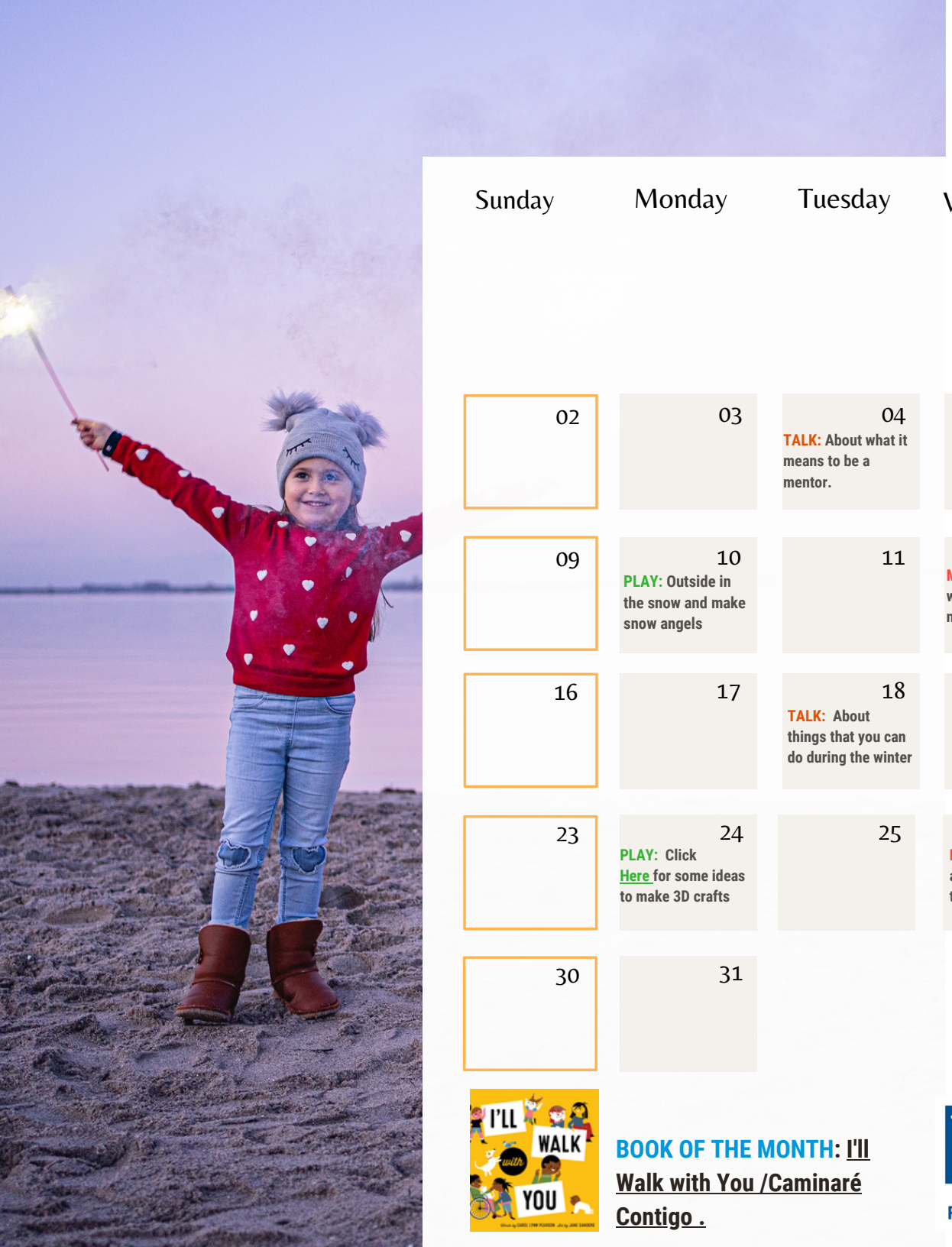

January

National Mentoring Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03	04 **TALK:** About what it means to be a mentor.	05	06 **READ:** "I'll Walk with You" by Carol Lynn Pearson	07	08
09	10 **PLAY:** Outside in the snow and make snow angels	11	12 **MOVE:** Go on a walk around neighborhood	13	14 **EXPLORE:** Find some fresh snow and make some snow ice cream here's a recipe	15
16	17	18 **TALK:** About things that you can do during the winter	19	20 **READ:** Read your kids a story that was your favorite as a child	21	22
23	24 **PLAY:** Click Here for some ideas to make 3D crafts	25	26 **MOVE:** Get up and move by playing this fun game here	27	28 **EXPLORE:** Outside and do a photo scavenger hunt here are some ideas	29
30	31					

BOOK OF THE MONTH: I'll Walk with You /Caminaré Contigo .

