical instrument or make your own (August 2016) to jazz it up also!</p>	<p>5</p> <p>Draw pictures of bugs together. Try coloring your child's thumb or finger and have them make prints and then turn them into bugs adding eyes, antennae etc.</p>	<p>6</p> <p>Have a picnic outside in your yard or at a park for when you have a snack or even a meal.</p>
<p>7</p> <p>*Together mix up sidewalk chalk paint. Create a picture on the sidewalk or driveway.</p>	<p>8</p> <p>Sign up for your library's summer reading program. Teach your child how to ask for help when finding a book.</p>	<p>9</p> <p>Draw circles with sidewalk chalk paint and place a number in each one. With small rocks see if you and your child can take turns tossing and landing on numbers.</p>	<p>10</p> <p>If it is a sunny day go out and look at your shadows together. Move your arms and legs, stretch and make silly poses. Look at other objects and their shadows.</p>	<p>11</p> <p>Fill a bag with common household objects and then ask your child to tell you "what do you do with this?" Help them to use descriptive words to explain.</p>	<p>12</p> <p>*Sing Five Little Ducks. Can you quack like a duck? Walk like a duck?</p> 	<p>13</p> <p>Milk jug golf: Write numbers on three to five milk jugs, then place in your yard 5-10 feet apart. With a small ball, have your child roll the ball to try to hit a jug, like golf, repeat.</p>
<p>14</p> <p>FLAG DAY</p> <p>Take a walk around the neighborhood and count the number of flags you see.</p>	<p>15</p> <p>Have a "purple" day Wear something purple. Mix blue and red food colored water together to make purple. Eat purple grapes, and drink grape juice. Find something purple.</p>	<p>16</p> <p>Fine Motor practice: give your child some salad tongs to pick up objects and place into a container or bowl or give your child a turkey baster to play with in the water to squeeze and maneuver.</p>	<p>17</p> <p>Take a walk with your child and pick up some dandelions or flowers together.</p>	<p>18</p> <p>Play the "Opposite Game." Say a word and see if your child can say the opposite. You say "walk," your child says "run." You say "happy," your child says "sad."</p>	<p>19</p> <p>Draw on a paper with a highlighter and see if your child will copy over the lines (roads). Draw shapes, letters, people, etc.</p>	<p>20</p> <p>Give your child a spray bottle with water mixed with vinegar and paper towel to use to clean mirrors and windows.</p>
<p>21</p> <p>FATHER'S DAY FIRST DAY OF SUMMER</p> <p>Go for a walk and see how many different birds you can see. Look up the birds in a bird book for a close up look.</p>	<p>22</p> <p>Trace your child's hand-prints or footprints on a piece of paper. Then have your child color in the print, with crayons. Trace yours and compare in size!</p>	<p>23</p> <p>While outside throw different kinds of balls into the air. Talk about which one goes higher, faster and further.</p>	<p>24</p> <p>Mix a combination of crackers, cereals, pretzels etc. Then ask your child to sort through the snack, matching them and eating them.</p>	<p>25</p> <p>Have your child draw a picture of fun things to do in the summer.</p>	<p>26</p> <p>Play a "sink or float" game with your child. In a container, sink or wading pool, gather a bunch of different items, and toys and see which ones will sink or float, together.</p>	<p>27</p> <p>Read a book with your child outside on a blanket in the shade. Use different voices for the different characters in the book.</p>
<p>28</p> <p>Have your child help you sort laundry by color (whites, reds, blues and blacks etc.) Have them help you to put the laundry in and out of the machines.</p>	<p>29</p> <p>Try some stretching exercises together. Touch your toes and reach to the sky. Lie flat on your tummy and stretch your arms to arch your back and look up. Reach to your sides and stretch your legs.</p>	<p>30</p> <p>Talk about the feeling of being angry. What is okay to do when you are angry (to talk about it) and what not to do (hit, yell, throw things etc.).</p>	<p>Notes:</p>			



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

The Bus For Us by Suzanne Bloom



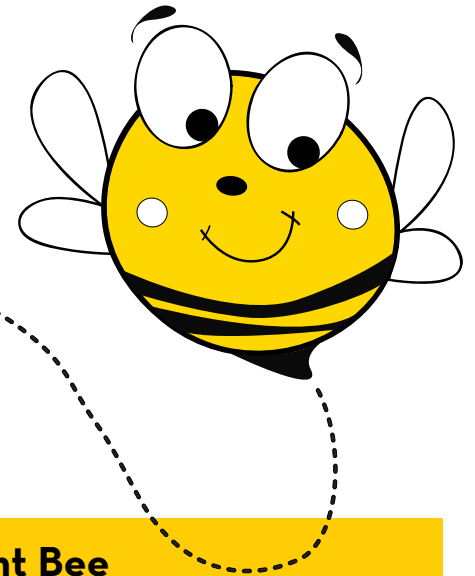
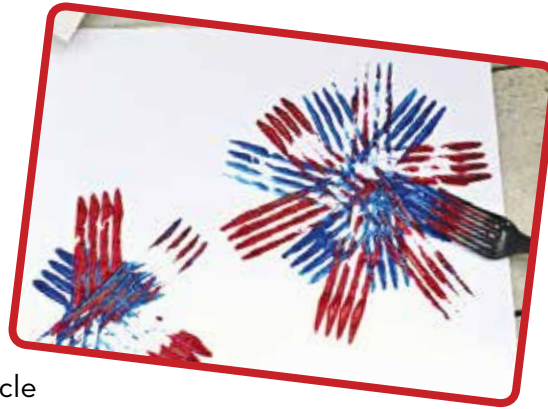


Fork Firework Art

YOU WILL NEED:

- A fork, plastic or metal, both work
- A paper plate for the paint
- Paint
- Paper

Start with one color of paint, dip the back of the fork in and then “wipe” the back of the fork onto the paper. Do this over and over and make a circle pattern. Clean your fork off and then go to another color. Do this over and over until you have used all the colors. Red, white and blue is festive, but you could use any color.



Footprint Bee

YOU WILL NEED:

- Your child's foot!
- Paint (see May for recipe)
- Yellow food coloring
- Paper
- Markers

Mix yellow food coloring with paint to the desired color. Paint your child's foot yellow. Stamp the painted foot onto a piece of paper. Let it dry. Help your child draw three black lines across the footprint with a marker. Help them draw the eye balls, and wings and the bee is done.



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:			1		2	3	INDEPENDENCE DAY	4
			Have your child draw a picture using red, white and blue.		Wear something red, something white and something blue today!	* Make Fork Firework Art. Talk about the Fourth of July and why it is celebrated. 	Blow bubbles outside together. Chase and pop! Practice blowing or use the wind and move your arm.	
5	6	7	8	9	10	11		
Make your grocery list together. Decide what foods you need and write the list down. Look for coupons.	Have your child find things that start with the letter "L."	Create a list of four tasks for your child to complete today. Check off each one as they are completed together.	Visit your library and find books about travel. Talk about the places you would like to visit.	"On your mark, get set, GO!" Ask your child to "run to touch the tree, then the house, then the bike". Limit or increase the touch targets depending on how well they remember.	Go on a bug hunt outside and see how many different bugs you can find... spiders, butterflies, ladybugs, beetles, ants etc. Name them and watch them.	Visit a local playground. Teach your child how to swing, how to pump their legs to keep going. Show them how to put their feet "out" to touch your hands and then "back" or "bend" when they go back.		
12	13	14	15	16	17	18		
Cut out shapes of fish out of paper. Tape a metal paper clip to the fish. Then tape a fridge magnet to a piece of string and attach to a ruler. With your fishing rod catch the fish...fun!	With some blocks, make simple towers and then break. Ask your child to stack the same way start with four to five blocks and then add more blocks.	Hide a kitchen timer or music box turned on in a room and see if your child can find it by listening.	Make a book with your child. It is a story book, so have your child tell you a story and write it in the book. Try to write in it daily and read at bedtime.	Sing "If You're Happy and You Know It," clap your hands. Then ask, "What else can we do with our hands?" Sing "If you're happy and you know it stomp our feet." Next ask, "What else can we do with our feet?"	Use child-safe scissors to cut play dough into shapes.	Give your child a bucket, container or watering can and ask them to water the flowers, trees or grass. Supervise.		
19	20	21	22	23	24	25		
Place some colored ice cubes in a resealable bag or container. Place in the sun and watch them melt, and the colors swirl together as you play with it.	Talk about things that your child likes to do now. Then ask what he or she may like to do in the future, such as next week, next year or when they grow up.	On a rainy day inside, sit on the floor with your child. Practice rolling a ball back and forth. Move further away from each other every time you roll the ball.	Gather pennies, cereal or small rocks in a clear container. Ask your child to guess how many are inside. Then, together, take them out and count them.	Have your child retell a story or event in order (first, middle, last).	* Make a Footprint Bee! Talk about how bees help flowers grow and make honey. 	With your child take a walk and count the stars.		
PARENT'S DAY	26	27	28	29	30	31		
Have sponges and buckets of water and have fun tossing them to one another on a hot summer day.	Encourage your child to dress himself/herself. Talk about the color of clothing that was chosen. Talk about appropriate clothing for different weather.	Put an old piece of bread into a plastic sandwich bag. Help your child pour a teaspoon of water into the bag and seal it. How many days does it take for mold to appear?	Have a play date with a friend!	Have a "toy parade." Line up different toys and ask your child to point to the one that is first or second. Point to the one that is last.	With long paper strips, have your child practice cutting with single snips. Glue pieces on to a paper after.			



