

# ***2020-2021 SCHOOL YEAR***

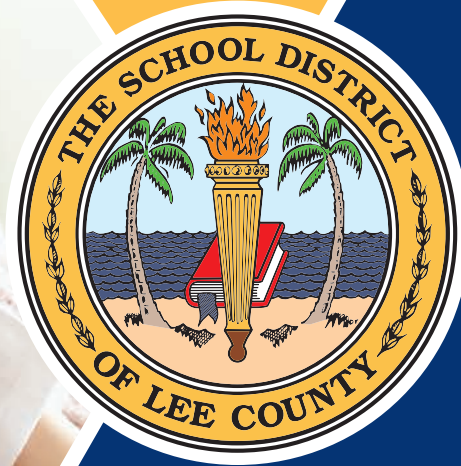
## **Student Readiness Calendar**



**PERSONAL  
PASSIONATE  
PROGRESSIVE**

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# **2020-2021 SCHOOL YEAR**

## **Student Readiness Calendar**

Help your child get classroom-ready with fun activities, lessons, book recommendations and more for every day of the year!

**PERSONAL**

**PASSIONATE**

**PROGRESSIVE**

# KINDERGARTEN READINESS SKILLS REVIEW

## ► Review the alphabet

- Use alphabet cards and have your child name all the letters

## ► Review numbers 1-10

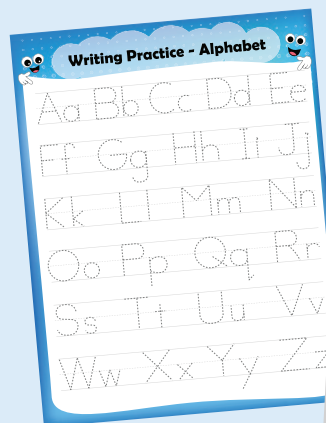
- Use number cards and have your child name all the numbers
- Have your child count to 10 with his/her fingers and toes

## ► Review shapes

- Have your child draw a circle, a square, a triangle and a rectangle
- Have your child find a circle, a square, a triangle and a rectangle at home

## ► Review colors

- Have your child name the colors he/she sees
- Point to different objects and have your child name the colors



## ► BOOKS TO LOOK FOR AT THE LIBRARY Farm Fun

- *Anywhere Farm* by Phyllis Root
- *Carlos and the Squash Plant* by Jan Romero Stevens
- *Big Red Barn* by Margaret Wise Brown
- *Farm Animals* by Wade Cooper
- *Farm Friends* by Wendell Minor
- *We Live on a Farm* by Cody Keiser





# JUNE

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Try to keep moving for 15 minutes without stopping - run, climb, jump and swing.	<b>2</b> As you shop for fruits and vegetables, find the color green with your child.	<b>3</b> Try running up to the ball, swinging your leg back and kicking through the ball.	<b>4</b> Practice balancing on one foot. 	<b>5</b> Have your child name three fruits and vegetables that are green.	<b>6</b> Ask your child: What did you do yesterday? What are you doing today? What will you do tomorrow?
<b>7</b> Walk around your house four times. Each time try to go a little faster.	<b>8</b> Think of other words that begin with the first letter of your name.	<b>9</b> Today, find the number nine (9) as many times as you can.	<b>10</b> Jump rope. 	<b>11</b> Work on moving in different directions - forward, backward, sideways.	<b>12</b> With your child, make letters of the alphabet with your body.	<b>13</b> Cut a picture into shapes and have your child put the pieces back together.
<b>14</b> Read your favorite nursery rhyme and put actions to it so you can say it with your body.	<b>15</b> Have your child put items in and take them out of a bowl. Count the objects.	<b>16</b> Hide objects in a box and have your child guess the objects by feeling them with his/her hands.	<b>17</b> Turn on some music and take turns choosing a way to move.	<b>18</b> Help your child practice saying his/her first and last name, address and phone number.	<b>19</b> Pick out a book about summer at the library. 	<b>20</b> Try making a home-made recipe together.
<b>21</b> With your child, tell a story about having fun during the summer.	<b>22</b> Draw and cut out some odd shapes, then put your body into each form.	<b>23</b> Crumple up a piece of paper and throw it into a paper bag. Count the baskets made.	<b>24</b> Have your child name three fruits or vegetables that are red.	<b>25</b> Pretend to be a growing flower. First, you are a tiny seed; then, you slowly grow into a big, tall flower.	<b>26</b> Learn about the different plants you see outside.	<b>27</b> Draw a circle, then an 'X' inside the circle; practice "inside/outside" with other objects.
<b>28</b> Make groups of 10 using cereal.	<b>29</b> Discuss words that begin with the same letter as your child's first name.	<b>30</b> Go back and do your favorite activity this month.				

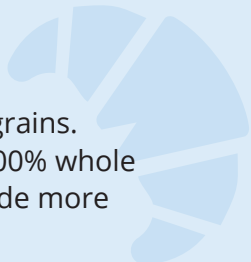
# TEN TIPS FOR MAKING HEALTHY LIFESTYLE FOOD CHOICES



## 1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange and dark-green vegetables such as tomatoes, sweet potatoes and broccoli.

