

Happy
Fall

A drawing of a pumpkin with a green stem and leaves, drawn in chalk on a dark grey chalkboard.

ALEXANDER, 9



ADRIANNA, 3

AURORA, 8



LOGAN
ALUMINUM

OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 PLAY: Have a staring contest.	3
4	5	6 COUNT: Measure household items with a ruler.	7 READ: Create a story by drawing pictures.	8	9 LOG-OFF: Tell your child what you love the most about them.	10
11	12 PLAY: Act our words that start with A or C. Columbus Day	13	14 READ: Talk about the different sound the letter A can make.	15	16	17 COUNT: Count the number of clouds you can see in the sky.
18 PLAY: Draw a letter, word or picture on your child's back using your finger and have them guess what it is.	19	20	21	22 PLAY: Paint pumpkins together to celebrate Fall.	23	24 LOG-OFF: Have a pillow fight, followed by a pajama party!
25	26	27 READ: Find the letter C on a walk today.	28	29	30 PLAY: Make a leaf pile and jump in it!	31 Halloween



Soft drinks, juices, sports drinks and flavored mineral waters often have large amounts of sugar in each serving size. In fact, a can of soft drink contains around 10 teaspoons of sugar. Try to drink water and add fresh fruit to give it flavor.