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Press Here *Hervé Tullet* Translated by Christopher Franceschelli



AUGUST 2015

Hand Washing Song

*(Sung to Fre a Jachues/
Are You Sleeping?)*

Tops and bottoms
Tops and bottoms
In between
In between
All around my hands
All around my hands
Make them clean
Make them clean



Paint Poured Insect

YOU WILL NEED:

Variety of paint colors
Egg carton (how many depends on your insect!)
Pipe cleaner or paper strips
Marker

DIRECTIONS:

Pour a small amount of your first color onto the top of an egg carton segment. Continue with another color on top of your first color and so on. Let the colors flow down the sides. Keep pouring the paint in layers until your entire insect is covered and allow to dry. When dry, poke 2 holes in the top with a pencil for the pipe cleaner or paper strips to be threaded through for antenna.

HINT:
If your paint is
not flowing easily,
try thinning it down
with a bit of water first.
Don't add more
than 50%
water.



SUNDAY



MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

SATURDAY

Notes:						7 *Make a Paint Poured Insect. 	
2 Doodle with your child. Provide them with lots of paper, thick pencils and crayons to create and doodle away.	3 Find a book at the library about going to school. Read it together and talk about kindergarten. Ask your child to re-tell it to you.	4 Practice healthy hygiene habits by washing hands frequently. Make it fun by singing *The Hand Washing Song! 	5 Clip clothespins around the rim of a coffee can or bucket or put blocks in the can. Count each one as you place in the can or bucket.	6 Go on a shape hunt. See how many circles, triangles, squares and rectangles you can find around your home. How about the yard? At the store? In the car?	7 Play a bowling game together. Stack some blocks or containers. Then roll a ball and knock them over. Repeat!	8 Allow your child to make breakfast with you. Allow them to scoop their cereal from one bowl to another, pour a small cup of milk Let them spread with a butter knife, etc. Supervise.	
9 Read a story to your child. Ask questions about the people or animals, where the story takes place or other details from the story.	10 Make bubbles! Put some water into a shallow tub and add a small amount of dish soap. Give your child a straw and show how to blow out of the straw onto the top of the water to make bubbles.	11 Ask your child to pretend to be a parent, preparing a doll or stuffed animal for kindergarten. What would he or she tell it on the first day?	12 Play hide and seek with a favorite toy. Take turns hiding it and then looking for it. Describe while searching. "Is it under the table? On the couch? Oh here it is by the door."	13 Have your child imagine what kindergarten will be like. Then, ask her/him to draw a picture.	14 With some clothes play dress up with your child, let them wear your clothes (T-shirts scarves, shoes, socks) Be silly and wear some of theirs: pants on your head, socks on thumbs etc.	15 From flyers, cut out your child's favorite foods. When you go shopping hand them a picture and look for the item together. Talk about the foods and give them hints as to where it is.	
16 Tell your child how proud that they are going to kindergarten. Explain that it is ok to be nervous or scared. Talk about other new experiences you have had together.	17 Put some music on. Take turns running through the sprinkler. Dancing in the rain! Can you see a rainbow?	18 Get your child to fold themselves into a small ball on the floor when kneeling. Then ask them to turn into a giant tree and reach for the sky. Say "small ball, giant tree" Repeat actions.	19 Help your child practice writing their name on paper. Show him/her how it starts with a big letter (capital letter) and uses smaller letters (lower case) for the rest.	20 Talk about loud and quiet sounds. Have your child try whispering for quiet sounds and yelling for loud sounds. Then talk about inside and outside voices and practice!	21 Describe someone in your family and see if your child can guess who it may be. "I am thinking of someone with dark hair and glasses. She lives in our house and likes to dance. Who is she?"	22 Freeze two containers of water, one small and one large. Place them outside. Make predictions about what will happen. "I think the small one will melt by nap time and the large piece will melt by dinnertime."	
23 Go outside and play an outdoor game with your child such as tag or hopscotch.	24 Participate in your public library's story hour.	25 With beads thread onto a lace or string. Make a pattern like "two green, one yellow, one red, repeat etc. Supervise. If you do not have beads make a pattern with blocks or even crayons.	26 Place a penny/nickel on the table. Put a sheet of paper on top. Show your child how to rub the flat side of a crayon/pencil back and forth across the paper until the shape appears!	27 Talk about feelings with your child. In front of a mirror make "happy, sad, mad, surprised, scared" faces together.	28 Play catch with your child with a medium sized ball. Help them learn how to catch with their hands extended or in their arms.	29	
30 Encourage your child to "read" a book to you by using the pictures to tell a story.	31 Take a walk outside together. Ask your child to hop, skip and jump as you walk.						



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

It's Your First Day of School, Annie Claire by Nancy White



SEPTEMBER 2015

Apple Scented Sensory Rice

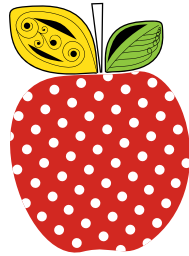
YOU WILL NEED:

One bag of economy rice
Green food coloring (optional)
2 apple tea bags
powdered cinnamon.

Tip the rice out onto a large baking tray or shallow dish and stir through a teaspoon of green food coloring. You may wish to wear rubber gloves or put your hands inside a sandwich bag, as you then mix the color thoroughly into the rice using your fingertips.

Then tip in the contents of two apple tea bags and mix through, finishing with a sprinkling of cinnamon when it is all dry.

It should take only half an hour to an hour to dry and be ready to play with!



Sniff Test Activity

Dip cotton balls in different scents. Then put each of the cotton balls in a separate container or plastic sandwich bag. Use perfume, lemon, coffee, onion, your soap, and toothpaste. See if your child can guess what each smell is!