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February

National Black History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 **TALK:** About what it means when the groundhog sees or does not see it's shadow	02	03 **READ:** "Love Makes a Family" by Sophie Beer	04	05
06	07 **PLAY:** Make homemade Valentines day cards	08	09 **MOVE:** Your fingers and practice drawing hearts on paper	10	11 **EXPLORE:** A forest preserve and find animal tracks and guess what animal might have made them	12
13	14	15 **TALK:** About the things that you love about each other	16	17 **READ:** A Valentines day book and have your kids help you read it	18	19
20	21 **PLAY:** Sensory play is Important! Here are some ideas	22	23 **MOVE:** Get moving by playing red light green light Here are some ideas	24	25 **EXPLORE:** Keep children busy by creating a busy box	26
27	28					

BOOK OF THE MONTH: Love makes a family /El amor haze una Familia

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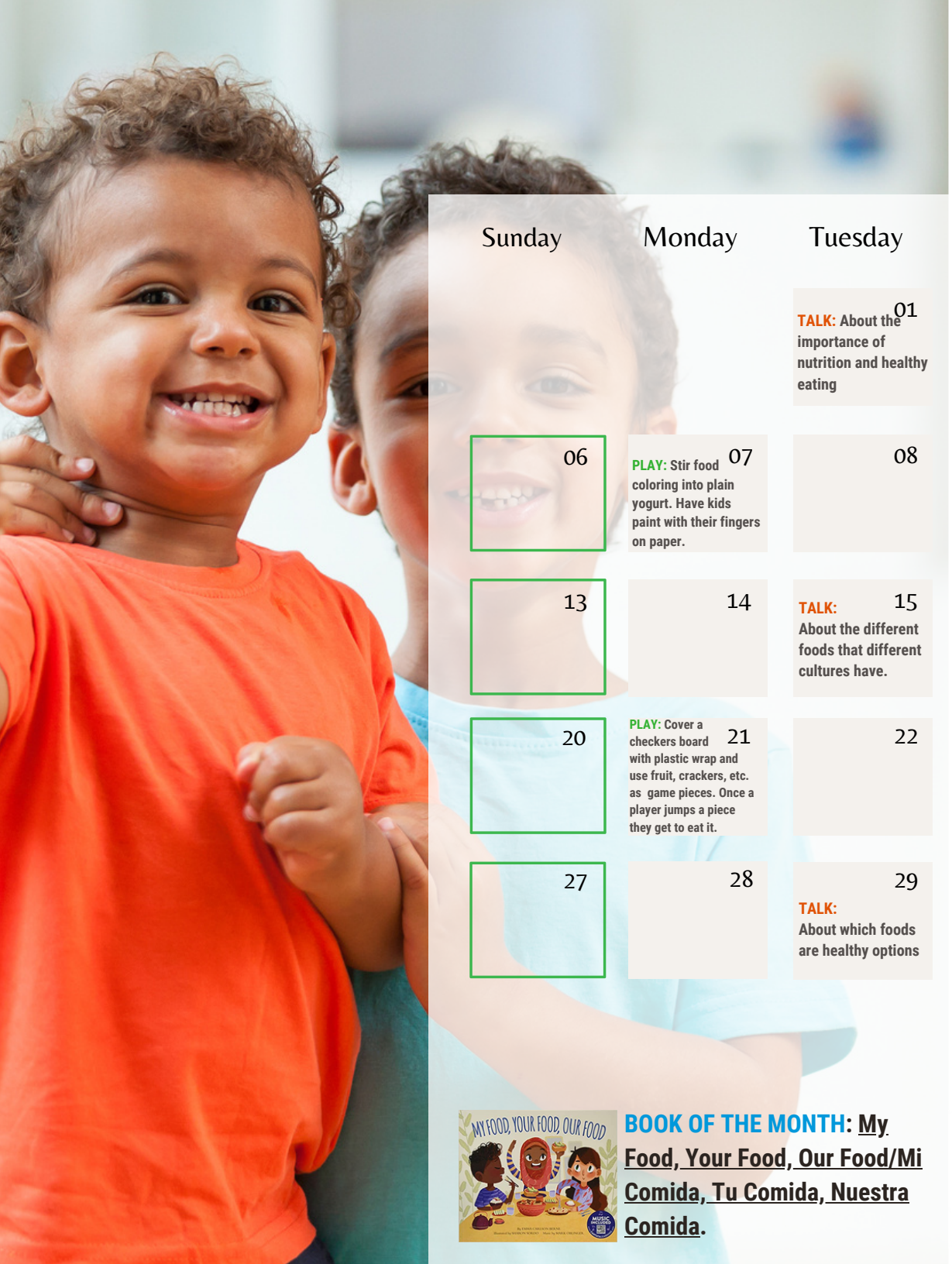

