

# 30 Days of Good Things for Young Children

LEARNING, DISCUSSING, LAUGHING, PLAYING, PONDERING, REFLECTING, SHARING

<p><b>Let's Move:</b> Move your body in different ways. Can you walk slowly? Walk fast? Walk low? Walk tall? Balance on one foot? Run and then stop quickly? Move in a zig zag formation? Twist a body part? Hop on 1 foot? Hope on 2 feet? Skip?</p>	<p><b>Read/Listen</b> to <a href="#">Mouse Paint</a> by Ellen Stoll Walsh. What colors can you find? What colors were missing? Can you remember how the mice made the color orange? green? purple?</p> <p>Read/Listen to <a href="#">Lunch</a> by Denise Fleming. What other colors and foods can you think of?</p>	<p><b>Breakfast Estimate:</b> How many spoonfuls will it take for you to finish your cereal? Make an estimate and then count.</p>	<p><b>Shape Memory Game:</b> Have a family member draw a shape on a piece of paper, show it to you, then flip the paper over. Can you draw the same shape in the air with your finger? Play again! Next time, you draw the shape and let your family member draw it in the air.</p>	<p><b>Listening Walk:</b> Go on a walk around your house, your yard, or your neighborhood. What different sounds do you hear? What is making the sound? Can you make the same sound?</p>
<p><b>Search for Numbers and Letters:</b> Read the numbers and letters you see on license plates. You can write them down to keep track of those you see. Can you find all of the letters of the alphabet? Can you find numbers 0, 1, 2, 3, 4, 5, 6, 7, 8, &amp; 9?</p>	<p><b>Tell Me A Story:</b> Open a picture book, magazine, or catalog to a random page. Tell a story about the picture on the page. Take turns with your family telling stories!</p>	<p><b>Homemade Playdough:</b> Make <a href="#">playdough</a>. What you can do with the playdough? How does it feel?</p>	<p><b>Wash Day:</b> Fill a large tub, sink or bathtub with water and add some soap, sponges, wash cloths, and toys that need washing (e.g., baby dolls, figures, duplo blocks). Wash away! Don't forget to dry them off!</p>	<p><b>Paths:</b> Draw a long curvy and twisty line on the sidewalk or blacktop with chalk. Then, see if you can follow the line without falling off. How hard can you make your path?</p>
<p><b>Concentration:</b> Play <a href="#">concentration</a> on a computer or tablet with numbers or shapes. Another fun way to play concentration is with friends' and family members' names and photos. Here's an <a href="#">idea</a>.</p>	<p><b>Predictions:</b> Collect small items, such as buttons, beans, pebbles, and leaves. Fill a cup or small bowl with water. Make a prediction: Will the object sink or float? Drop an item into the water and see what happens!</p>	<p><b>Reading in the Dark:</b> Turn off the lights and read a story with your family using a flashlight, a lantern, or a candle. Be careful!</p>	<p><b>Monster Footprint Hop:</b> Make paper footprints or use chalk to create a challenging path where you move your body forwards, backwards, sideways as you hop, twist and turn.</p>	<p><b>How Do You Feel?</b> Make silly faces! Can you make your face look happy? mad? sad? afraid? surprised? Look at a family member's face. Can you tell by their face how they are feeling?</p>



# 30 Days of Good Things for Young Children

LEARNING, DISCUSSING, LAUGHING, PLAYING, PONDERING, REFLECTING, SHARING

<p><b>What's Missing? Game:</b> Have a family member put a green, red, yellow, and blue object on a tray. Look carefully. Then have the family member remove one item from the tray. Look again. What is missing? Try with more colors on the tray or taking more than one item away at a time!</p>	<p><b>Hunting for Shapes:</b> Go on a Shape Hunt around your house or in your yard. Can you find triangles? Circles? Squares? Rectangles? Hexagons? Read/Listen to <a href="#">Round is a Tortilla: A Book of Shapes</a> for inspiration.</p>	<p><b>Look at ME:</b> Use a mirror and look closely at your face (or body). Either trace your face and parts of your face right onto the mirror or use paper, crayons/ colored pencils/ markers to draw what you see in the mirror.</p>	<p><b>Reading Buddies:</b> Read or tell a bedtime story to a stuffed animal. Draw a picture about your favorite part of the story.</p>	<p><b>Let's Dance:</b> Move your body in different ways to music. Here are a few ideas: stomp, freeze, move low, move fast, twist, move backwards, move sideways, shake, move slowly, move like a robot. Make up your own dance and teach it to someone. Sing while you dance, too!</p>
<p><b>Alphabet Foods:</b> Name a food for every letter of the alphabet. Can you think of something for EVERY letter? Which foods have you eaten before? Which would you like to try?</p>	<p><b>All About Me:</b> Make an All About Me Book by folding and/or stapling several pieces of paper together. Draw a picture of you on the front cover. Write your name. Trace your foot /hand. Draw a picture of your family. Draw and/or write about your favorite foods. What else could you include in your book?</p>	<p><b>Spring is Here:</b> Go on a <a href="#">Spring Scavenger Hunt!</a> Use the printable found on the link or make your own list of spring things. Check off the different objects that you find. Read some books about spring, too!</p>	<p><b>Puzzle Time:</b> Find a fun picture in a magazine or one of your own photos. Use scissors to carefully cut up the picture into several pieces. Then, try to put the picture back together! When you are done, put the pieces into a baggie to save for another day.</p>	<p><b>Rhyme Time:</b> Look for objects around your home or around your neighborhood that rhyme with:</p> <ul style="list-style-type: none"> <li>• cat</li> <li>• dog</li> <li>• mouse</li> <li>• ran</li> <li>• hit</li> </ul> <p>What other words can you think of?</p>
<p><b>Let's Draw:</b> <a href="#">Fill a large Ziploc bag</a> with tiny beads, rice, sprinkles or beans. Then, tape it to the table. Use your finger to "draw" on the bag (pushing the items away to reveal what you wrote). What letters can you make? Numbers? Words? Designs?</p>	<p><b>Ten Frames:</b> Play <a href="#">Ten Frame Fun Flash</a>. Can you figure out how many dots are showing before the answer is given? Tell someone how you figured out how many so quickly! What did groups did you see?</p>	<p><b>Yummy Letters:</b> Choose a food item out of your pantry. Then, see how many letters you can find on the item. You can point to them and say the letter name or you can keep track of them using paper and a pencil.</p>	<p><b>Number Roll:</b> Get two cups and a collection of small blocks, pom poms, pennies, jacks, cotton balls - whatever you have. Take turns rolling a <a href="#">die</a> and counting the correct number of objects to put in your cup. Take turns until someone has a cup filled to the top. Play again!</p>	<p><b>Shadow Drawing:</b> Place 3 toy animals or figures on a white piece of paper outside on a sunny morning. Use a pencil/marker to trace the shadows of each. Then, repeat mid-day and in the later afternoon. What did you notice? What's the same? different? Why?</p>