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

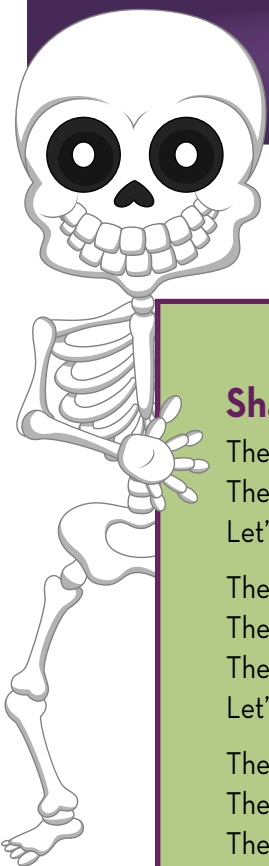
<p>Notes:</p>	<p>LABOR DAY 7 Take a walk together and practice stopping at the corner, waiting for the light to turn green and looking both ways before crossing the street. Talk about rules for outside safety.</p>	<p>2 Put cotton balls into a bowl. Give your child a clothespin and ask him to pick up the cotton balls one at a time and transfer them into another bowl using the clothespin.</p>	<p>3 Give your child a wet sponge or washcloth to wipe down countertops, tables, etc. Talk about why it is important to keep things in the home clean.</p>	<p>4 Give your child child-sized scissors and help him/her snip small pieces of paper.</p>	<p>5 *Do a sniff test! Can your child tell what each smell represents? </p>
<p>6 Using the animals you see outside (birds, squirrels, dogs) make up a song about the animals and act out their actions (birds fly, squirrels shake their tails)</p>	<p>7 Red week. Look for things that are red this week.</p>	<p>8 Change the words to a favorite song to make it silly. Can your child make a silly change too? Act out silly songs with your child.</p>	<p>9 Make apple prints! Cut an apple in half. Dip one half in paint (red!) and press onto paper. Let your child make any design he/she wishes.</p>	<p>10 When at the grocery store look at the apples. Talk about the different sizes, shapes and colors (green yellow and red).</p>	<p>11 Encourage your child to make a fall collage. With glue and paper glue leaves, twigs, acorns and other things you can find around outside.</p>
<p>GRANDPARENT'S DAY 13 ROSH HASHANAH BEGINS AT SUNDOWN Count the stairs together as you walk up or down them. Skip a number and ask your child which one you left out. One, Two, Three....Five.</p>	<p>ROSH HASHANAH 14 Use a muffin pan to sort objects around your home (coins, buttons, shells, rock, pasta, etc)</p>	<p>15 Play "Body Identification" with your child. Ask him to point to body parts like knees, ankle, elbow, earlobe and wrist.</p>	<p>16 Have your child scribble with markers all over a piece of paper towel, filling in as much white space as possible. Place on cookie sheet. Have your child wet the paper towel by brushing water onto it. Colors will bleed. Hang to dry!</p>	<p>17 Give your child materials to imitate you cooking or cleaning. Talk about what you are doing.</p>	<p>18 Go outside and look for leaves around your neighborhood or at a local playground.</p>
<p>20 Together look for words beginning with the same first letter. Have your child point to that letter when you find it.</p>	<p>21 Play listening games like Simon Says but use the child's name or your name. "Mommy says stand still. Sarah says pat your tummy."</p>	<p>YOM KIPPUR BEGINS AT SUNDOWN 22 Participate in your Library's story hour.</p>	<p>YOM KIPPUR 23 FIRST DAY OF FALL Take a walk and see if you can see any signs of fall around you. .</p>	<p>24 Gather scrap paper or newspaper. Tell your child to tear them into strips, long or short. This work will help build the muscles for writing.</p>	<p>25 Play music and practice walking on your tippy toes and then your heels. Next walk fast, then slow. What other ways can you walk to the music? *Make apple scented sensory rice. Place it in a big pot. Let your child practice scooping, measuring, feeling the texture while smelling apples! </p>
<p>27 Experiment with magnets. Give your child a refrigerator magnet and see where he can make it stick around the house. Talk about what those objects have in common.</p>	<p>28 Visit your library. Pick a new book and have your child guess what the story will be about by looking at the cover.</p>	<p>29 Talk about favorites. What is your child's favorite food, color, toy or TV show? What are yours? Talk about things you both like.</p>	<p>30 Make your own face paint by combining 1/2 cup cold cream with 2 Tbsp cornstarch. Add food coloring. Turn your child into his favorite animal or character! Have fun!</p>	<p>Notes:</p>	



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS
Count the Monkeys by Mac Barnett and Kevin Cornell



OCTOBER 2015



Shake Them Skeleton Bones Song

Them bones, them bones, them skeleton bones
Them bones, them bones, them skeleton bones
Let's shake them skeleton bones!

The toe bone's connected to the foot bone,
The foot bone's connected to the ankle bone,
The ankle bone's connected to the leg bone,
Let's shake them skeleton bones!

The leg bone's connected to the knee bone,
The knee bone's connected to the thigh bone,
The thigh bone's connected to the hip bone,
Let's shake them skeleton bones!

The hip bone's connected to the back bone
The back bone's connected to the neck bone,
The neck bone's connected to the head bone,
Now shake them skeleton bones!

Them bones, them bones, them skeleton bones
Them bones, them bones, them skeleton bones
Come on skeletons! Let's shake them skeleton bones!

Repeat again from head back to toe if desired.



Make your own Slime!

Make squishy non-toxic goo that hardens in your hands when you squeeze it, but flows like a liquid when you pour it.

YOU WILL NEED:

16 oz. box cornstarch
water
food coloring
bowl

Empty the box of cornstarch into a bowl. Add 1-1/2 cups of water. Add about 15 drops of food coloring. It's fine without color, too. Mix the goo with your hands.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:

						7		2		3			
						Take a walk around your house or neighborhood and play "I Spy." Look for signs of fall.		During meal times allow your child to practice pouring from a lipped pitcher or serve him/herself from a serving dish using a spoon.		Together cut out shapes (circle, triangle, square). Glue them onto a piece of paper with a glue stick.			
FIRE PREVENTION WEEK 4		5		6		7		8		9			
Talk about Fall as a season and have your child draw a picture of a tree.		Go to the library and check out books about numbers or counting.		Use your shape picture (from Monday) to practice identifying shapes and/or colors.		Talk about an evacuation plan and how you would leave your home if there was a fire. Practice stop, drop and roll.		Play laundry basketball. Ask your child to find all the solid color clothes and shoot them into the laundry basket.		Go for a litter walk. Take a walk outside with your child and pick up any trash that you see.			
77		COLUMBUS DAY 12		13		14		15		16			
Together spray shaving cream on a table and spread the cream. Have your child draw or write words such as their name. Afterwards use a wet rag together to wipe up and clean your table at the same time!		Make two sets of cards with the same words. Lay out the cards and mix them up. Ask your child to find the pairs. Use words such as my, can, the, in etc. Say the word each time your child finds a match.		Think of rhyming words with your child. Tell your child a word and have him/her tell you a word that rhymes. Keep a list of how many you think of.		Paint and press pumpkins! Use paint recipe (May) to make orange paint. Together spread paint on paper in a circle. Use a plastic grocery bag to press the paint further onto the paper in a design.		When your child takes a bath, place different toys in the water. Talk about whether they sink or float.		Pick a letter of the alphabet and help your child write it on a piece of paper. Draw pictures of words that begin with that letter.		Cut out a pumpkin shape and some face shapes with your child. Then have your child glue the eyes, nose and mouth on to the pumpkin. Hang as a decoration.	
18		19		20		21		22		23			
Orange week. Look for things that are orange during the week.		When putting your child to bed talk about all the things you did that day and what you liked best about your day and what you and your child didn't like also.		Have an "orange" day. Wear something orange. Mix yellow and red food coloring and water to make orange. Eat orange foods (e.g.: oranges, cheese, carrots).		Sing the "ABC" song while washing your hands together. Talk about the importance of using soap and warm water and to scrub, scrub, scrub until the song is done!		Before shopping give your child a piece of paper to "write" a list. As your child to "read" it as you go through the aisles.		Talk about the shapes of large food like pizza, cake or pie before you serve them. What happens when you cut it? What shape are the servings? Triangle? Rectangle? Square?		Make a lacing card out of an old greeting card. Cut a pumpkin shape and then punch holes around the outside. Use a shoelace or yarn and thread through the holes with your child.	
25		26		27		28		29		30			
Show your child how to dial 9-1-1 and discuss when this should be used and what happens when you phone this number.		Have your child count how many fingers he/she has. Next have them count how many fingers you have. Finally, count how many fingers you have all together.		Use different size bowls, spoons, pillows, cups, plates, shoes, etc. Sort them by small, medium and large.		Have a pumpkin hunt. Cut out 6-7 pumpkin shapes and hide around a room. When found talk about where they were using position words: under, on, on top of, etc.		At night use a flashlight in a dark room to make funny shadows on the wall. You can also try holding up funny objects, and making objects dance. Make up a story also.		*Make your own Slime!		HALLOWEEN Play dress up!	



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS
Monsters Love School written and illustrated by Mike Austin

Parents & Partners



NOVEMBER 2015



Hopping Corn Science Experiment

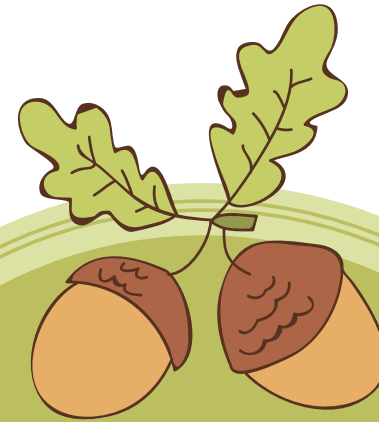
YOU WILL NEED:

a clear glass container
popping corn
2 1/2 - 3 cups of water
2 Tbsp. of baking soda
6 Tbsp. of white vinegar
food coloring (optional)



DIRECTIONS:

Fill your jar with water and add a couple drops of food coloring. Add your baking soda and stir well until it is all dissolved. Add a small handful of popping corn kernels. Add the vinegar and watch the corn start to hop up and down! A terrific way to work on measurement concepts, listening skills, and practicing patience too!