## 2 Include whole grains



Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

## 3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try soymilk as your drink or include low-fat yogurt in your meal or snack.

## 4 Add lean protein

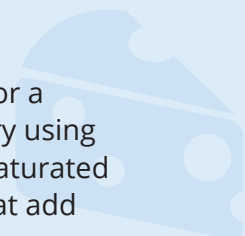
Choose protein-filled foods such as lean beef, pork, chicken or turkey, and eggs, nuts, beans or tofu. Twice a week, make seafood the protein on your plate.



## 5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or squeeze of lemon.

## 6 Get creative in the kitchen

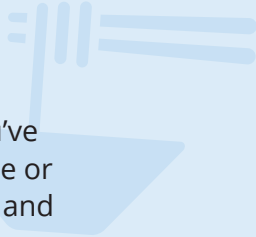


Whether you are making a sandwich, a stir-fry or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

## 7 Take control of your food

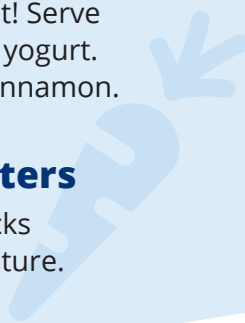
Eat at home more often, so you know what you're eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat and sodium.

## 8 Try new foods



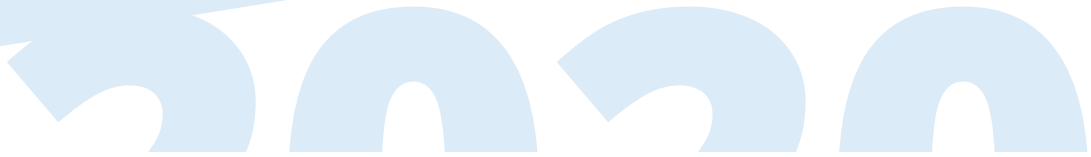
Keep it interesting by picking out fresh foods you've never tried before like mango, lentils, quinoa, kale or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

## 9 Satisfy your sweet tooth in a healthy way



Indulge in a naturally sweet dessert dish - fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.


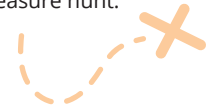




## 10 Everything you eat and drink matters



The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your My Plate, My Wins.

# JULY

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> This week, look for the colors red, white and blue.	<b>2</b> Draw a picture of a flag. 	<b>3</b> Write out a list of your favorite places in America.	<b>4</b> <b>INDEPENDENCE DAY</b> Watch fireworks and name the colors you see.
<b>5</b> Take a walk or drive and look for American flags.	<b>6</b> Go outside and look for birds.	<b>7</b> Practice skipping today.	<b>8</b> Name animals you might find in a zoo.	<b>9</b> Practice writing your letters.	<b>10</b> Practice writing your numbers.	<b>11</b> Count the number of cups of water your child drinks today.
<b>12</b> Play "Which is Bigger?" using the numbers 1-10.	<b>13</b> Go outside and look for butterflies; draw any you see.	<b>14</b> Sing the ABCs while balancing on one foot; see how far in the alphabet your child can get before losing their balance.	<b>15</b> Help your child draw the letters of the alphabet with his/her finger on your palm.	<b>16</b> Go outside and find as many different types of rocks as you can.	<b>17</b> Go on a nature walk in your community or local park and talk about the birds and flowers.	<b>18</b> Draw a map and have a treasure hunt. 
<b>19</b> Have your child practice his/her name, address and phone number.	<b>20</b> Try catching some bugs.   	<b>21</b> Say a word and ask your child to tell you the opposite (big, small, happy, sad).	<b>22</b> Talk about feelings/emotions.	<b>23</b> Make sure you submit your child's registration papers to the District enrollment office.	<b>24</b> Paint a picture-by-numbers together.	<b>25</b> Take a walk with your child and find a crosswalk; stop, look both ways and listen for cars, then cross safely.
<b>26</b> This week look for the letter "S."	<b>27</b> Try jumping rope today!	<b>28</b> Practice singing the letters of the alphabet.	<b>29</b> Draw a picture of your family with your child; say everyone's first and last name together.	<b>30</b> Have a family talent show.	<b>31</b> Try jumping rope today! 	

## GETTING READY FOR KINDERGARTEN

### ► Checklist:

- Buy school supplies
- Play “school”
- Pretend your car is the school bus
- Read stories
- Sing songs
- Draw pictures
- Play outdoors
- Eat a meal at the table together
- Have your child put on and take off a coat
- Take turns being the teacher and the student

### ► Visit your child’s school:

- Attend the open house at your child’s school
- Explore the school and classroom
- Look at the books in the room
- Look at the pictures on the walls
- Find out where to store backpacks and hang up your coat
- Ask about the daily schedules for your child’s class. Ask when the children have story time, lunch and recess
- Find the cafeteria, playground, restroom, principal’s office and library

### ► Establish a school routine:

- Begin a consistent bedtime routine
- Practice eating lunch in 20 minutes, using a fork and spoon, and eating nutritious foods
- Put backpacks and school supplies in the same place every day and pick out clothes the night before
- Have a friendly conversation with your child on the way to school or bus stop

