



Kinsley

May

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|----------|
| 1 | 2 LOG-OFF: Plant seeds with your child and watch them grow! | 3 READ: M is for MAY! Write May in block letters and have your child color them in. | 4 | 5 Cinco de Mayo | 6 TALK: Talk with your child about the importance of going to the doctor. | 7 |
| 8 Mother's Day LOG-OFF: Teach your child how to sign "I Love You" in Sign Language | 9 | 10 | 11 COUNT: Write the number 7 and have your child draw 7 pictures around it. | 12 PLAY: Have a drawing contest with chalk. | 13 | 14 |
| 15 | 16 | 17 READ: Read a book about clouds! | 18 COUNT: Count all of the things in your house that are RED! | 19 | 20 | 21 |
| 22 COUNT: Collect 10 items from around the house and order them smallest to largest. | 23 PLAY: Visit a United Way Born Learning Trail nearby with your child! | 24 | 25 | 26 | 27 LOG-OFF: Do a good deed for a neighbor! | 28 |
| 29 | 30 Memorial Day TALK: Ask your child what they are looking forward to for the summer. | 31 READ: Practice reading a menu and ordering with your child. | | | | |

HEALTH TIP:

Watch for signs of anxiety and stress! Between homework, tests, and social pressures, kids can face a lot of stressful situations every day. Help them identify things in their life that they can control, like what they wear and how they spend their free time. Also help them learn what helps them de-stress.