Turkey Prints

YOU WILL NEED:

Paint (see recipe on May activity page)
Food coloring (Brown, Red, Yellow, Orange suggested)
Paper, Paintbrushes and Markers

DIRECTIONS:

Paint the hand brown. Then if you wish paint each finger a different color (for the feathers). Carefully press hand fully onto paper. With a marker, draw legs, beak, eyes, etc.



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

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SATURDAY

<p>DAYLIGHT SAVINGS TIME ENDS 7</p> <p>Use stuffed animals or dolls to retell a story you have read together. Use a sock to make a puppet for storytelling.</p>	<p>2</p> <p>On a cookie sheet sprinkle some flour or cornstarch, with your child practice drawing numbers or letters in the powder.</p>	<p>3</p> <p>Use a white candle or crayon to draw a magic message on a white piece of paper. Then have your child paint a thin coat of paint and the message will appear!</p>	<p>4</p> <p>With a sheet ask your child to hold the corners of one end and then you hold the others. Make the sheet go up and down like a parachute. Give a ball or stuffed animal a ride!</p>	<p>5</p> <p>Attend story time or rhyme time at your local library.</p>	<p>6</p> <p>Just for fun try coloring or drawing with your opposite hand. Talk about right and left hands, and how it feels different.</p>	<p>7</p> <p>Play hide and seek with your child. Encourage them to count to ten or more!</p>
<p>8</p> <p>Brown week. Look for things that are brown this week.</p>	<p>9</p> <p>Help your child draw straight, curvy, wavy or zigzag lines across a piece of paper. Give child-safe scissors for him/her to practice cutting. Supervise.</p>	<p>10</p> <p>Practice deep breathing with your child especially at night or when angry to help them to calm themselves and settle.</p>	<p>VETERAN'S DAY 11</p> <p>Send your child on a scavenger hunt to look for items like a black rock, white sock, brown leaf, blue pillow etc.</p>	<p>12</p> <p>With masking tape make the first letter of your child's name on the floor. Walk along or drive along the shape with a toy car.</p>	<p>13</p> <p>Plan a play date with a friend. Help your child get ready. Talk about the kinds of things they will do together.</p>	<p>14</p> <p>Paint with corn on the cob! Together with your child roll cob into paint (May recipe) and then roll it onto paper. Talk about the design it makes. Use fall colors such as yellow, orange, red or brown.</p>
<p>15</p> <p>*Do the Hopping Corn Science Experiment together.</p> 	<p>16</p> <p>Practice cutting out letters out of flyers. Then glue them to make a "letter collage" Put letters together and make sounds like "s" and "h" that makes "sh".</p>	<p>17</p> <p>Encourage your child to read a book to you. Choose a book with mostly pictures and have them tell you what is happening on each page.</p>	<p>18</p> <p>Color in a coloring book together while listening to music. Color according to the rhythm of the music (fast or slow).</p>	<p>19</p> <p>Fill a bag with different items from the house and small toys. Have them reach in and grab one item and then have them guess by feeling (not peeking) and ask "What is it?"</p>	<p>20</p> <p>Play "freeze". Play some music and dance together. Then turn off the music and "freeze or stop". Turn the music back on and then say "go".</p>	<p>21</p> <p>Make butter. Put 1/2 pint cold heavy cream in a jar. Put marble in jar. Have your child shake the jar for 20 minutes while dancing. When marble stops rattling it's done! Spread on bread!</p>
 <p>*Make Turkey Prints</p>	<p>22</p> <p>Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn six times, blink once, etc.</p>	<p>23</p> <p>Cut out pictures of food from flyers. Talk about how you need to eat a rainbow of foods everyday. Classify them together into groups: fruits, vegetables, grains, etc.</p>	<p>24</p> <p>Help your child make simple books by folding several pieces of paper together. Write down simple sentences and your child can add drawings to illustrate the words.</p>	<p>THANKSGIVING 25</p> <p>Together make a list of things you and your child are thankful for. Post the list so you can refer to it often.</p>	<p>26</p> <p>With your child recite/sing the days of the week. Make this part of your morning routine.</p>	<p>27</p> <p>On paper plates, draw different faces with different emotions (happy, silly, sad, mad, sleepy, etc) Draw mustaches, eyebrows, eyeglasses, freckles etc.)</p>
<p>28</p> <p>Stack blocks or small boxes. Count as you stack and see how high you can build before they topple! Repeat!</p>	<p>29</p> <p>Read a favorite book together. Leave out certain words as you tell the story and see if they will fill in the blanks.</p>	<p>30</p> <p><i>Notes:</i></p>				



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

A Is For Musk Ox by Erin Cabatingan



DECEMBER 2015



Evergreen Paint Brushes

YOU WILL NEED:

- Twigs
- Twine or string
- Evergreen leaves

Lay the string out flat on your surface. Layer the evergreen leaves around your stick until you have a good-sized brush. While still holding the twig/leaves, gently lay it down onto the string. Let go slowly - most of the leaves should still stay in place. Tie the string. I tied twice around each paintbrush so that the leaves would be secure. Tie as many times as you have to in order for your leaves to stay in place. That's it!!



Ice Chalk

YOU WILL NEED:

- Cornstarch
- Water
- Liquid watercolor paint or food coloring
- Ice cube trays

Combine equal amounts of cornstarch and water and add as much color as you'd like. Let the ice chalk to freeze overnight.

PAINT WITH YOUR ICE CHALK

YOU WILL NEED:

- Ice chalk
- Oil
- Paper

Have your child cover their paper with the oil first with a paint brush, cotton ball or back of a spoon. Then rub the ice chalk onto the paper. Talk about how the beads of color do not always spread due to water on oil. You have art and science mixed into one!



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Notes:		1	2	3	4	5
		Have your child practice counting to 10 or higher. How high can you go?	Place salt in a large container. Have your child practice writing letters and numbers in the "snow."	Read two books today. Have your child tell you which one is their favorite and why.	Gym Day! Together practice jumping, hopping on one foot and throwing and catching a ball.	*Make Evergreen Paint Brushes . 
6	7	8	9	10	11	12
HANUKKAH BEGINS AT SUNDOWN	*Use your Evergreen PaintBrushes to paint a picture!	Help your child make an animal out of play dough (March recipe).	With your child find things around the house that begin with the letter "H." Expand the search to wherever you go for the month!	Continue teaching your child his/her phone number and address.	Visit the library and look for books that talk about winter.	Organize a toy shelf or toy box together. Have your child sort by size, color or shape.
13	14	15	16	17	18	19
Together bake cookies for a family member or neighbor. Let your child tell the special person how the cookies were made or help them write a note to go along with the cookies.	Together match plastic containers and lids. Talk about shape and color.	Use a thermometer. Explore the temperatures of liquids found in your home: water from sink, milk in refrigerator, water in a puddle outside, etc).	Read a favorite winter book to your child.	Have your child practice tying his/her shoes or the shoes of someone else.	FIRST DAY OF WINTER  *Make Ice Chalk .	*Use your Ice Chalk to "paint" a picture!
20	21	22	23	24	25	26
Help your child practice zipping his/her coat and take an outdoor walk with a family member.	Have your child design a card or gift for someone special. Provide markers, paper, crayons, scissors, etc.	Help your child make letters out of play dough (March recipe). Spell out your child's name!	Talk with your child about family traditions. Talk about how you celebrate occasions. Talk about how your traditions are the same or different from others you know.	CHRISTMAS EVE Sing a favorite holiday song together. Talk about why it is your favorite.	CHRISTMAS	KWANZA BEGINS
27	28	29	30	31	Notes:	
Help your child make his/her favorite sandwich for lunch.	Write your child's name largely on a piece of paper. Have him/her glue small marshmallows on top of the letters. Talk about each letter.	Help your child trace and cut circles to make a snow man. Glue and then decorate with markers.	Make your own snow! Mix baking soda and shaving cream together in a container. Add small toys, scoops etc. Let your child explore!	NEW YEAR'S EVE Use your homemade instruments (August) to dance and ring in the new year!		



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

1-2-3 Peas by Keith Baker



JANUARY 2016

Snow Dough

You only need two ingredients to make this amazingly fun dough. Snow Dough is naturally cold but can be made even colder by using refrigerated ingredients. You can also add scent and sparkle if desired.

