

May

Activity Calendar

When I Grow Up

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez</p>    | | | | <p>1. Find a place in your home to mark your child's height. Show them how big they are getting!</p> | <p>2. Point out different jobs as you do things in your community. Mall carriers, teachers, waiters, and more!</p> | <p>3. Weekend Wrap-Up Go to your local library and check out books on different careers to share with your child!</p> |
| <p>4. Keep People Safe</p>  | <p>5. Add some small plastic dolls to your child's bath and let them practice "saving" them like a lifeguard would do!</p> | <p>6. Cut out a shape like a badge and let your child cover it in aluminum foil. Write their name with glue and let them sprinkle glitter on it.</p> | <p>7. Secure a bedsheet onto two rows of chairs creating a tunnel for your child to crawl under. Explain that the sheet is smoke, and the firefighters teach us to crawl under the smoke!</p> | <p>8. ACTIVITY PAGE <u>What Will I Be</u> <u>When I Grow Up</u></p> | <p>9 When you see a member of the armed forces in your community, teach your child how to go up to them, with you, and say "Thank you for your service".</p> | <p>10. Weekend Wrap-Up Visit your local police station and fire station to show your child where they are located in your community.</p> |
| <p>11. Keep People Fed</p>  | <p>12. Talk to your child about how farmers grow much of our food. Let them help you pick out some vegetables at the grocery store that farmers grow!</p> | <p>13. Now, it's time to be a chef and cook the vegetables that the farmers grew! Let your child help you cook the vegetables in a way you know they will eat them!</p> | <p>14. Grab some frozen cookies and let your child place them on a cookie sheet, bake them, and then share their goodies! What a talented baker they are!</p> | <p>15. ACTIVITY PAGE "Magic Fruit Wands"</p> | <p>16. Pizza! Pizza! On each half of an English muffin, let your child spread pizza sauce and sprinkle mozzarella cheese. Bake in 350-degree oven for 15-20 minutes. Deliziosa!!</p> | <p>17. Weekend Wrap-Up Let your child help you make a meal to donate to an elderly neighbor or to a friend who may be hurt or doesn't feel well.</p> |
| <p>18. Keep People Healthy</p>  | <p>19. Let your child practice their medical skills on dolls or stuffed animals with band-aids, bandages, and any other play medical supplies.</p> | <p>20. Use large Lego blocks to be teeth and connect them together with playdough. Let your child be a dentist and floss the teeth with yarn or string!</p> | <p>21. Help your child become a yoga instructor. Take deep breaths. Balance on one leg for "tree pose". Relax!</p> | <p>22. ACTIVITY PAGE "Camp Counselor"</p> | <p>23. "I'm a helpful doctor, dressed in white. I help people feel better day and night. When you get hurt or sick, come see me. I'll get you fixed up as quick as can be!"</p> | <p>24. Weekend Wrap-Up Teach your child and old saying, "An apple a day, keeps the doctor away" and then go get apples from the store!</p> |
| <p>25. Take People Places</p>  | <p>26. Set up kitchen chairs in a row like on a bus. Let your child sit in the first chair and be the bus driver. Sing "The Wheels on the Bus"!</p> | <p>27. "Down by the station, early in the morning. See the little train cars, all in a row. Listen to the engineer pull the whistle. Toot, toot! Off we go!"</p> | <p>28. Use thick colored tape to make lines from one place to another. The lines can be zig-zag or straight. Your child pretends to fly a plane and stay on the lines!</p> | <p>29. ACTIVITY PAGE "Delivery is Here"</p> | <p>30. Cut up a pool noodle into small circles. Let your child put plastic dolls or animals in the "boats" and be the captain to get them where they need to go!</p> | <p>31. Take your child on a bike ride, stroller ride, or wagon ride and talk about all of the sights they see on your travels!</p> |



What Will I Be When I Grow Up?

This series of books by Little Ruckus Press explores the many options of what your child might want to be when they grow up! Take a roll of butcher paper and trace your child's body. Let them add their facial features, clothing, hair, etc., using markers, glue, yarn, and any other materials you may have handy! Then use more butcher paper or construction paper and all of your other supplies and help your child make a police officer badge, a chef hat, a microphone for singing, or any other career-related props that they can add to their body tracing each day to show what they might want to be when they grow up!





Magic Fruit Wands

Your child can make a little magic by making fruit wands! Grab a few bamboo skewers or paper lollipop sticks; cut up some strawberries, kiwi, cantaloupe, basically, any fruits you have available; and finally, help your child push the fruits onto the sticks or skewers. Keep covered on a cookie sheet in your refrigerator. Anytime your little “chef” wants to pull out a magic wand to enjoy a snack, they will choose the healthy ones they created!





Camp Counselor

Collect some recyclable materials for you and your child to use to plan a family/neighborhood field day! Half-gallon milk jugs to knock over with a ball! Paper towel rolls to use in a relay race! Pillowcases for a sack race! The list is unlimited. Create all of the activities and have your family and neighborhood friends participate in the fun! This would be a great introduction to your children for a career as a camp counselor or even to one day own their own summer camp!





Delivery is Here!

Here's a way to get your child to help you do chores around the house while also learning about what a delivery job is like. For fun, get your child some type of bell- a small school bell would be perfect- to carry around with them as they work. Here are some fun deliveries! Have your child take towels to the bathroom, socks to their brother's bedroom, or toys to put in a basket. They can use a small wagon or baby doll stroller, or anything with wheels to help them carry their loads! Then, when they get to their destination, they should ring the bell like they are at someone's front door and say, "Your delivery is here!" Hearing that bell ring will also let you know that their task is complete, and they will be heading back home to get their next delivery instructions!



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