March

National Nutrition Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 **TALK:** About the importance of nutrition and healthy eating	02	03 **READ:** "My Food, Your Food, Our Food" by Lisa Bullard	04	05
06	07 **PLAY:** Stir food coloring into plain yogurt. Have kids paint with their fingers on paper.	08	09 **MOVE:** Get Up and have a dance party	10	11 **EXPLORE:** A different food dish	12
13	14	15 **TALK:** About the different foods that different cultures have.	16	17 **READ:** A St.Patrick's Day book	18	19
20	21 **PLAY:** Cover a checkers board with plastic wrap and use fruit, crackers, etc. as game pieces. Once a player jumps a piece they get to eat it.	22	23 **MOVE:** Get moving by doing some yoga. Here is a video to try.	24	25 **EXPLORE:** Different flowers in the neighborhood	26
27	28	29 **TALK:** About which foods are healthy options	30	31 **READ:** A bedtime story before bed.		

BOOK OF THE MONTH: My Food, Your Food, Our Food/Mi Comida, Tu Comida, Nuestra Comida.

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April

National Month of Hope

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 **TALK:** About different ways you can be kind to others	02
03	04	05 **READ:** "Be Kind" by Pat Zeitlow Miller	06	07 **PLAY:** In the rain	08	09
10	11 **MOVE:** Practice fine motor skills by coloring.	12	13 **EXPLORE:** Go out and try to find a rainbow. Here's how to make your own if you can't find one	14	15 **TALK:** Talk about the meaning of hope	16
17	18	19 **READ:** A book about the Earth. Here are some ideas	20	21 **PLAY:** Learn about the the earth. Here are some activities	22	23
24	24 **MOVE:** Practice gross motor skills by clapping to your favorite song	26	27 **EXPLORE:** Letting kids explore is important! Here some some ideas	28	29 **TALK:** Talk about what you are hopeful for in the future	30

BOOK OF THE MONTH: Be Kind/ Sé amable

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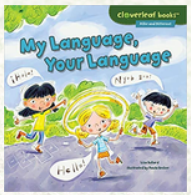
May

National Better Speech and Language Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03 **TALK:** About the reasons why learning languages is important Here are some ideas	04	05 **READ:** "My Language, Your Language" by Lisa Bullard	06	07
08	09 **PLAY:** Learn how to say Hello in 5 different languages here's a video	10	11 **MOVE:** Play animal charades but say the animal in different language	12	13 **EXPLORE:** Go to a park and find different objects to learn their name in a new language	14
15	16	17 **TALK:** About the different flowers that have been planted and how they grow	18	19 **READ:** Create a book in a different language and read it with your kids	20	21
22	23 **PLAY:** Learn your favorite song in a differnt langauge	24	25 **MOVE:** Click here some fun was to get moving!	26	27 **EXPLORE:** Go out in the yard to try and hear different animals making noise and copy the noises	28
29	30	31 **TALK:** About different things that you can do over the Summer Break				



BOOK OF THE MONTH: My Language, Your Language /Mi Idioma, Tu Idioma.

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June

National Great Outdoors Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01	02 **TALK:** About different things that you can do to get outside	03	04
05	06 **READ:** "Let's Go Outside" by Amy Pixton	07	08 **PLAY:** Go and play at a local play ground	09	10 **MOVE:** Like an animal here are some ways to move like animal	11
12	13	14 **EXPLORE:** Visit Severson Dells in Rockford and play at the Grove Nature Playscape	15	16 **TALK:** About the importance of the great outdoors	17	18
19	20 **READ:** Find a book and read it outside	21	22 **PLAY:** Plan a indoor camping day and sleep in the living/family room	23	24 **MOVE:** Go on a listening walk here's how	25
26	27	28 **EXPLORE:** Go outside and explore all the different trees and try to figure out what type each one is click here	29	30 **TALK:** About why the outdoors is important to different animals		

BOOK OF THE MONTH: Let's Go Outside!/¿Seras Amigos Conmigo? .

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July

National Anti-Boredom Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 **TALK:** About different ways you can make new friends	02
03	04	05 **READ:** "Will You Be Friends with Me" by Kathleen Long Bostrom	06	07 **PLAY:** Math is Important! Click here for some math activities	08	09
10	11 **MOVE:** Play Backyard soccer. Here how to get started.	12	13 **EXPLORE:** Outside and find some rocks and then paint them when you get home	14	15 **TALK:** About ways to keep yourself entertained if you get bored	16
17	18	19 **READ:** Make a book about the things that you love to do	20	21 **PLAY:** Click here for ideas on how to discover shapes in many places	22	23
24	25 **MOVE:** Go outside to just run, jump, hop, etc. to get some energy out	26	27 **EXPLORE:** Here are some great ideas to help kids starting exploring feelings	28	29 **TALK:** About the things you want to do over the weekend	30
31						

BOOK OF THE MONTH: Will You Be friends with Me/ ¿Seras Amigos Conmigo?

