



Thrive to Five Family Fun Activity Calendar



December



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fine Art	Social Emotional	Science	Physical	Social Studies	Language & Literacy	Math
Have your child make wrapping paper by stamping with a ½ potato dipped in paint.	Have your child practice how to breathe deeply. This will help your child learn to self-calm and de-stress. It's good for grown-ups too!	Have your child help make a fruit smoothie. Talk about the steps you are taking while you make the smoothie together.	Draw zig-zag lines on a piece of paper and have your child cut along the lines.	Talk with your child about the word tradition. What are some traditions your family has?	Take a trip to your local library to pick out books to read this month. Make sure to talk to your child about the stories as you read them.	Have your child look at the calendar and talk about what special days are coming. Count the days until the special day.
Social Emotional	Science	Physical	Social Studies	Language & Literacy	Math	Fine Art
Snuggle with your child during a movie. Give them kisses, hugs, and snuggles.	Talk about animals that hibernate during the winter. Read books and talk about hibernation with your child.	Play chase outside! Take turns with your child, being chased and chasing the other.	Have your child draw a family portrait and hang it on the fridge.	Have your child make winter cards with markers, glue, and glitter.	Gather up stuffed animals. Have your child sort them by color, size or another attribute.	Listen to music from different cultures and dance with a scarf.
Science	Physical	Social Studies	Language & Literacy	Math	Fine Art	Social Emotional
Fill a clear bowl with water. Have your child predict whether items will sink or float.	Pour flour on a cookie sheet. Have your child practice making letters, shapes, and numbers with their fingers.	Talk about history with your child. Help your child understand history by using pictures to show how they have grown over time.	Repeat sounds your child makes, or make up sounds and see if your child can copy them.	Write the numbers 1-12 on pieces of paper. Have your child choose a number and then do that many jumping jacks.	Help your child make paper snowflakes. Hang them up for an indoor winter wonderland.	Have your child clean up toys by having boxes for each type of toy. Label with a picture and talk about the importance of this responsibility.
Physical	Social Studies	Language & Literacy	Math	Fine Art	Social Emotional	Science
Learn about the letter Y while trying some Yoga today. Help your child to stretch and relax.	Talk to your child about different holidays people celebrate in the month of December. Read books about Hanukkah, Christmas, Kwanzaa, & New Year's.	At mealtimes, talk about the food you're preparing, what you're doing to it, how it tastes and what it looks like. Have your child help with the process.	Have your child find a hidden object in the house. Help your child find it using words like farther, closer, almost, higher, lower.	Split up yogurt into four containers and help child add food coloring. Talk about what is happening as you mix. Then have child finger paint a picture with yogurt (edible finger paint).	Help your child identify their emotions by naming them. Play a game where you copy different facial expressions and talk about them.	Have your child talk about what it would be like to live on the moon.

Thrive to Five offers free classes and services to families with children 0-5 years old!
For more information and to register for classes visit www.ThrivetoFive.org