

JANUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 Deep Breathing BLOW BUBBLES OR PRETEND TO BLOW OUT CANDLES ON A "BIRTHDAY CAKE" TO TEACH CALMING BREATHS.	2 Sensory Art PRINT AND CUT OUT A PINK PAPER PIG. PUT THE PIG IN A PLASTIC BAG. ADD BROWN PAINT AND SHAVING CREAM TO THE BAG. SEAL THE BAG. LET THE CHILD PAT AND MIX THE "MUD" ON THE PIG.	3 Fine Motor Skills USING A SPOON, HAVE THE CHILD REMOVE FUZZY BALLS FROM AN ICE CUBE TRAY AND PLACE THEM ON A PLATE	4 Self-Care TALK TO CHILD ABOUT EMOTIONS ASK THEM HOW THEY'RE FEELING AT THE MOMENT. INTRODUCE THEM TO ITEMS THAT MIGHT HELP EXPRESS THEIR FEELINGS
5 Healthy Habits CHOOSING CLOTHES LET THEM PICK OUT THEIR OUTFIT FOR THE DAY (FROM A LIMITED SELECTION).	6 Cooking LET THEM HELP WASH FRUIT, SPREAD PEANUT BUTTER ON BREAD, OR POUR MILK INTO A CUP WITH SUPERVISION.	7 Self-Care TALK TO THE KIDS ABOUT STRANGER DANGER AND WHAT TO DO IF A STRANGER APPROACHES THEM.	8 Sesory Art IN A BOWL, PLACE A CUT-OUT OF A CANDY CANE. ADD COLORS AND JINGLE BELLS TO THE BOWL. HAVE THE CHILD SHAKE THE BOWL TO MOVE THE JINGLE BELLS AROUND AND PAINT THE CANDY CANE	9 Fine Motor Skills USING A LIME SQUEEZER, HAVE THE CHILD SQUEEZE SOME PLAY DOUGH TO SEE HOW IT MOLDS AND CHANGES SHAPE, ADDING A FUN ELEMENT TO THEIR PLAY	10 Exercise MESS-FREE SENSORY PLAY PLAY WITH KINETIC SAND, WATER, OR OTHER SENSORY MATERIALS TO PROMOTE RELAXATION.	11 Reading READ WHITE RABBIT'S COLOR BOOK TO THE CHILD. AFTER READING, ASK THEM, 'HOW MANY DIFFERENT COLORS WAS THE BUNNY?'
12 Quiet Time CREATE A COZY CORNER WHERE THEY CAN SIT WITH A STUFFED ANIMAL, BLANKET, OR A BOOK TO RELAX.	13 Healthy Habits SUNSCREEN APPLICATION TEACH THEM TO RUB A SMALL AMOUNT OF SUNSCREEN ON THEIR ARMS OR LEGS BEFORE GOING OUTSIDE.	14 Cooking USING M&MS, HAVE THE CHILD SORT THEM INTO PILES BY COLOR. SAY THE COLORS OUTLOUD AS THEY ARE SORTING THEM.	15 Fine Motor Skills HAVE THE CHILD SORT BLOCKS WITH TONGS AND PLACE THEM ON A PLATE."	16 Self-Care TALK TO THE KIDS ABOUT PROPER HYGIENE, INCLUDING WASHING HANDS BEFORE AND AFTER EATING	17 Reading READ THE VERY HUNGRY CATERPILLAR TO THE CHILD. AFTER READING, ASK THEM, 'WHAT FOODS DID THE CATERPILLAR EAT?'	18 Healthy Habits TIDYING UP ENCOURAGE THEM TO PUT TOYS AWAY IN BINS OR SHELVES AFTER PLAYING.
19 Reading READ THE BOOK BEAR SNORES ON. WHILE READING, TALK TO THE CHILD ABOUT THE DIFFERENT SEASONS AND EXPLAIN WHY BEARS HIBERNATE DURING THE WINTER.	20 Sensory Art CUT OUT A CARDBOARD SHAPE OF A TREE. TAPE RANDOM AREAS OF THE CARDBOARD, LEAVING SOME PARTS EXPOSED. THEN, PAINT OVER THE ENTIRE SURFACE, INCLUDING THE TAPED AREAS. AFTER THE PAINT DRIES, REMOVE THE TAPE TO REVEAL THE FINISHED DESIGN	21 Fine Motor Skills PLACE POM-POM BALLS INSIDE A MIXING WHISK AND HAVE THE CHILD REMOVE THEM ONE BY ONE.	22 Cooking BAKE COOKIES WITH KID ALLOW THEM TO ROLL THE DOUGH AND FEEL THE TEXTURE	23 Reading READ THE BOOK NO, DAVID! TO THE CHILD. WHILE READING, ASK QUESTIONS LIKE, 'WHAT IS DAVID DOING?' AND 'WHY IS HIS MOTHER SAYING NO?'	24 Bed Time PUTTING TOYS TO BED LET THEM "TUCK IN" THEIR TOYS BEFORE GOING TO SLEEP.	25 Self-Care TALK TO THE KIDS ABOUT PROPER HYGIENE, INCLUDING BRUSHING THEIR TEETH REGULARLY
26 Sensory Art CUT OUT A BEAR HAVE CHILD PAINT WITH THEIR FINGERS AND ADD EYES. LET THEM KNOW IT IS A SLEEPY BEAR	27 Fine Motor Skills IN A CONDIMENT SQUEEZE BOTTLE ADD SOME WATER AND COLOR DIE HAVE CHILD SQUEEZE BOTTLE ONTO PAPER	28 Self-Care TALK TO THE KIDS ABOUT PROPER HYGIENE, INCLUDING BRUSHING THEIR TEETH REGULARLY	29 Reading READ THE BOOK A BAD CASE OF STRIPS AFTER READING ASK CHILD WHY SHE DIDN'T WANT TO EAT THE LIME BEANS	30 Cooking PRACTICE EATING WITH A SPOON AND FORK INDEPENDENTLY	31 Self-Care PUTTING ON LOTION ALLOW THEM TO APPLY A SMALL AMOUNT OF LOTION TO THEIR HANDS OR FACE AFTER WASHING.	1