YOU WILL NEED:

Corn starch (Freeze overnight to make the snow dough extra cold)
Lotion (Refrigerate overnight to make the snow dough extra cold)
Optional additions - glitter and peppermint extract

Use one 16 oz. box of corn starch. Mix in a few drops of peppermint extract if scent is desired. Then slowly add lotion until the desired consistency is reached. Use roughly 1/2 of a 20 oz. bottle of unscented body lotion. You can play with the consistency and add more or less lotion. More lotion will give you a more oozy dough and less will give you a more powdery dough.



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Notes:

				7		2	
				HAPPY NEW YEAR! Talk about dreams and wishes for the year with your child.		Count to 10 with your child, go higher if you can!	
3 Practice directional words with your child. On, Off, Over, under, above, below. Ask your child to act them out. Ex: place stuffed animal over your head.		4 Start an alphabet book with your child. Make each page a different letter. Cut out pictures that begin with that letter and glue on the page.		5 Sensory Bag: Fill a sandwich bag with paint. Tape top closed. Use finger or Q-tip to draw letters and shapes.		6 Make a water bottle snowman. Fill a water bottle with cotton balls. Tie a ribbon or piece of fabric around the middle for scarf. Using markers, draw a face and buttons. Color the lid for a hat.	
7 Read a book together as a family. Talk about what is each person's favorite part.		8 String cereal on a piece of yarn or sting to make a necklace.		9 Practice making letters with your body.			
10 BLUE WEEK: Look for things that are blue in your house and when you are out and about.		11 Give your child two simple directions to follow: Put your pj's on and brush your teeth.		12 Cut out snowflakes with your child using scissors.		13 Let your child help make dinner. Talk about what you are doing in while you are doing it.	
14 Let your child pick his favorite book to read.		15 Let your child practice zipping and buttoning coat.		16 *Make Snow Dough with your child. Talk about the difference between hot and cold.			
17 Sing the "ABC" song with your child.		18 MARTIN LUTHER KING, JR. DAY Talk about acts of kindness and do something for someone else today.		19 Write your child's name on a piece of paper leaving spaces between the letters. Cut out the letters and let your child put the name back together.		20 Stack plastic containers or water bottles, how high can you build?	
21 Before reading the book, look at the picture on the front and have your child predict what the story is about.		22 Play a rhyming game. Make up words that rhyme with your child's name.		23 Roll socks into a ball. Throw "Snow balls: into a container. Practice throwing and catching.			
24 Play "Simon Says" with your child.		25 Let your child help with laundry. They can match the socks.		26 Using toothpicks and minmarshmallows, let your child build something. Can make their own snowflake.		27 Practice hopping on one foot, then the other. How far can you jump with both feet?	
28 Visit the library with your child.		29 Play a game with the family.		30 Using a scarf, play music and let your child dance around the room with the scarf.			
37 Sing a favorite song together.							



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Dinosaur vs. School by Bob Shea



FEBRUARY 2016

Cinnamon Applesauce Dough Ornaments

YOU WILL NEED:

- 1 1/2 cups ground cinnamon
- 1 cup applesauce (store bought works best)
- 1/3 cup white school glue (Elmer's or other brand)

Mix the ingredients together until a dough forms. Knead for a few minutes. Roll out to 1/8 or 1/4 inch thick. (If sticky, dust your hands and rolling pin with cinnamon, work on waxed paper.) Use cookie cutters or other implements to cut out the shapes you desire. Cut out a hole at the top of each with a drinking straw so you'll be able to thread a ribbon or string (for hanging) when dry. It takes 24 hours for the ornaments to air dry. You should turn them over after 24 hours so they will dry evenly and won't curl.

You can outline each shape with puffy paint to make them more special.



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	7 Cut out pictures from a magazine that begin with the first letter in your child's name. Glue the pictures onto a piece of paper.	2 GROUNDHOG DAY Go outside and look for shadows.	3 DENTAL HEALTH MONTH Help your child brush his teeth.	4 Read a book with your child today.	5 When you walk up or down the steps, count the number of steps you take together.	6 Make a list with your child of his/her favorite things.
7 Red week: Look for things that are red in your house and when you are out and about with your child.	8 Practice cutting out hearts with your child. Save hearts for tomorrow.	9 Measure the height of different objects in your house using the hearts from yesterday.	10 Using candy hearts and chopsticks, try moving hearts from one bowl to the other.	11 Place candy hearts in different liquids to see what happens. (Soda, vinegar, water, milk)	12 LINCOLN'S BIRTHDAY Make a homemade valentine with your child.	13 *Make Cinnamon Applesauce Hearts . Share with others. See activity above. 
14 VALENTINE'S DAY Make a list with your child about what makes him/her special.	15 PRESIDENT'S DAY Let your child pick a favorite book to read today.	16 WASHINGTON'S BIRTHDAY Take time to talk to your child about his day. Share your day too.	17 Using a Lego or Duplo block and a piece of yarn, teach your child how to floss.	18 Sing the "ABC" Song.	19 Practice writing name. Say the name of each of the letters in the name.	20 Let your child make music using pots, pans, and lids.
21 Sing a song with your child today. Replace a name in the song with your child's name.	22 Play with playdough today. Practice making shapes.	23 Let your child build using paper cups and pop-sicle sticks.	24 Let your child help prepare dinner with you. Talk about what you are doing with your child.	25 Visit a library with your child today!	26 Make an all about me book with your child.	27 Play a board game with the family.
28 Play I spy with your child.	29 Read a story with your child, talk about his/her favorite part.	Notes:				



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Chu's First Day of School by Neil Gaiman



MARCH 2016

Make Bubbles!

Mix together liquid dish soap and water. Put the mixture in a cup and show your child how you can blow into it with straws to make more bubbles. Dip and slotted spoon or other objects with holes into mixture and wave them around the room to make bubbles. Add music if you'd like and dance with your bubbles!

(Focus on Scientific Thinking and Technology)

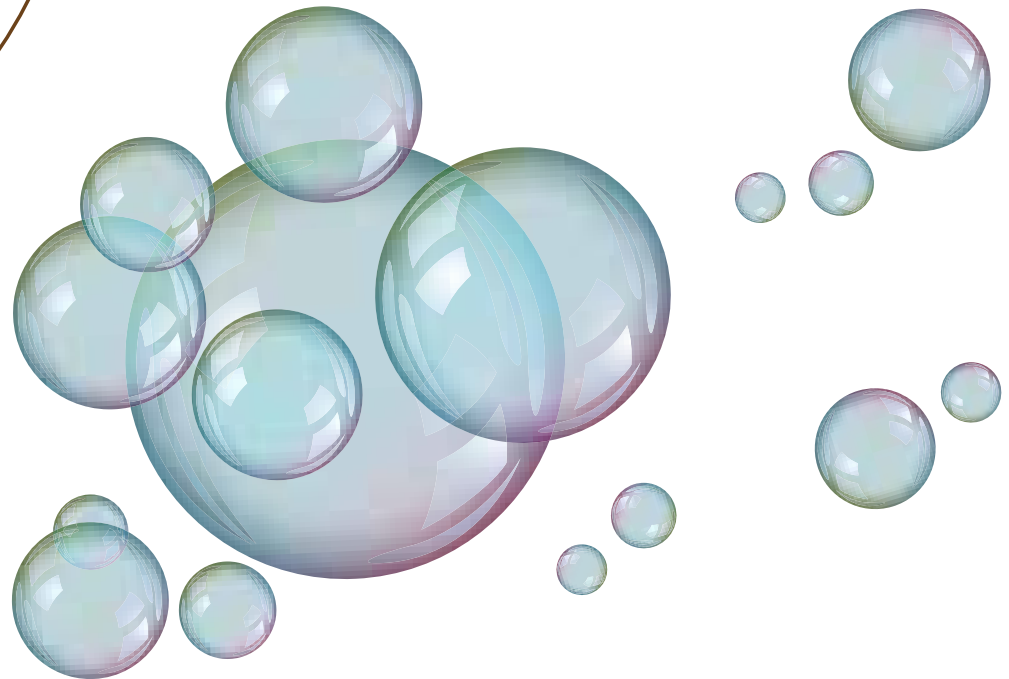
Play Dough

YOU WILL NEED:

1/2 cup flour
1/2 cup water

1 cup oats
Food coloring (optional)

Mix flour, water and oats together well and add food coloring if desired. Then hand knead until smooth (this starts out very sticky, so add in more flour as you knead and make smooth). Simple as that!