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August

National Get Ready for Kindergarten Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02 **TALK:** About ways to prepare for the First day of school	03	04 **READ:** "Our Class is a Family" by Shannon Olsen	05	06
07	08 **PLAY:** Need to get some stuff done around the house. Click here for a fun chores bingo to get the kids to help you	09	10 **MOVE:** Play freeze dance Here's how	11	12 **EXPLORE:** Take a Felid trip to Moore Park Splash Ground	13
14	15	16 **TALK:** About ways to make new friends Here are some ideas	17	18 **READ:** Go to the local library and let the kids pick out some books	19	20
21	22 **PLAY:** Go to a park and have a picnic	23	24 **MOVE:** Get on moving and build imagination while playing Floor is lava	25	26 **EXPLORE:** Give your kids the freedom to grow and explore. Here are ideas on how.	27
28	29	30 **TALK:** About what's your favorite part of school so far	31			

BOOK OF THE MONTH: Our Class is a Family/ Nuestra Clase es una Familia

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September

National Courtesy Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02 **TALK:** About ways to be kind to others	03
04	05	06 **READ:** "Kindness Makes Us Strong" by Sophie Beer	07	08 **PLAY:** Counting is fun! Here are ideas to get your kids to starting counting	09	10
11	12 **MOVE:** Practice rolling objects. click here for some ideas.	13	14 **EXPLORE:** Be Messy! Play with play dough, paint, shaving cream and more	15	16 **TALK:** About what it means to be courteous	17
18	19	20 **READ:** Go to the library and let your kids pick out some new books	21	22 **PLAY:** Have fun painting! Try making nature paint brushes Here's how.	23	24
25	26 **MOVE:** Go on an indoor Safari. Click here to see how	27	28 **EXPLORE:** Click here for some great ways to start building endurance	30	31 **TALK:** About ways to get ready for the fall	

BOOK OF THE MONTH:

Kindness Makes Us Strong/ La Amabilidad nos hace Fuertes

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October

National Head Start Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03	04 **TALK:** About how school is going so far what are there likes and dislikes	05	06 **READ:** "All Welcome Here" by James Preller	07	08
09	10 **PLAY:** Make your own superhero masks at home Here's how	11	12 **MOVE:** Walk around a neighborhood to look at all of the fall decorations	13	14 **EXPLORE:** Take a field Trip to a pumpkin patch	15
16	17	18 **TALK:** About what you what to be when you grow up	19	20 **READ:** Have your kids read you a pumpkin or apple book	21	22
23	24 **PLAY:** Carve or paint your pumpkin or make your own decorated pumpkin out of paper	25	26 **MOVE:** Follow along to the monster shuffle Here's how	27	28 **EXPLORE:** The leaves on the ground. Look at the textures colors, and sizes and compare them to see the difference	29
30	31					

BOOK OF THE MONTH: All Welcome Here / Todos Bienvenidos Aquí

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November

National Gratitude Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 **TALK:** About what you are thankful for over the past year	02	03 **READ:** "I Am Thankful: A Thanksgiving Book for Kids" by Sheri Wall	04	05
06	07 **PLAY:** Imagination is Important! Here are games to boost kids imagination	08	09 **MOVE:** Practice fun balancing skills like hopping on one foot	10	11 **EXPLORE:** Go outside and explore the fallen leaves	12
13	14	15 **TALK:** About what types of clothes should be worn in the cold whether	16	17 **READ:** Have you kids read you there favorite book	18	19
20	21 **PLAY:** Build a fort out of things you have at home. Click here for ideas	22	23 **MOVE:** Create a dance to go with your favorite song	24	25	26
27	28	29 **TALK:** About different holidays that are celebrated around the world	30			

BOOK OF THE MONTH: I Am Thankful: A Thanksgiving Book for Kids

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December

National Safe Toys and Gifts Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 **TALK:** About any traditions you do for the holidays	02	03
04	05 **READ:** "Let's Celebrate! Special Days Around the World" by Kate DePalma	06	07 **PLAY:** A board game or card game here are some ideas	08	09 **MOVE:** Have a flashlight dance party	10
11	12	13 **EXPLORE:** Go to the Lincoln Park Zoo to see the lights!	14	15 **TALK:** About what you are most excited for over the holiday break	16	17
18	19 **READ:** Read a holiday themed book	20	21 **PLAY:** Outside in the snow and build a snowman!	22	23	24
25	26	27 **EXPLORE:** Go for a drive or walk to explore all of the holiday decorations outside	28	29 **TALK:** About what you are looking forward to in the new year	30	31

BOOK OF THE MONTH: LIBRO DEL MES: Let's Celebrate! Special Days Around the World / Celebremos! ¡Celebremos! Días especiales alrededor del Mundo

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