### ► BOOKS TO LOOK FOR AT THE LIBRARY I Love Bugs!

- *Fly Guy Presents Insects* by Tedd Arnold
- *Hank’s Big Day* by Evan Kuhlman
- *Tiny Little Fly!* by Michael Rosen
- *The Very Busy Spider* by Eric Carle



# AUGUST

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Complete a DIY project together. <b>LIBRARY DAY!</b> 
2 Count all the shoes in your house; how many are there?	3 Look for blue things.	4 Wash the car with your family.	5  Look for an airplane in the sky.	6 Have fun making letters out of raw veggie sticks and other snack items.	7 Play "I Spy" using colors or shapes.	8 Write your name and identify each letter.
9  Practice walking to school or the bus stop.	10 Learn your teacher's and friends' names.	11 Draw a picture of your family's summer activities.	12 During a commercial break, do as many jumping jacks as you can.	13 Play Frisbee or ball.	14 Pick up litter in the neighborhood.	15 Draw a picture of your new school.
16 Visit a park.	17 Recall what you did at school today.	18 Say words that rhyme with "me."	19  Practice zipping and buttoning.	20 Play hide and seek.	21 Lay down and do some cloud watching; name or describe the images you see.	22 Tell your family what you like about school.
23 Draw a picture of your favorite summer activity.	24 Use your shoes to measure items around the house; for example, "this table is five shoes long."	25 Draw a picture of your new school and compare it to the first picture you drew. How are they different?	26 Jump rope or exercise together.	27 With your eyes closed, identify a variety of sounds, i.e., clapping, doorbell or paper crumpling.	28 Pretend it is the first day of school and practice ways to say "goodbye."	29  Make a kite and go outside to fly it.



## READ WITH YOUR CHILD EACH DAY

### ► Make a reading place for your child

- Keep your child's books in a special place. Make sure they are easy to reach
- Put a small rug or pillow in a special place to make it a fun environment for reading
- Talk with your child about how to take care of books

### ► Give your child different kinds of books to read

- Get a library card for you and your child and visit the library or bookmobile often
- Look for books in other places like
  - Friends' and relatives' houses
  - Garage or yard sales
  - Resale stores

### ► Save some time each day to read with your child

- Read in a special place and make sure it is quiet
- Hold your child close to you when you read. Help your child understand that reading is essential

### ► Let your child join in the reading

- Before you start reading, let your child look at the pictures. Ask your child to guess what the book is about.
- Show your child how to read a book (from left to right and from front to back)
- Let your child point to the pictures in the book you are reading
- After reading a book, ask your child to tell the story again in his own words

### ► Play pattern games

- Find patterns around the home - stripes on furniture and clothing, etc.
- Teach patterns with clapping and stomping (ex: clap, clap, stomp, stomp)

## ► BOOKS TO LOOK FOR AT THE LIBRARY Reading Is Fun!

- *The Cat in the Hat* by Dr. Seuss
- *I Love You Through & Through* by Bernadette Rossetti-Shustak
- *I Like Me!* by Nancy Carlson
- *Let's Go Visiting* by Sue Williams
- *The Napping House* by Audrey Wood
- *No, David!* by David Shannon
- *Knuffle Bunny* by Mo Willems



# SEPTEMBER

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Measure your child's height and keep track every three months.	2 Visit with your neighbors.	3 Discuss what you are eating (nutrition and the basic food groups).	4 Play pretend - go on a bear hunt.	5 Play pattern games outside, like clap, clap, jump, clap, clap, jump.
6 This week find red objects.	7 Draw something red.	8 Look for the number seven (7) wherever you go.	9 Play outside with a friend.	10 Eat an apple today! Slice it and have your child count the slices.	11 Read a story to your child; point to each word as you read.	12  Go to the library and let your child pick out a book to read with you. <b>LIBRARY DAY!</b>
13  Help your child find patterns around the home. <b>GRANDPARENTS DAY</b>	14 Make a puppet out of a paper lunch sack; use scraps to decorate.	15 Take an autumn walk in the woods; local and state parks offer trails that are wonderful to hike in the fall.	16 Write a story (draw illustrations together too!).	17 Go for a walk and talk about what you see.	18 With your child, find things that begin with the letter "B." <b>ROSH HASHANAH BEGINS</b>	19 Count groups of 10 using household items.
20 Visit a relative. <b>ROSH HASHANAH ENDS</b>	21 With your child, practice sneezing into your elbow.	22 Teach your child to play "Simon Says." <b>FIRST DAY OF AUTUMN</b> 	23 With your child, draw a picture of fun things to do in autumn.	24 Tear up old newspapers, mail or scrap paper to make a collage.	25 Make an animal sound and have people guess what it is.	26  Let your child bring a friend to the library. <b>LIBRARY DAY!</b>
27 Have a snack with your child with one red fruit and one green vegetable.	28 Name the seasons with your child and ask what is unique about them.	29 Have your child name 10 different body parts.	30 Have your child bounce a ball and count each bounce.			