SUNDAY

MONDAY


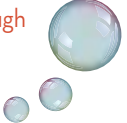
TUESDAY

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Notes:		7	2	3	4	5
		Using your child's name, take turns saying words that rhyme with their name.	DR. SEUSS' BIRTHDAY! Read a Dr. Seuss book such as Green Eggs and Ham.	Find items in your house that begin with the letter "P."	Encourage your child to paint with different objects from nature such as sticks, leaves or rocks.	Practice direction words: on, under, over, in, off.
6	7	8	9	10	11	12
Let your child help you shop for groceries. Make a list and let her help you find the items at the store.	Using crayons, markers, paint etc draw a picture of an animal and label its color.	Count to 10 with your child! Go higher if you can!	*Make Play Dough together. Show your child how to poke, pinch squeeze and roll the dough to make shapes. 	Talk about where you live. Give the address, that includes the street, city and state.	Play a game where each of you take turns.	Introduce your child to a new food this month. Talk about the kind of food and how it keeps you healthy.
DAYLIGHT SAVINGS TIME BEGINS	74	15	16	17	18	19
Make a collage with unused items such as a bottle lid, popsicle stick, cotton ball etc.	Read a book together at bedtime.	Dance to music. Talk about the music, "is it fast or slow, soft or loud, high or low?"	Color or paint a rainbow with your child.	ST. PATRICK'S DAY Hide an object and have your child find it. Give them clues to help them in their search.	Look for items in your house that are GREEN.	FIRST DAY OF SPRING Take a walk with your child and look for signs of spring.
20	21	22	23	24	25	26
Collect lids of different size from containers. Ask your child order them from smallest to largest .	Cut out pictures from a magazine that are green.	Draw together on different types of paper: foil, newspaper, wrapping paper or sand paper.	Visit your library and pick a book!	Practice cutting with safety scissors. She can snip scrap paper, play dough or drinking straws.	Talk about different ways to get to one place to another: car, bike, airplane, taxi, walking, bus etc.	Sort different size pasta by shape, size or length. After sorting glue it onto a piece of paper.
EASTER	28	29	30	31	Notes:	
Color eggs together with food coloring or cut out egg shapes and color with markers/crayons. Name the colors used.	Cut out pictures in a magazine that begin with "C." Glue them to a piece of paper.	*Make Bubbles together. Show your child blow bubbles through a straw and slotted spoon. 	Encourage your child to draw a picture of your family.	Have your child practice writing their name.		



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Off To Kindergarten by Tony Johnston



APRIL 2016

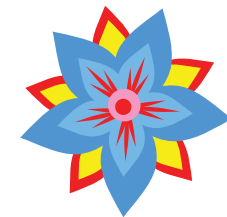


Tie dye art

Create napkin tie dye art. Put a few drops of different food coloring in small containers of water. Fold a paper napkin or coffee filter a few times. Then, dip the ends in the different colors of water.

Unfold and let dry.

(Focus on creativity.)



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Notes:					7		2		
	3	4	5	6	7	8	9		
Have your child help the laundry...they can match socks!	Leave a container or cup outside to measure the rainfall. Show your child how to use a ruler to measure the rainfall.	Using your child's name, take turns saying words that rhyme with their name.	Give your child two step simple directions such as "go brush your teeth and then sit on your bed" before bedtime.	Practice making letters using your body.	Sing the alphabet together.	Ask you child to tell you what happened last night or yesterday.			
WEEK OF THE YOUNG CHILD	70	77	72	73	74	75	76		
NATIONAL LIBRARY WEEK Before reading a book, look at the picture on the front and predict the story.	Ask you child to draw a picture and tell you a story about it. Write down her words at the bottom.	Practice hopping/jumping on one and two feet. See how far you can jump.	Have your child pick his favorite book!	Have your child help you set the table for dinner.	Take time to talk to your child about his day. Share your day too.	Cut open fruits and vegetables to look for the seeds. Talk about why both are part of a healthy diet.			
	17	18	19	*Make Tie Die Napkins or Coffee Filters . Ask your child what colors they see. Ask: What is their favorite color?	20	27	PASSOVER BEGINS	22	23
Practice throwing and catching a ball together.	Explore items in your home. Which ones are hard? Soft? Heavy? Light?	Practice writing letters. Trace letters in shaving cream.		Find objects that begin with the same letter as your name.		EARTH DAY Talk about recycling with your child. Look at things around house, what gets recycled and what gets thrown away.	Talk about food. Ask: What color is it? How does it taste? How does it smell? What does the child like best?		
ARBOR DAY	24	25	26	27	28	29	PASSOVER ENDS	30	
Play "Puddle Jump." Put on your rain gear on a rainy day and practice jumping.	Play "I Spy": call out a letter and see if she can find something in the house that start's with that letter sound.	Take your child to the library!	Take a "senses" walk outside together. Ask "What do you hear? See? What can you touch?"	Play store with your child. Use play money to pay for items. Talk about how much things cost.		Give your child a bag to collect rocks outside. Help your child sort them by size, color, shape etc.	Play a family game together!		



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Mom, It's My First Day of Kindergarten! by Hyewon Yum



MAY 2016

Suncatcher Sensory Bag

These sensory bags are very easy to make and allow kids to explore in many ways.

YOU WILL NEED:

Zip seal bags

Hair gel

Food coloring or washable watercolors

Packaging tape

Fill a zip seal bag with the desired amount of hair gel.

14 oz bottle of gel fits in a large zip seal bag. Add several drops of food coloring. Then squeeze the air from the bag and seal it. Add one food coloring color to one side of the bag and another food coloring

color to the other side of the bag. Blue and yellow food coloring will combine to make green as kids play. Red and yellow will make orange and red and blue will make purple. Once the bag is sealed use packaging tape (or similar) to secure the sensory bag(s) to a window at kids level. Not only does the tape hold the sensory bag to the window, but it also super seals the bag so there is no leaking. As kids play the coloring will mix into the gel, creating a beautiful sun catcher effect. The more they play the more beautiful the sensory bags become!



Salt and Flour Paint

YOU WILL NEED:

1/2 cup flour

1/2 cup salt

1/2 cup water

Food coloring

Blend 1/2 cup of flour with 1/2 cup of salt. Add 1/2 cup of water and mix until smooth. Divide it up into 3 sandwich bags and add a few drops of liquid watercolor or food coloring to each bag. Squish them up until the “paint” is well blended. Add more water if you’d like a thinner paint.

IDEA: Cut a corner off the baggie and squeeze the paint mixture onto paper.



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7 String noodles or "O" shaped cereal onto a shoe lace or string. Tie ends together to make a necklace your child can wear.	2 Talk to your child about how to care for books. Show how to turn the pages gently. Together find a special place to keep books at your home.	3 TEACHER APPRECIATION DAY Play a counting game and ask your child to "find 3 pencils, find 5 pennies" etc.	4 Discuss proper dental care with your child including brushing and flossing.	5 Today is the 5th day of the 5th month. Count backwards from 5 to 0.	6 Cut a potato or pepper in half. Use one half and dip in paint. Press paint side onto paper like a stamp to make designs. Talk about the inside of the food.	7 Create a memory box. Decorate an old shoe box. Use it as a special place for your child to collect things.
8 MOTHER'S DAY Together find objects that start with the letter "M" in a magazine or around your house.	9 Sort household items by the beginning letter. "Let's put all the things that start with "C": car, candy, can etc.	10 Have your child use their fingers to count small items—like sunflower seeds or mini marshmallows.	11 Eat a snack of animal crackers. Sort the crackers into groups by animal and count each group.	12 Show your child a map of your state. Point out where you live.	13 *Make a Suncatcher Sensory Bag. 	14 Talk about things that you can do outside in spring that you were not able to do in the winter.
15 Look for things that are the color black all this week.	16 Encourage your child to "read" to you by using the pictures to tell a story.	17 Give your child a ball and practice giving directions such as "put the ball under your chin."	18 Library Day! Find two books that talk about flowers.	19 *Make Salt and Flour Paint. Have your child practice making different shapes. 	20 Talk about the steps to planting a seed. How much soil? How much water? How much sun? (Does it like full sun or partial sun?)	21 Help your child plant a seed in a small cup. Place in a sunny place. Water with your child and watch it grow!
22 Keeping your body clean is part of being healthy. Teach your child how to bathe, dress, brush teeth and wash hands.	23 Have your child find things around the house that are square, circular and rectangular.	24 Sing a favorite song together.	25 Write a word or letter with highlighter and ask your child to trace with a pencil.	26 Discuss with your child where foods come from (ex: eggs come from a chicken).	27 Visit a playground and climb together.	28 After listening to a story, have your child tell you what happened first, next and last.
29 Read a story to your child pointing to each word as you read.	30 MEMORIAL DAY Practice the "ABC" Song with your child.	31 How many books have you read this month? Help your child count them.	Notes:			

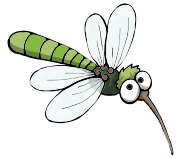


SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Punk Farm by Jarrett J. Krosoczka



J U N E 2 0 1 6



There Was A Little Turtle

There was a little turtle.

