

SUN	MON	TUE	WED	THU	FRI	SAT
	 <b>LOVE</b> MAXIMIZE LOVE MANAGE STRESS	 <b>TALK</b> SING AND POINT	 <b>COUNT</b> GROUP AND COMPARE	 <b>PLAY</b> EXPLORE THROUGH MOVEMENT AND PLAY	 <b>READ</b> AND DISCUSS STORIES	
			1 Do 20 jumping jacks.	2 Practice breathing like a bumblebee. Take a deep breath in and buzz out!	3 Take a picture walk through a new book by "reading" the pictures.	4 <b>Visit the library!</b>
5 Act out and sing "I'm a Little Teapot."	6 Listen to a song with someone you love and snuggle together.	7 Sing "The Itsy Bitsy Spider." Can you do the motions with your feet?	8 Go on a walk outside. Count the number of trees you see.	9 Find a feather. Try blowing on it gently and hard to see what happens.	10 Read a book with a green cover.	11 Write down as many words as you can that rhyme with "dog" and "tree."
12 Draw the letters in the alphabet. Use a cotton swab and paint to dab each letter.	13 Build a fort. Pretend you are a bear in a cave.	14 Sing "Twinkle, Twinkle, Little Star" while wiggling your fingers in the air.	15 Draw zigzags on strips of paper. Snip the lines with scissors.	16 Make a play dough maze by tracing a path with your finger. Roll a marble through it.	17 Find a colorful magazine picture. Make a puzzle by cutting it into pieces.	18 <b>Visit the library!</b>
19 Make a collage with tissue paper. Tear it into small pieces and glue them to paper.	20 Make a cozy place to read with pillows. Cuddle up with a favorite book.	21 Read a book in a whisper, then read the same book with a loud voice.	22 Mix up your shoes and socks and have a matching contest. Can you find the pairs?	23 Fill a bowl with water. Use items around the house to see if they will sink or float.	24 Read <i>Pete the Cat and His Four Groovy Buttons</i> . Count the buttons on each page.	25 Draw your name in crayon. Trace your name in different colors of the rainbow.
26 Practice writing letters in shaving cream or pudding.	27 Write down three things you love.	28 What words rhyme with "cat"?	29 Count the letters of the alphabet.	30 Play music and move to the beat.	31 Sing the ABC song to the tune of "Mary Had a Little Lamb." Can you do it?	