

OCTOBER 2023

Activity Calendar

Book of the Month

Funny Foods

by Todd Parr

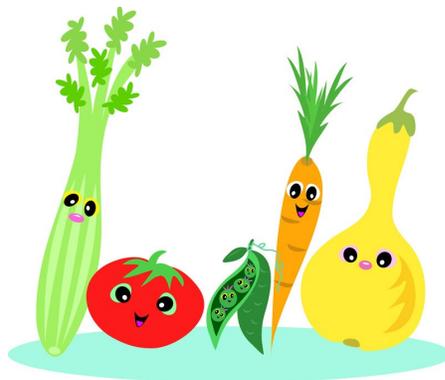


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|--|
| 1 National Hair Day- wear a wacky hair style today | 2 National Child Health Day- time to get a check up! Make a chart of good health practices | 3 National Cookie Month- have a snack of cookies and milk, and read for 15 minutes. | 4 National Taco Day- make today a family taco day for lunch or dinner | 5 National Get Funky Day- smile, laugh and dance today! | 6 National Mad Hatter Day- decorate a paper plate, cut the center so that triangles stand up, now wear the hat | 7 National Play Outside Day- get outside and do something fun |
| 8 National Touch Tag Day- get outside and play a game of family tag | 9 National Moldy Cheese Day- try an experiment with a slice of bread, a slice of cheese and a banana, which one molds quicker? | 10 National Walk to a Park Day- visit a park today | 11 National Fossils Day- 1 cup of used coffee grounds, 1/2 cup of cold coffee, 1 cup of flour, 1/2 cup of salt. Mix together to form dough. Press objects into dough and let dry | 12 National Farmers Day- explore the importance of a farmer today | 13 Time to read a book for 15 minutes! | 14 National Dessert Day- have an apple dessert |
| 15 Global Hand washing Day- read the book "A Germs Journey" and explore the proper way to wash hands | 16 National Sports Day- do something sports related today; pass ball, run laps... | 17 Time to pick a book and read for 15 minutes | 18 National Exascale Day- celebrates the scientists and researchers who make breakthrough discoveries. Try a science experiment today | 19 Today is a great day to have a pear treat for Pear Month | 20 Crockett Johnson's Birthday, writer of Harold and the Purple Crayon | 21 National Reptile Day- color pasta tubes and string them together to create a snake. Make a head out of paper or shell pasta and attach. |
| 22 National Color Day- take a walk, write down all the colors you see. | 23 National TV Talk Show Host Day- pretend to be a talk show host and interview a family member | 24 National Food Day- Read "Funny Foods" by Todd Parr | 25 International Artist Day- practice your art skills, you could make it abstract like Picasso | 26 National Pumpkin Day- draw a pumpkin, paint a pumpkin or make a pumpkin pie | 27 National Frankenstein Day- have a green snack today, such as a kiwi | 28 National First Responders Day- celebrate by reviewing fire safety in the home |
| 29 National Oatmeal Day- try some oatmeal cookies. Add raisins or chocolate chips for fun. | 30 Take time out to read 15 minutes today | 31 National Magic Day- submerge a dandelion in water watch it stay dry, or push pencils through a baggie of water - no leaks! | Fruit of the Month- Pears and Apples Vegetable of the Month- Pumpkin Flower of the Month- Calendula | Filipino American Heritage Month | | |



Egg Carton Garden

Help your child understand how much our farmers give to us on “National Farmers Day” on October 12th by letting them grow their own vegetables! All you need are some vegetable seed packets, an empty egg carton, and some potting soil. Have your child put some soil in each section of the egg carton and water them lightly. Then, let your child add a few seeds into each section and make sure they are covered with the soil. Put the egg carton in a spot in your home that gets sunlight and remind your child to give them a little water each day. Once the plants start to sprout, you can help move them to a larger container outside or start your own garden bed if you have space. Before you know it, your little farmer will be picking their own carrots or peas to share with the family!





Call 9-1-1!

October 28th is “National First Responders Day” and what better day to talk to your child about when to push the numbers 9-1-1 on a phone. Talk about how we protect and take care of people we love. Ask them if they know what a firefighter or police officer protects us from? How about a paramedic who comes in an ambulance? Next, tell them that you are going to teach them how to call a firefighter or a police officer or an ambulance if something happened at home and mommy, daddy or any adult caring for them was sick and couldn’t help them. Show your child three index cards. One with a 9 on it and the number 1 on the other two cards. Talk about how these numbers look. Let your child run their finger over them to see that the 1’s are just straight lines and the 9 has a curve at the top. Show them your cell phone or home phone and ask them if they see the numbers that you just showed them on the index cards. Let them point to them and tell them that they can’t push those buttons on the phone unless there is an emergency at home and an adult couldn’t take care of them. Finally, put these three cards on your refrigerator or low cabinet using tape or magnets where your child can see them if they ever need to call 911 and have first responders come and help them!