(Make a fist in one hand)

He lived in a box.

(Make a box with both hands)

He swam in a puddle.

(Make swimming motions)

He climbed on the rocks.

(Have the fingers on one hand climb up the other arm)

He snapped at a mosquito.

(Clap hands)

He snapped at a flea.

(Stick out tongue)

He snapped at a minnow.

(Dip hand down to catch a fish)

He snapped at me.

(Point to self)

He caught the mosquito.

(Grab with hand)

He caught the flea.

(Grab with hand)

He caught the minnow.

(Grab with hand)

But he didn't catch me!

(Run away)



Lava Lamp

Add some food color to a cup of water. Then fill a vase with 3/4 full vegetable oil. Next add colored water to the vase leaving 1 inch to the top. Break an alka seltzer into tiny pieces and drop them in one piece at a time & watch your lava lamp come to life. You can also take it into a dark room and put a flashlight underneath.

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SATURDAY

Notes:			1	2	3	4
			7	8	9	10
5	6	*Sing a favorite song or do a finger play together, like <i>The Little Turtle</i> , above.	7	8	9	10
12	13	FLAG DAY	14	15	16	17
19	20	Together write your child's full name using upper and lower case letters.	21	22	23	24
26	27	Have your child turn the pages as you read them a story.	28	29	30	Notes:

Go to the grocery store. Pick out fruits and vegetables and have your child name the colors.

Have your child practice counting from 1 to 15.

*Sing a favorite song or do a finger play together, like *The Little Turtle*, above.



Make a chart together to record the weather each day for the next month. How hot is it? Is it sunny? Cloudy? Rainy?

Make a picnic lunch with your child and eat it outside.

Have your child help fold clothes and count how many he/she folds.

Celebrate something your child has accomplished.

Arrange a play date with one of your child's friends.

Have your child draw a picture of fun things to do in the summer.

FLAG DAY
Count the stripes on the American flag.

Give your child three simple directions to follow (ex: go get your shoes, put them on and wait at the door).

With your child cut out 2 of each shape such as square, circle, triangle etc. Play a matching game.

Together sing the "ABC Song."

Have your child count all the doors and windows in your home.

FATHER'S DAY

Play a board game or a card game with your child.

FIRST DAY OF SUMMER

Together match plastic containers and lids.

Together write your child's full name using upper and lower case letters.

Look for things that are yellow. See how many you can name.

With your child sort coins into groups by color or size.

Make a new recipe/food together and encourage your child to try it.

Read two books today. Have your child tell you which is his/her favorite and why.

Visit a playground and help your child with climbing activities.

Cut up an old greeting card in puzzle-like shapes. Ask your child to fit the pieces back together.

Have your child turn the pages as you read them a story.

With your child recite/sing the days of the week.

*Make a Do It Yourself Lava Lamp



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Planet Kindergarten by Sue Ganz-Schmitt





JULY 2016



Fireworks in a Jar

YOU WILL NEED:

- Oil
- Water
- Food coloring
- Jar



Fill your jar $\frac{3}{4}$ of the way full with warm water. In a separate bowl, mix a 3-4 tablespoons of oil and several drops of different colors of food coloring (I used 4 drops of each color: red, yellow, blue, and green). Use a fork to gently mix the oil and food coloring together. Gently pour the oil mixture into the jar. Watch what happens—the food coloring will slowly sink out of the oil and into the water. When this happens, it will expand and begin to mix with the other colors.

THE SCIENCE BEHIND IT:

Food coloring dissolves in water but not in oil. Because the oil is less dense than the water, it will float at the top. The colored droplets will begin to sink because they are heavier than the oil. Once they sink into the water, they will begin dissolving into the water (which looks like a tiny explosion).



SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:

								7		2	
								Together write a story about the plant/flower you planted last month.		Time your tooth brushing. Play one of your child's favorite songs and have him/her brush teeth until the song is over.	
3		INDEPENDENCE DAY		4		5		6		7	
Work together on a project or household job. Talk about how working together helps things go faster and is more fun.		Watch fireworks in the evening, name the colors you see!		*Make Fireworks in a Jar.				Have your child find things that begin with the letter "T" inside or outside.		Have your child use your shoes to measure a room in your home. How many shoes across?	
8		9		10		11		12		13	
Visit the library with your child.		Have your child find things that his/her favorite color.		Create a list of four tasks for your child to complete today.		Have your child draw a picture of your family. Have them say the first and last names of each person.		Make a sculpture with play dough and objects your find around your home. Put it somewhere safe to dry.		Play date with a friend day!	
14		15		16		17		18		19	
Encourage your child to "paint" with water outside on pavements, sidewalks, bricks, etc.		Introduce your child to a variety of measuring cups. Talk about what each one measures or is used for.		Look for insects around your home outside. Talk about the bugs and what they look like (how many legs?) and what they may like to eat.		Visit a park and climb together.		Have your child practice bouncing a ball and counting the number of bounces.		Make bean bags together by partially filling a sock with beans or rice and tying a knot in the sock.	
20		21		22		23		24		25	
Suggest that your child move like different animals: hop like a rabbit, slither like a snake, crawl like a bug and fly like a bird.		Talk about how many family members you have; how many boys, girls, who is the youngest, oldest?		Do a favorite activity with your child.		PARENT'S DAY		Encourage your child to dress himself/herself.		26	
26		27		28		29		30		31	
Have your child count the number of steps from his/her bed to the bathroom.		Make pudding together. Help you child pour and stir the ingredients. Talk about the ingredients and how much of each you use.		Together act out a familiar story and use/ make simple props to go with the story.		With your child take a walk and count the stars.		Create sound patterns using your hands and/or feet (clap, clap, stomp, finger snap, clap, clap, stomp).		Make a toilet paper roll bird feeder using the empty roll, peanut butter and bird seed.	
32		33		34		35		36		37	

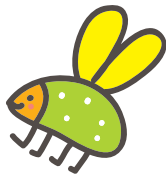
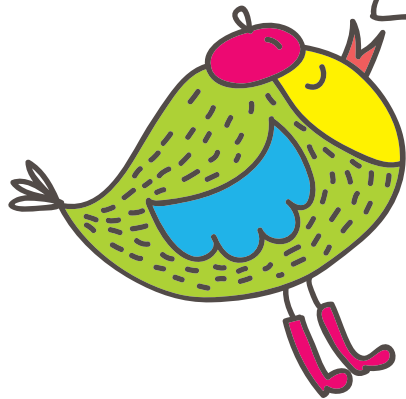


SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Hands Off, Harry by Rosemary Wells



AUGUST 2016



Homemade "Musical Instrument"

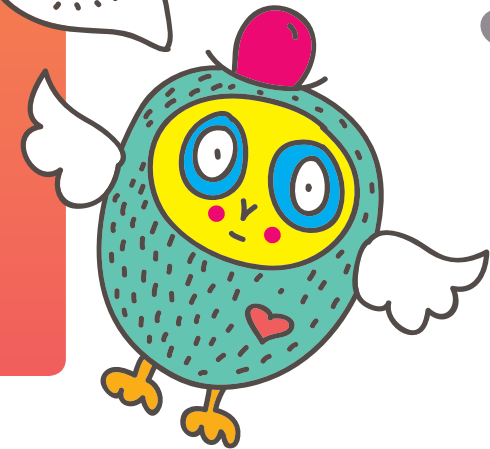
YOU WILL NEED:

- Clear plastic bottle with cap
- Uncooked rice and/or uncooked, dried corn
- Box of toothpicks

Fill a dry empty bottle with a box of toothpicks. Add rice (uncooked) to the bottle leaving an empty space of about 1- 1/2 inches at the top. Seal the lid. As you gently turn the bottle, the rice falls through the toothpicks, sounding like rain.



FUN ADDITION: add small objects to the bottle for a way to play "I Spy" what is hiding in the rice.



