



Abel, 7



# DECEMBER

# 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> COUNT: Count the number of pets you have in your home.	<b>6</b>	<b>7</b> PLAY: Play Go Fish!	<b>8</b> TALK: Talk to your child about the ways they can give back during the holiday season.	<b>9</b> COUNT: Draw a picture and incorporate the number 9 somewhere.	<b>10</b>	<b>11</b> READ: Think of animal names that start with B.
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> READ: Learn a holiday song and sing it for your family.	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> PLAY: Find all the circles in your house.	<b>20</b>	<b>21</b> LOG-OFF: Have your child help you wrap a gift for a family member.	<b>22</b>	<b>23</b> READ: Read a story about gift-giving.	<b>24</b>	<b>25</b>
<b>26</b> PLAY: Do 20 jumping jacks!	<b>27</b> PLAY: Make snowflakes out of paper.	<b>28</b> LOG-OFF: Help your child write Thank You notes to those who gave them gifts.	<b>29</b>	<b>30</b> READ: Find the letter D in a newspaper.	<b>31</b> TALK: Talk to your child about the New Year and a goal they want to achieve.	
					Christmas Eve	Christmas Day
					New Year's Eve	

## HEALTH TIP:

Although the sun's rays might not be as strong in the winter as they are in summer, they can still help increase Vitamin D which helps create strong bones, so try going for walks or hikes when it isn't too cold.