## **HAVE YOUR CHILD DO THINGS EACH DAY THAT USE “BIG MUSCLES”**

- Collect toys to help your child use “Big Muscles”
- Empty plastic water bottles make great bowling pins
- Make bean bags by filling a sock partway with dry beans, then tying a knot in the sock
- Play catch with the bean bag
- Use big balls or pillows to throw, catch or bounce

### ► **Let your child spend time outside**

- Have a safe place with a lot of room for your child to play outside
- Get a bucket or basket big enough to catch a ball and have your child throw a ball into it
- Take your child to the playground or park

### ► **Give your child things to do when playing**

- Have your child throw bean bags into buckets. Or draw a circle on the ground in dirt and have your child throw bean bags into the circle
- Have your child balance a book on his/her head while walking
- Have your child act like different animals. Can your child...
  - Hop like a rabbit?
  - Slide like a snake?
  - Crawl like a bug?
  - Fly like a bird?







### ► **BOOKS TO LOOK FOR AT THE LIBRARY Fall Fun**

- *Red Leaf, Yellow Leaf* by Lois Ehlert
- *We're Going on a Leaf Hunt* by Steve Metzger
- *When the Leaf Blew In* by Steve Metzger



# OCTOBER

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice pouring from a small pitcher into a drinking cup.	2  Listen to music and play homemade instruments together.	3 Count the number of people who live in your house. How many are male? How many are female?
4 Start a gratitude journal with your child - they can draw what they are thankful for.	 5 Find the number five (5) on different things.	6 Try walking around the house or yard with a beanbag on your head.	7 This week, look for orange things.	8 Play follow the leader. 	9 Look for food that begins with the letter "B" like beans, bananas, bread or bacon.	10 Help your child jump over sidewalk cracks with one foot, then two feet.
11 Talk about fall and have your child draw a picture of a tree.	12 Dance party! <b>LIBRARY DAY!</b> 	13 Make a shopping list with your child.	14 Review fire safety rules with your child. Practice "Stop, Drop and Roll."	15 Draw a picture of a pumpkin.	16 Use a spring clothespin or kitchen tongs to pick up cotton balls and place them in a bowl.	17 With your child, pretend you are a puppy, pirates and princes or princesses.
18 Play music for about 10-20 seconds while your child dances; then stop the music and say "FREEZE!"	19 Take a walk with your child and have them collect ten (10) fallen leaves.	20 Talk with your child about the 911 emergency phone number; practice dialing "9-1-1" on a pretend phone.	21 Wear a piece of clothing that has a pattern; describe the pattern.	22 Talk about how many different colors the leaves are in the fall.	23 Call members of your family by names that rhyme: Claire Bear, Sam Ham, etc.	24 Count the steps from your front door to the sidewalk.
25 Play "Simon Says."	26 Act out a favorite story. <b>LIBRARY DAY!</b> 	27 Walk around the block and count pumpkins.	28 Measure the hands of your family. Who has the largest? Smallest?	29 With your child, look at pictures in a book before you read it.	30 Talk about what a scarecrow should do in a farmer's field.	31  Color or carve a pumpkin together.



## **PROBLEM-SOLVING AND PATTERN PRACTICE!**

### ► **Help your child solve problems**

- Play grouping games with your child. Collect things that go together from around your home, such as
  - Comb and brush
  - Spoon and fork
  - Toothbrush and toothpaste
- Put the things you have gathered on a table. Mix them up and have your child put them together again. Ask your child why things go together. Play this same game using pictures of items that go together that you have cut out of a magazine

### ► **Play pattern games with your child**

- Create a pattern of movement and ask your child to repeat it. Try "Step-step-jump, step-step-jump," then think of other patterns
- Have your child make up a pattern for you to repeat together
- Make a pattern with objects, then have your child repeat the pattern. For example:
  - Fork, spoon, fork, spoon, fork, spoon
  - Crayon, crayon, penny, crayon, crayon, penny
- After going through the pattern, ask your child what the next object in the pattern should be

### ► **BOOKS TO LOOK FOR AT THE LIBRARY** **My Neighborhood**

- *Everybody Bakes Bread* by Norah Dooley
- *Last Stop on Market Street* by Matt de la Pena
- *Maybe Something Beautiful* by Isabel Compoy
- *One Love* by Cedella Marley
- *Say Hello!* by Rachel Isadora
- *Windows* by Julia Denoss



