

August 2024

Time for School

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Character Word: Grateful- feeling or showing an appreciation of kindness Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez.</p>   				<p>1 ACTIVITY PAGE <u>Lola Goes to School</u></p>	<p>2 It's FRI-YAY! Start a tradition of ending the school week with pizza, a movie or ice cream, and a dance party!</p>	<p>3 Weekend Wrap-Up Read-Rest-Repeat!</p>
<p>4 Getting Ready</p> 	<p>5 Include your child in the purchasing of any supplies for school-from bookbags to lunchboxes to even the smallest of items. It will get them excited and make them feel included in getting ready for school!</p>	<p>6 Pour granola into small muffin tins. Spoon yogurt over the granola and freeze for 2 hours. Add a popsicle stick into each pouring of yogurt and freeze overnight. Easy going-to-school breakfast!</p>	<p>7 Determine the amount of time you need to have your child get ready in the morning. Set a timer to that amount of time each morning and help your child race against the timer and win! Practice before the first day of school!</p>	<p>8 ACTIVITY PAGE "Picture Schedule"</p>	<p>9 Choose school clothes that are easy for your child to put on by themselves. Elastic waistbands, very few buttons, shirts that slide over their heads, etc. It will make the mornings less stressful and support self-help skills!</p>	<p>10 Weekend Wrap-Up Get ready for next week by preparing or purchasing some healthy breakfast options that can be taken on the go for busy mornings!</p>
<p>11 Saying Good-Bye</p> 	<p>12 Create a good-bye routine. Maybe it's a high-five, a fist pump, or 3 big hugs! Something that you and your child do every day at drop-off signifies the transition from home to school!</p>	<p>13 Keep a stash of small heart stickers. Each morning, place one sticker on your child's hand and one on your hand. Any time either of you look at it, you will think of each other.</p>	<p>14 Let your child carry their lovey or any item that comforts them on the way to school. Tell them to kiss or hug it goodbye when they get to school, and they can look forward to seeing it at the end of the day!</p>	<p>15 ACTIVITY PAGE "Memory Bracelets"</p>	<p>16 Share positive thoughts about your child's day with them on the way to school! If you are looking forward to their exciting day at school, they will feed off your energy and be excited, too!</p>	<p>17 Weekend Wrap-Up Read and rest to get ready for another fun week of learning!</p>
<p>18 Learning at Home</p> 	<p>19 Every day, ask your child to tell you one thing they did at school and reinforce it at home. It could be a song, a book, a special snack, or even a game that can connect school to home!</p>	<p>20 Set up a small area in your house where your child can "play" school. Have books, crayons, paper, and plenty of stuffed animals and baby dolls to be the students!</p>	<p>21 Be a reading role model! Don't just read to your child. Read for yourself! When a child sees you reading a book or a magazine, they will want to be just like you!</p>	<p>22 ACTIVITY PAGE "Picture Diary"</p>	<p>23 If you don't already have them, go and grab letter magnets to put on your refrigerator! While you're cooking, your child can work on recognizing letters and begin spelling new words!</p>	<p>24 Weekend Wrap-Up Read and rest to get ready for another fun week of learning!</p>
<p>25 Learning Songs</p> 	<p>26 "Head, shoulders, knees, and toes. Head, shoulders, knees, and toes. Eyes and ears and mouth and nose. Head, shoulders, knees, and toes, knees and toes!"</p>	<p>27 Do the HOKEY POKEY! You know this one! Put different body parts in, take them out, shake them all about and do the HOKEY POKEY!</p>	<p>28 "Five little monkeys jumping on the bed; one fell off and bumped his head. Mama called the doctor and the doctor said, no more monkeys jumping on the bed!"</p>	<p>29 "There was a farmer who had a dog, and Bingo was his name-O, B-I-NGO, B-I-NGO, B-I-NGO, and Bingo was his name-O!"</p>	<p>30 "1-2, buckle my shoe. 3-4, shut the door. 5-6, pick up the sticks. 7-8, lay them straight. 9-10, begin again!"</p>	<p>31 Weekend Wrap-Up Sing all of the songs you learned this week that taught your child body parts, counting, and spelling!</p>



Lola Goes to School

by Anna McQuinn

Lola's first day of school was full of fun experiences! One of these was pretending to be a superhero with one of her new friends! You can help your child be a superhero, too! You can create a cape out of a towel or a sheet. First, lay the towel or sheet out and use painter's tape to spell out your child's name. Then, spray the fabric with water until it is damp. Roll up the towel or sheet and divide it into sections using rubber bands. Pour tie-dye colors (found at any craft or neighborhood store) onto the different sections. Stuff the towel or sheet into a gallon-sized plastic bag and let sit for at least 8 hours. Take the fabric out of the bag, remove the rubber bands, and alternate each minute, rinsing in warm and cold water for 5 minutes. Finally, remove the painter's tape, wash the towel or sheet by itself in cold water, and lay to dry. Your child can wear their superhero cape every morning on their way to school!





Picture Schedule

Picture schedules are a great way to help children anticipate their day. You will need to take and print pictures of the following: your child waking up in the morning; eating breakfast; getting dressed; brushing their teeth; in the car, on the bus, or walking to school; entering school; coming out of their classroom or school at the end of the day; playing at home; eating dinner; getting ready for bed; going to sleep. Once the pictures are developed, display them, in order of the day, in your child's bedroom or a central place in your home. Every morning, you can go over the schedule of the day with your child so they will feel secure in the routine of their day!



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Memory Bracelets

Here is a great way for you and your child to feel connected while they are at school. You will need some pipe cleaners and a variety of colors of drinking straws to make memory bracelets. Cut the straws into different lengths of pieces. You and your child choose pieces of straws to lace onto the pipe cleaners. Leave enough room to tie the ends of the pipe cleaners together around your wrists. Make numerous bracelets and each morning, both of you can choose a bracelet to wear for the day to remember each other throughout the day!





Picture Diary

Every day, when your child gets home from school, make them a healthy snack and sit down with them to talk about their day. Help them choose one of their most favorite moments of their school day- the block tower they built, time on the swings at recess, a yummy snack they ate- whatever they choose. Give them paper and crayons to draw a picture of that moment of their day. Record what they say about that moment and the date on the picture. Keep these pictures in a special box or punch a hole in the top of each page and tie them together to make a book of your child's memories of school.