SUNDAY

MONDAY

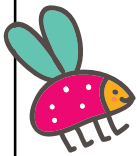
Tuesday



Wednesday

THURSDAY

FRIDAY

SATURDAY



	<p>7</p> <p>Start a kindergarten countdown. Write 30, 29, 28 all the way down to 1 on a piece of paper. Cross out one number a day to show how many days are left until school.</p>	<p>2</p> <p>Make bubble prints. Just add a little food coloring to milk and blow bubbles with a straw. Milk bubbles are heavier than soap bubbles, so be prepared for splashes of colorful milk with paper!</p>	<p>3</p> <p>Talk to your child about things that make him/her nervous, scared, excited, sad and happy. Tell your child things that make you feel those ways too.</p>	<p>4</p> <p>Go outside and play hopscotch with your child.</p>	<p>5</p> <p>*Make a "musical instrument" with household items.</p> 	<p>6</p> <p>Have your child use their new musical instrument while dancing to a favorite song. Include scarves and ribbons in the dance too!</p>
<p>7</p> <p>Go outside, lie on your backs and look at the clouds. Observe the clouds looking for animals, shapes and objects.</p>	<p>8</p> <p>Make your own cloud art. Mix 3 parts shaving cream and 1 part glue. Use cotton balls and dab in a cloud shape onto paper.</p>	<p>9</p> <p>Visit the library today and find a book about going to school. Talk about kindergarten.</p>	<p>10</p> <p>Ask your child to imagine what kindergarten will be like. Ask him/her to draw a picture and tell you about it.</p>	<p>11</p> <p>Introduce the concept of time. Talk about what happens in the morning (get up, breakfast) in the afternoon (lunch) and in the evening (dinner, story time, bed).</p>	<p>12</p> <p>Talk about how your family's schedule may change when school starts. Discuss morning routines and after school routines.</p>	<p>13</p> <p>"Paint" in the bathtub. Make "paint" with 1 Tbsp. cornstarch, 1/3 cup dishwashing soap and food coloring. Paint away!</p>
<p>14</p> <p>Measure your child to see how tall they stand. Log on a growth chart. If you do not have one, start one today!</p>	<p>15</p> <p>Together, pick out the clothes your child will wear the first day of school. Keep them in a special place for that day.</p>	<p>16</p> <p>Help your child write a note. It could be to remind them to do something (put away their toys) or it could be written to someone else.</p>	<p>17</p> <p>Have your child count the spoons and forks in your silverware drawer.</p>	<p>18</p> <p>Talk with your child about his/her feelings as the school year is about to begin.</p>	<p>19</p> <p>Ask your child to draw their new teacher a picture. Encourage your child to take the picture with them on the first day of school.</p>	<p>20</p> <p>Create a fort together. Drape sheets and blankets over furniture. Crawl in with your child. Use a flashlight to make shadow puppets. Have fun!</p>
<p>21</p> <p>White week...have your child find as many things this week as he/she can that are white. Make a list.</p>	<p>22</p> <p>Have your child practice skipping, galloping and marching. Play Follow the Leader to make it more fun!</p>	<p>23</p> <p>See how many balls each of you can make out of play dough (see recipe). Make big and small ones. Roll them until they are smooth.</p>	<p>24</p> <p>Read a book before bedtime to help calm your child from the day's activities.</p>	<p>25</p> <p>Gather 3 or 4 pictures of your child at different ages. Talk about each one then ask him/her to put them in order by age.</p>	<p>26</p> <p>Use addition and subtraction words like "I have one cracker and you have two crackers. That makes three crackers."</p>	<p>27</p> <p>Put different plastic containers in the bathtub for pouring. Encourage your child to pour water back and forth between the two.</p>
<p>28</p> <p>When dining out give your child a few choices of meals. Let your child choose what she/he will eat from the choices given.</p>	<p>29</p> <p>Have your child draw a picture of his/ her new school.</p>	<p>30</p> <p>Collect small items and ask your child to tell you which group has more/less.</p>	<p>31</p> <p>Have your child tell you what his/her favorite part of school has been so far.</p>	<p>Notes:</p>		



SUGGESTED BOOK FOR FOUR & FIVE YEAR OLDS

Is Your Buffalo Ready for Kindergarten by Audrey Vernick



GETTING Ready FOR KINDERGARTEN!

Contact your local school district to find out the dates for kindergarten registration. You will need the following items to register your child for public school:

- Birth certificate
- Social Security card
- Current immunization record
- Health history form completed by parent/guardian
- Physical and dental exam performed by a health care professional
- Proof of residency such as a driver's license or a rental or mortgage agreement

Check with your local school district to see if additional information is required for registration.



DAUPHIN COUNTY SCHOOL DISTRICTS

Central Dauphin School District

600 Rutherford Rd.
Harrisburg, PA 17109
717-545-4703
www.cdschools.org

Derry Township School District

30 East Granada Ave., PO Box 898
Hershey, PA 17033
717-534-2501
www.hershey.k12.pa.us

Halifax Area School District

3940 Peters Mountain Rd.
Halifax, PA 17032
717-896-3416
www.hasd.us

Harrisburg City School District

1601 State St.
Harrisburg, PA 17103
717-703-4000
www.hbgasd.k12.pa.us

Lower Dauphin School District

291 E. Main St.
Hummelstown, PA 17036
717-566-5300
www.ldsd.org

Middletown Area School District

55 W. Water St.
Middletown, PA 17057
717-948-3300
www.raiderweb.org

Millersburg Area School District

799 Center St.
Millersburg, PA 17061
717-692-210
www.mlbgasd.k12.pa.us

Steelton-Highspire School District

250 Reynders St.
Steelton, PA 17113
717-704-3800
www.shsd.k12.pa.u

Susquehanna Township School District

3550 Elmerton Ave.
Harrisburg, PA 17110
717.657.5100
www.hannasd.org

Upper Dauphin Area School District

5668 State Route 209
Lykens, PA 17048
717-362-8134
www.udasd.org



resources

BOYS AND GIRLS CLUB OF CENTRAL PENNSYLVANIA

1227 Berryhill Street, Harrisburg
717-234-3268
www.bgccp.org

Promotes and enhances the development of boys and girls in a safe and positive environment

CAPITAL AREA HEAD START

3700 Vartan Way, Harrisburg
717-541-9620
www.keystonehumanservices.org

Provides education and other services to low income children and their families

CENTRAL PA FOOD BANK

717-564-1700
www.centralpafoodbank.org

CHILDLINE

800-852-2102
State child abuse registry

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

800-986-KIDS
www.chipcoverspakids.com
A state-funded health insurance for uninsured children and teens

COMMUNITY CHECK-UP CENTER

38C Hall Manor, Harrisburg
717-233-1700
www.communitycheckupcenter.org
Provides medical services to uninsured and underinsured individuals

CONTACT HELPLINE

800-932-4616
www.contacthelpline.org
Emergency counseling and referral agency for social services

DOMESTIC VIOLENCE HOTLINE

800-799-SAFE

HAMILTON HEALTH CENTER

110 S. 17th Street, Harrisburg
717-230-3909
www.hamiltonhealthcenter.com
Provides adult and children primary medical care and dental services, women's obstetric and gynecological services, laboratory and radiology services, HIV testing and treatment services, as well as HIV and substance abuse prevention services for women with children and case management services for pregnant women with children.

JOSHUA GROUP

1442 Market Street, Harrisburg
717-236-4464
www.joshuagroup.org
Youth mentoring organization

LIHEAP

Pennsylvania Low Income Home Energy Assistance Program Hotline
866-857-7095

MEN MATTER FATHERHOOD INITIATIVE

717-909-1278
A program that helps fathers with parenting skills

MIDPENN LEGAL SERVICES

213-A N. Front St., Harrisburg
800-932-0356
Offers assistance in filing a protection from abuse (PFA) petition

PARENTWORKS OF PRESSLEY RIDGE

50 Utley Drive, Suite 200, Camp Hill
717-774-3673
www.pressleyridge.org
Resource center for parents and young children; parent education and child-abuse prevention

THE SALVATION ARMY HARRISBURG AFTER SCHOOL PROGRAM

1122 Green St, Harrisburg, PA 17102
(717) 233-6755
Provides after school programs in the Harrisburg School District

SUICIDE PREVENTION HOTLINE

800-273-TALK



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200 N. 3rd Street • 8th Floor • Harrisburg, PA 17101
717-236-5040 • Fax: 717-231-4463
www.tfec.org

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