



Thrive to Five Family Fun Activity Calendar

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fine Art Listen to jazz music with your child. Move to the rhythm of the sounds.	Social Studies Schedule a play date with a new friend.	Science Blow bubbles outside. Talk about the different sizes of the bubbles.	Physical Let your child tap a variety of surfaces with a spoon to create different sounds. Talk about the different sounds.	Social Emotional Practice turn-taking and sharing. You might set a kitchen timer to give your child a visual reminder of how long they have to wait for their turn.	Language & Literacy Take a trip to the library to pick out books to read. Make a reading tent with a sheet when you get home.	Math Use chalk to draw large shapes outside. Have your child jump, inside and outside of each shape.
Social Emotional Use puppets to create a story about your child's typical frustrations or fears, like having to share toys with a playmate.	Science Let your child mix red and blue food coloring with shaving cream to make scented paint. What color did it turn?	Physical Practice some yoga moves with your child.	Social Studies Read a book or listen to music that reflect your home culture.	Language & Literacy Use a flashlight to make shadow puppets. Which letters can be made with your fingers?	Math Go outside and count clouds with your child.	Fine Art Use bubbles to make art on plain paper.
Science May Day is a celebration of spring. Go outside and find at least 1 sign of spring.	Physical Create opportunities to crawl under and around, grasping large balls and inflatable toys, digging and building in sandboxes.	Social Studies Talk about different forms of transportation and if we use them on land, in the air or by water.	Language & Literacy Teach your child the nursery rhyme "Jack and Jill." Explain what "fetch" means.	Math Help your child be aware of themselves and the environment by letting them crawl through play tunnels, sit in a child-sized tent, climb up the slide, or play in a big box.	Fine Art Have your child paint a picture using a Q-tip.	Social Emotional Talk to your child about other's feelings to help develop empathy (i.e. Casey is feeling sad because daddy is saying good-bye. Let's ask him to read a book with us).
Physical Play a game of peek-a-boo or pat-a-cake.	Social Studies Talk about the difference between needs and wants.	Language & Literacy Sing 5 little monkeys jumping on the bed and talk about words that rhyme with your child.	Math Help your child with measuring. Give your child some containers to play with in the water table or wading pool.	Fine Art Place some paint in a plastic zip-lock bag. Have your child squish, squeeze, and paint.	Social Emotional Talk about different emotions with your child. Then help your child make paper plate faces using the emotions.	Science Make a sensory bottle with your child. Use a recycled water bottle. Fill up with half water, half baby oil and food coloring.

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