# NOVEMBER

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Bake something.</p>	<p>2</p> <p>This week, find the letter "N."</p> 	<p>3</p> <p>This week, look for brown things.</p>	<p>4</p> <p>Dance to your favorite music.</p>	<p>5</p> <p>Have your child help with the grocery list.</p>	<p>6</p> <p>Have a picnic (outside or on the living room floor).</p>	<p>7</p> <p>Play bean bag toss.</p> 
<p>8</p> <p>During the day, have your child tell you when it is morning, afternoon and night.</p>	<p>9</p> <p>On a clock, show your child what time it is during the morning, afternoon and night.</p>	<p>10</p> <p>Build a fort around a table with blankets.</p>	<p>11</p> <p>"Finger paint" on the kitchen counter with shaving cream.</p>	<p>12</p> <p>Turn on some music and dance with your child.</p> 	<p>13</p> <p>Find the number three (3) on different things.</p>	<p>14</p> <p>Exercise with your child - hop and do arm circles, counting them as you go.</p>
<p>15</p> <p>Have your child tell you what he or she did today and what he or she will do tomorrow.</p>	<p>16</p> <p>Go on a walk and collect leaves, nuts, etc.; Talk with your child about the characteristics of the items.</p>	<p>17</p> <p>Show your child a nickel, a penny and a quarter and tell him/her about money.</p>	<p>18</p> <p>Ask your child to set the table; have him/her count the items as he/she puts them down.</p>	<p>19</p> <p>While waiting at a stoplight, look at plates and identify some letters or numbers.</p>	<p>20</p> <p>With your child, trace your hand to draw turkeys.</p> 	<p>21</p> <p>Talk with your children about things they are thankful for.</p>
<p>22</p> <p>Play one of your favorite songs from your childhood for your child.</p>	<p>23</p> <p>This week find the letter "T."</p> 	<p>24</p> <p>Put leaves under the paper and rub with the sides of crayons.</p>	<p>25</p> <p>When taking a bath, include safe items that float and sink.</p>	<p>26</p> <p>Help your child draw a family picture.</p> 	<p>27</p> <p>Help your child describe morning, afternoon and night.</p>	<p>28</p> <p>Play memory games with household items - hide one, and guess what is missing.</p>
<p>29</p> <p>Make a "reading fort" out of a blanket draped over chairs and read a picture book together.</p>	<p>30</p> <p>Look through family photos. Talk to your child about family.</p>					

## TEACH YOUR CHILD THAT LETTERS MAKE UP WORDS

### ► Teach your child the letters of the alphabet

- Use cards with the alphabet on them
- Lay down the cards and sing the alphabet song with your child. Ask him/her to touch each letter as he/she sings
- Play “find the letter” with your child while you are out shopping. Point to signs and store names that begin with the first letter of your child’s name
- Read alphabet books with your child. Choose a letter and ask your child to find it. Ask your child to find the letters in his or her name

### ► Give your child different kinds of books to read

- Ask your child to tell you the names of different stores and signs in the neighborhood
- Help your child make a dictionary with some of his/her favorite words under each letter of the alphabet. Ask your child to draw a picture that represents each word in the dictionary



### ► BOOKS TO LOOK FOR AT THE LIBRARY Winter Reading

- *Bear Snores On* by Karma Wilson
- *The Mitten* by Jan Brett
- *Mouse's First Snow* by Lauren Thompson
- *Winter Dance* by Marion Dane Bauer



# DECEMBER

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 This week, look for red things.	2 Help your child write the letters of his/her first name.	3 Sing a favorite nursery rhyme with your child.	4 Find the number 4 on things around the store.	5 With your child, draw a picture of the beach.
6 Help your child make a name tag for his/her bedroom.	7  Put on some music and dance fast, slow, happy and silly.	8 Count backward from 10 with your child.	9 Read your child's favorite story and then ask them to tell it to you without the book.	10  Look at the moon and the stars.	11 Play simple indoor games: "red light, green light" or hide and seek.	12 Visit a museum.
13 Listen to new music together.	14 This week, look for the letter "W." 	15 Help your child practice zipping his/her coat and then take a walk together.	16 Use pipe cleaners to make unusual bugs and other critters out of them.	17 Visit a pet store or animal shelter.	18 Look at the mail and talk about your address.	19 Make funny faces and see who laughs first.
20 Get out baby photos and talk about them.	21 Imagine what to pack to travel to someplace cold.	22 Look for things that are silver and gold.	23 Give back by making handmade cards for area nursing homes.	24 Bake chocolate chip cookies.	25  Describe the best gift you've ever received.	26 With your child, pretend to be snowflakes, snowballs and snowmen, then melt.
27 Write and mail a letter to someone special.	28 Play a card or board game.	29  Tell a story about traveling somewhere cold and building a snowman.	30 Make a bold prediction of something that will happen.	31 Pick a New Year's resolution with your child.		



# KINDERGARTEN REGISTRATION

## ► Kindergarten registration information

- All parents/legal guardians of children who will be five years of age on or before Sept. 1 are encouraged to register their children for kindergarten
- Registration begins as early as January for some schools. Check with the District for your child's kindergarten registration information
- In most cases, the parent/legal guardian will need to bring the following for kindergarten registration:
  - Photo ID: *Anyone who registers a student must show a Photo ID*
  - Original birth certificate
  - Social security card
  - Health examination (physical) paperwork
  - Florida Certificate of Immunization (Check Lee County Health Department)
  - Proof of address

***Check with The School District of Lee County  
for more details***

## ► Kindergarten Readiness Resources

- <http://www.floridaearlylearning.com/>
- <http://www.fldoe.org/accountability/assessments/k-12-student-assessment/flkrs/>
- <http://flbt5.floridaearlylearning.com/docs/OEL-VPK154yo.pdf>

## ► BOOKS TO LOOK FOR AT THE LIBRARY Kindness and Gratitude Make a Difference

- *Give Thank You A Try* by James Patterson
- *Thank you, Mr. Panda* by Steve Antonyl
- *Plant a Kiss* by Amy Krouse Rosenthal
- *We're All Wonders* by R.J. Palacio
- *Yo? Yes!* by Christopher Raschka



