







Activity Calendar

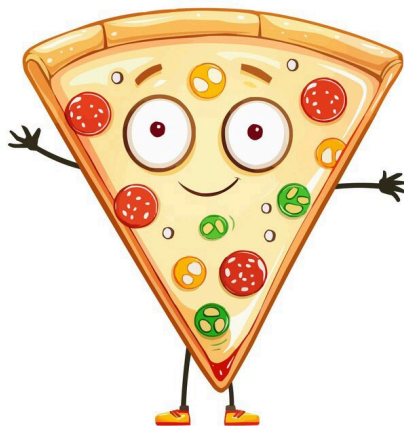
Try New Things

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez</p> <div>    </div>					<p>1. This month will focus on trying new things to help your child be open to and accepting of different types of people, foods, and experiences!</p>	<p>2. Weekend Wrap-Up Start this month off with a backward day! Have dessert for breakfast, breakfast for dinner, and any other number of things you can think of to mix things up!</p>
<p>3.</p> 	<p>4. Start with small portions. Just a taste of a new food is a good start, and serve that same food in as many ways as possible until one sticks!</p>	<p>5. Let your child help you prepare new food choices. Help make the fruit salad or mash the potatoes or peel the carrots!</p>	<p>6. Serve foods in a fun way! Serve yogurt and fruit in an ice cream cone! Maybe broccoli spears in a popcorn bag with a side of ranch for dipping??</p>	<p>7. ACTIVITY PAGE "Play with your food."</p>	<p>8. Have snack bags already created with cut-up fruits, vegetables, and other new snack foods. This will make it easier for your child to just grab and go!</p>	<p>9. Weekend Wrap-Up Go to your community Farmer's Market to pick out some fresh fruits and vegetables! If not, the grocery store will do just fine!</p>
<p>10.</p> 	<p>11. Gather up any types of balls, rackets, hoops, etc. that you may have tried with your child in the past and try them again in any creative ways your child can think of!</p>	<p>12. Seek out any sporting events in your community—even a game that just popped up in the park! Exposure to new sports may spark your child's interest!</p>	<p>13. Let your child make up their own new game. Maybe it involves a flyswatter and a ping pong ball! Maybe dry pasta noodles and a toothbrush! What fun!</p>	<p>14. ACTIVITY PAGE "Family 5K"</p>	<p>15. Have TV time with your child and watch sports that aren't available where you live. Watch WITH your child to talk through how the sport is played!</p>	<p>16. Weekend Wrap-Up If your child likes to do indoor activities, find things to do outside today! If they love the outside, stay in and read or play games!</p>
<p>17.</p> 	<p>18. Help your child cut or tear pictures of people's faces to glue into a collage- all colors, genders, ages, nationalities, etc. Open their eyes to all types of people!</p>	<p>19. Listen to a song in a different language. Get some storybooks from the library written in a foreign language or about different countries.</p>	<p>20. Small paper plates, crayons, different colors of yarn, and glue are all the tools your child needs to make paper plate face puppets!</p>	<p>21. ACTIVITY PAGE <u>I am New Here</u></p>	<p>22. Set up a playdate with a neighbor's child, a cousin, or a friend from preschool. One way to help your child make friends is to be present to break the ice and help work through conflicts.</p>	<p>23. Weekend Wrap-Up Plan an outing with one or more of your friends and have your child come along. That is a great way to model how to have fun with a friend!</p>
<p>24. You've Got This!</p>	<p>25. Build your child's confidence by taking pictures of them trying new things and making an "I Can" board with all of their new adventures!</p>	<p>26. Let your child do "real" jobs- folding clothes, watering plants, pouring milk- build their skills and confidence!</p>	<p>27. Model for your child how you handle things when you make a mistake. Show them that it's okay and they just need to try again!</p>	<p>28. ACTIVITY PAGE "Bucket List"</p>	<p>29. Something as small as allowing your child to pick out their own clothes, shoes, and hair bows can boost their confidence and independence!</p>	<p>30. Weekend Wrap-Up Make this a "Face your Fears" weekend and reintroduce something your child has been afraid to do or try. They may be ready to try again!</p>
<p>31. Believe in Your Self!</p>						



Play with your Food!

Just for fun, for this one day, let your child play with their food! Start with a stack of flour tortillas. Put out a few containers of spreadables such as hummus, cream cheese, and peanut butter. Add some peeled carrots and cucumbers, apple slices, peeled oranges, or any foods you would like your child to try! Allow your child to use a plastic knife to cut the fruits and vegetables into the sizes they would like to add to their blank canvas, the flour tortillas. They can make faces, scenes, or patterns with the spreads, fruits, and vegetables, and then give their creations a taste test. Who knows what new favorites will come from being allowed to play with their food!





Family 5K

Promoting a healthy lifestyle, including physical fitness, is a great way to build your child's confidence and promote a healthy lifestyle. So, why not train for your own "Family 5K"? Start with little walks that turn into jogs that turn into runs over a period of time. Make this fun by adding in special socks everyone wears or headbands to soak up the sweat. When everyone has built up their stamina, have your own family 5K race! Maybe even invite some neighbors. Have a starting point, blow a whistle, and go! Create an ending spot using crepe paper to run through at the finish line! Everyone is a winner, and it might ignite a passion in your family to join in on some 5K races around your community!





I am New Here

By Anne Sibley O'Brien

Maria, Jin, and Fatimah are the new students in school. In their countries, they could speak and understand what was being spoken to them. They could read, write, and play with friends! In this new school, they can't do any of these things. Things are so very different, and they feel alone. Over the course of the book, they find schoolmates who help them learn the language, learn to play, and these classmates also learn from them about their culture and their lives! This book is one with many layers and needs to be read to your child, but also discussed *with* your child about how they can be a good friend to new children at their school when they are feeling scared and alone!



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Bucket List

Grab a bucket you've been using for sand play this summer and some index cards for this activity. You are going to help your child and your family make a bucket list- "different experiences you want to have" individually and together. Maybe your child really wants to try skateboarding. Write that down on an index card and put it in the bucket. Maybe your family has always wanted to go camping! Well, write that down and put it in the bucket. Once a week or any predetermined amount of time, randomly draw a card from the bucket and make that experience happen! You can work to empty the bucket before starting with new experiences or add to it anytime! What a great way to try new things!

