

Kenleigh, newborn

**ATMOS**  
energy®



# MARCH

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b> COUNT: Practice counting backward from 10.	<b>4</b>	<b>5</b> PLAY: Kick a ball back and forth outside.	<b>6</b>
<b>7</b> READ: Read a book outside.	<b>8</b>	<b>9</b> LOG-OFF: Make a sun out of paper plates.	<b>10</b>	<b>11</b> PLAY: Make a hopscotch game outside.	<b>12</b>	<b>13</b>
<b>14</b> READ: Write a story about a leprechaun!	<b>15</b> LOG-OFF: Write a song about your favorite things.	<b>16</b>	<b>17</b> COUNT: Teach your child how to sign numbers 1 through 5 in sign language.	<b>18</b>	<b>19</b> TALK: Ask your child what they want to be when they get older and why.	<b>20</b>
<b>Daylight Savings Time Begins</b>						
<b>21</b> PLAY: Trace your child in chalk and let them decorate themselves.	<b>22</b>	<b>23</b> COUNT: Count the trees you see around your house.	<b>24</b>	<b>25</b>	<b>26</b> TALK: Ask your child what their favorite song is and dance to it.	<b>27</b>
<b>28</b> READ: March starts with M! Read a book with lots of M's.	<b>29</b> PLAY: Take turns pretending to be a doctor and taking care of each other.	<b>30</b>	<b>31</b> READ: Read a book about flowers.			

## HEALTH TIP:

If your child has to squint or strain to see the front of the classroom, it could show up as headaches during the day, poor school performance, or even behavioral problems. Schedule annual vision screenings to prevent these problems.



United Way of Southern Kentucky