# JANUARY

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>NEW YEAR'S DAY</b>	2 Practice nursery rhymes.
3 Help your child draw a self-portrait; add that and a photo of your child in a time capsule.	4 Help your child to write his/her name. Add it to the time capsule.	5 Look for the number five (5). Point to it and name it.	6 Trace your child's hand or make a handprint and place it in a time capsule.	7 Today, look for the first letter of your child's name.	8 Help your child bury the time capsule in a place you can leave it until next January; don't make it hard to find.	9 Wrap up in a quilt and read a story. 
10 Go to the park together and look for birds and butterflies.	11 Sing some of your child's favorite songs. 	12 Play "Simon Says" with your child.	13 Tell stories about when your child was a baby.	14 Make counting fun by asking things like, "How many windows are in this room?"	15 Hug/hold your child and kiss them on the cheek. 	16 Make hot chocolate with your child. Let them count the marshmallows as they drop them in the cup.
17 Look for manatee in the water.	18 Help your child to learn his/her name and address.	19 Watch an ice cube melt. 	20 Play "I Spy" with numbers.	21 Practice a fire drill with your child; locate all exits and meet up location outside.	22 Have your child draw the letter "Q" with his/her finger on your palm; try other letters.	23 Try to teach your child how to whistle or blow bubbles.
24 Act out a favorite story with your child using puppets, dolls or stuffed animals.	25 This week, find the letter "Q." 	26 Use unscented shaving foam in the tub; kids love to finger paint with it.	27 Have your child draw a picture of themselves.	28 Turn the lights out and read a story by flashlight.	29 Talk about zoo animals.	30 Take a trip to see animals at the zoo.
31						

31 = Practice being quiet for one minute and then for two minutes.

## ENJOY THE SOUNDS OF LANGUAGE WITH YOUR CHILD

### ► Read rhymes with your child

- Read these rhymes with your child. Ask your child to complete the rhymes with the correct rhyming word.
  - Hey, diddle, diddle. The cat and the \_\_\_\_\_. (fiddle)
  - Jack and Jill went up the \_\_\_\_\_. (hill)
- Use cards with the alphabet on them

### ► Play with rhyming sounds

- Find different items around the house like a sock, a ball and a hat
- For each item, ask your child to say a word that rhymes with it (silly words that rhyme are OK!)
- Use the words below in both columns to get started. Read these words out loud, and ask your child to tell you which words rhyme and which ones don't. Once your child understands these words, move on to other rhyming words that have a common ending



Cat



Sand



House



Log



Dog



Night



Light



Mouse

### ► BOOKS TO LOOK FOR AT THE LIBRARY Books that TALK to YOU!

- *The Book with No Pictures* by B.J. Novak
- *Don't Blink!* by Amy Knouse Rosenthal
- *Don't Touch This Book!* by Bill Cotter
- *I Will Chomp You!* by John Jory
- *Plant the Time Seed* by Christie Matheson
- *Press Here!* by Herve' Tullet
- *Shake the Tree!* by Chiara Vignocchi



A B  
C



# FEBRUARY

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Today find things with the letter "L" on them. 	<b>2</b> Talk about football and make a Super Bowl prediction.	<b>3</b> With your child, pretend you are lions, falling and a log.	<b>4</b> Teach/tell your child about your job.	<b>5</b> Brush your teeth to the ABC song.	<b>6</b> Ask your child what their favorite part of the story is and why.
<b>7</b> Practice counting out loud.	<b>8</b> Draw a happy face with all its parts.	<b>9</b>  Sing the alphabet song.	<b>10</b> With the help of your child, make their favorite treat.	<b>11</b> Visit your child's school.	<b>12</b> Eat a red fruit or vegetable today!	<b>13</b> Go for a nature walk. <b>LIBRARY DAY!</b> 
<b>14</b> Finger paint on a paper plate.	<b>15</b> Draw a picture like you.	<b>16</b> With your child, talk about animals with two legs/four legs.	<b>17</b> Count all the doors and windows in your home with your child.	<b>18</b> Write or tell a funny story with your child. 	<b>19</b> Find out the local kindergarten registration date.	<b>20</b> Play in the sand at the beach.
<b>21</b> Go on a walk and look for birds and butterflies on flowers and trees.	<b>22</b> Make a blanket fort.	<b>23</b> Tell your child what makes them unique (to you and others).	<b>24</b> Talk about opposite words.	<b>25</b> Practice nursery rhymes.	<b>26</b> Have a scavenger hunt. 	<b>27</b> Visit or volunteer at a local animal shelter.
<b>28</b> Watch a movie together. 						



## SENSORY PLAY

Children use senses to explore the world. Encourage activities that stimulate senses including taste, touch, smell, sight, hearing and even body awareness/ balance.

### ► Sensory Play:

- Builds connections in the brain
- Supports all areas of development (language, cognitive, fine/gross motor, problem-solving and social interaction)
- Develops and enhances memory
- Calms a frustrated child
- Helps the child learn sensory attributes (hot, cold, sticky, dry, rough, loud, etc.)



