

Sadie





# JANUARY

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1 New Year's Day PLAY: Do a dance along video from the internet!	
2	3 TALK: Discuss some goals you and your child want to set for the month.	4	5 COUNT: Count up in even numbers as high as you can go!	6	7 READ: Look for the letter A in a magazine. Let your child circle all the J's.	8	
9	10 READ: Read a book about snow!	11	12 LOG-OFF: Make a snowflake with paper and color it.	13	14	15 READ: Read a poem with your child.	
16	17 Martin Luther King Jr. Day	18	19 LOG-OFF: Look at a map with your child and name the states!	20	21 LOG-OFF: Talk with your child about what they are grateful for.	22	
23	24 LOG-OFF: Come up with a story with your child.	25	26 PLAY: Play hide-n-seek with your child!	27	28	29	
30	31	<b>HEALTH TIP:</b> Try to keep your kids physically active during the winter! Clear some space in your home for active play, put on music and dance, and play games that require movement.				 GRAVES GILBERT CLINIC	 LIVE UNITED United Way <small>United Way of Southern Kentucky</small>