### ► Ideas for sensory Play:

- Water - wet, cold, full, empty
- Sand - soft, wet, dry, gritty
- Play dough - scented or textured

### ► BOOKS TO LOOK FOR AT THE LIBRARY Sensory & Senses

- *My Five Senses* - Margaret Miller
- *Peekaboo books*
- *The Loud and Quiet Book* - Deborah Underwood
- *Baby Touch and Feel Animals* - DK
- *See, Touch, Feel: A First Sensory Book* - Roger Priddy
- *The Listening Walk* - Paul Showers



# MARCH

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Look for and count the number one (1).	<b>2</b> Read your favorite book with your child. <b>READ ACROSS AMERICA DAY</b>	<b>3</b> Water play.	<b>4</b> Sing "The Itsy-Bitsy Spider." 	<b>5</b> Sing the ABCs.	<b>6</b> Sort laundry and match socks with your child.
<b>7</b> Visit the library. <b>LIBRARY DAY!</b> 	<b>8</b> Today, find items shaped like a triangle.	<b>9</b> Take pictures.	<b>10</b> Help your child draw a kite with two triangles.	<b>11</b> Dance with your child.	<b>12</b> Make a doctor and dentist appointment for your child.	<b>13</b> With your child, sing songs with rhyming sounds.
<b>14</b> Visit and learn about places in your neighborhood (fire station, police station, post office).	<b>15</b> This week, find the letter "E."	<b>16</b> Work on a puzzle together. 	<b>17</b> Ask your child to think of green things. <b>ST. PATRICK'S DAY</b>	<b>18</b> Cut an egg carton into a caterpillar; is it "The Very Hungry Caterpillar"?	<b>19</b>  Today, find foods in the store shaped like a circle. <b>FIRST DAY OF SPRING</b>	<b>20</b> Take a walk with your child and look for signs of spring.
<b>21</b> Go to the library. <b>LIBRARY DAY!</b> 	<b>22</b> Try a green fruit or vegetable.	<b>23</b> Have your child pick out something green to wear today.	<b>24</b> Make S'mores.	<b>25</b> Make play dough.	<b>26</b> Take a walk and talk about the temperature.	<b>27</b> Visit the park.
<b>28</b> Today, eat something from a square or rectangular box. <b>PASSOVER</b>	<b>29</b> This week, look for white things.	<b>30</b> Take a nature walk. 	<b>31</b> Today, find items shaped like circles.			

## ***SUPERVISE AND LIMIT YOUR FAMILY'S TECHNOLOGY TIME***

### ► **Here are some ideas:**

- Watch TV shows with your child and ask yourself if they teach what you want your child to learn
- Use TV time to bond with your child, talking to him/her about what the two of you are watching
- Interest your child in other activities such as reading, drawing, playing outside, listening to or making music and card or board games
- Turn the TV off at mealtime. Instead of watching TV, talk about things you did that day
- Set a good example by watching less TV yourself

### ► **Know what your child is watching:**

- Know what is appropriate for your child's age group
- Ask your child about what was on TV
- Ask what he/she thought the best part of the story was, and how the story made him/her feel

### ► **BOOKS TO LOOK FOR AT THE LIBRARY** **Poetry Fun**

- *Goodnight Moon* by Margaret Wise Brown
- *Brown Bear Brown Bear What Do You See?* by Bill Martin, Jr.
- *Moo, Baa, La La La!* by Sandra Boynton
- *Chicka Chicka Boom Boom* by Bill Martin Jr. & John Archambault
- *The Kissing Hand* by Audrey Penn



# APRIL

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Take a walk outside and name things you can hear.	2 Practice rhyming, using words associated with spring.	3  Play with a ball-hold, throw, kick, bounce, etc.
4 Draw a rainbow.	5 Chase bubbles.	6 Do chalk art outside.	7 This week, find the number eight (8) on things.	8  Take a walk and look for and count birds.	9 Look for the letter that starts your child's name.	10 Keep the TV off today and read books with your child instead.
11 Visit the library. <b>LIBRARY DAY!</b> 	12 Talk about the food you eat.	13 Make homemade pizza.	14 Let your child choose two books to read today.	15 Have your child name letters found on cereal boxes, cans and other food items.	16 Visit the park.	17 Find three things you can roll.
18 Take a walk with your child and look for signs of spring.	19 This week, look for your favorite color.	20 Spring clean.	21  Take spring pictures.	22 Finger paint.	23 Invite your child to help you prepare a meal; wash your hands before touching food.	24 Use the words "over" and "under" to play "I Spy."
25 Read your favorite book. 	26 Plant something.	27 Take a nature walk to collect things and make a collage.	28 Put on music and dance and clap to the beat.	29 Bake and decorate cookies.	30 Build a fort with your child.	



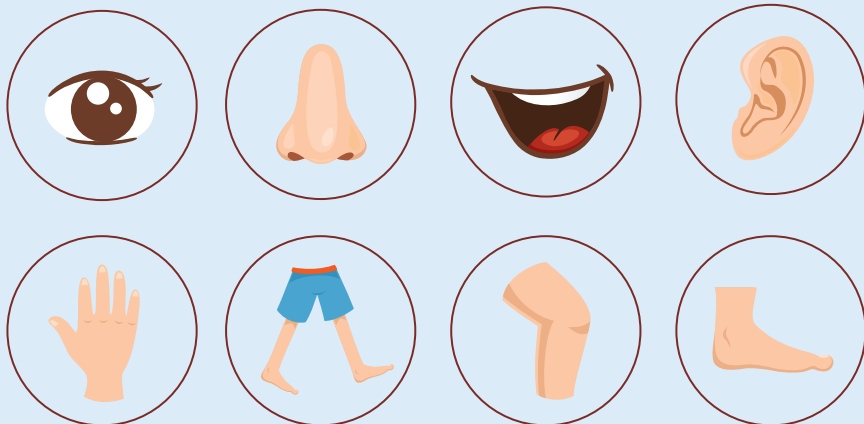
## TEACH YOUR CHILD TO STAY HEALTHY & HAVE A HEALTHY BODY

### ► As part of a healthy routine, your child should:

- Keep your child's books in a special place. Make sure they are easy to reach
- Put a small rug or pillow in a special place to make it a fun environment for reading
- Talk with your child about how to take care of books

### ► Help your child understand how his/her body works:

- Have your child point to body parts and explain how each piece works to help him/her during the day
  - As an example, "My eyes show me where I am going."
  - Use these parts:



### ► Reminder

- All children need a physical and immunizations before starting kindergarten. Be sure your child is up-to-date on these before September. Call your doctor for an appointment.

### ► BOOKS TO LOOK FOR AT THE LIBRARY Changes of Every Kind!

- *Always and Forever* by Alan Durant
- *First the Egg* by Laura Seeger Vaccaro
- *Little Tree* by Loren Long
- *Perfect Square* by Michael Hall
- *Raisin, the Littlest Cow* by Miriam Busch
- *Rabbit* by Joreu Hurley
- *Wemberly Worried* by Kevin Henkes
- *When Spring Comes* by Kevin Henkes



# MAY

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Pretend that your elbow or your foot is a big crayon and move.
<b>2</b> Sing the alphabet song and talk about the letters in your names.	<b>3</b> Find square, round and rectangular shapes in your home.	<b>4</b> Take a walk around your neighborhood and talk about what you see.	<b>5</b> With your child, say words that rhyme with "cat." 	<b>6</b> Play hide and seek. Use descriptive words to talk about the hiding place.	<b>7</b> Draw/paint something big; draw/paint something little.	<b>8</b> Find a new book to read with your child.
<b>9</b>  Give someone a compliment and a hug.	<b>10</b> With your child pretend to be big zoo animals and little zoo animals.	<b>11</b> Share a story about your childhood with your child.	<b>12</b> Play a game of catch.	<b>13</b> Practice brushing your teeth well. 	<b>14</b> Go through magazines and rip/cut out different shapes.	<b>15</b> Help your child practice writing his/her name.
<b>16</b> Read to your child before putting him/her to bed.	<b>17</b> Play peek-a-boo or a board game.	<b>18</b> With your child, count as high as he/she can go.	<b>19</b> Make dinner with your child. 	<b>20</b> Practice washing your hands (count 20 seconds).	<b>21</b> Talk to your child about a favorite childhood memory.	<b>22</b> After reading a story, talk about what happened first, next and last.
<b>23</b> With your child play "Simon Says" using the words "open" and "close."	<b>24</b> Take a walk with your child and play "I Spy," using descriptive words.	<b>25</b> Play "Can you find it?" with your child.	<b>26</b> Sing a song emphasizing rhyming words.	<b>27</b> Make sock puppets and put on a show for each other.	<b>28</b> Find the letter "O" on things wherever you go.	<b>29</b>  Look for blue things.



# ***LEE COUNTY PUBLIC LIBRARIES***

▶ **Bonita Springs Public Library**

10560 Reynolds Street  
Bonita Springs, FL 34135

▶ **Fort Myers Regional Library**

2450 First Street  
Fort Myers, FL 33901

▶ **South County Regional Library**

21100 Three Oaks Parkway  
Estero, FL 33928

▶ **Cape Coral Public Library**

921 SW 39th Terrace  
Cape Coral, FL 33914

▶ **Johann Fust Community Library**

1040 10th Street West  
Boca Grande, FL 33921

▶ **Talking Books Library**

1651 Lee Street  
Fort Myers, FL 33901

▶ **Captiva Memorial Library**

11560 Chapin Lane  
Captiva, FL 33924

▶ **Lakes Regional Library**

15290 Bass Road  
Fort Myers, FL 33919

▶ **Victor Yingst Memorial Library**

2115 Second Street  
Fort Myers, FL 33901

▶ **Dunbar-Jupiter Hammon Public Library**

3095 Blount Street  
Fort Myers, FL 33916

▶ **Northwest Regional Library**

519 Chiquita Boulevard N.  
Cape Coral, FL 33993

▶ **East County Regional Library**

881 Gunnery Road N.  
Lehigh Acres, FL 33971

▶ **Pine Island Public Library**

10701 Russell Road  
Bokeelia, FL 33922

