

**LIVE UNITED**

**United  
Way**



**United Way of Southern Kentucky**

**Helena**



# November

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 COUNT: Measure how tall your child is and explain to them what their height means.	3 PLAY: Play restaurant with your child.	4	5
6 Daylight Savings Time Ends READ: Spell your child's name and have them trace the letters.	7	8 Election Day TALK: Ask your child what makes them happy.	9	10	11 Veterans Day COUNT: Teach your child how to sign the number 11 in American Sign Language.	12 LOG-OFF: Make a Thankfulness Jar with your child.
13	14 COUNT: Count all of the different colors you see in your child's bedroom.	15	16 READ: Read a book about turkeys!	17 PLAY: Make an obstacle for your child.	18	19 COUNT: Add of the ages of your family members.
20	21	22 LOG-OFF: Call your child's grandmother to say hello!	23	24 Thanksgiving Day TALK: Talk with your child about the importance of good hygiene.	25	26 PLAY: Find a new board game to play.
27	28 READ: Draw three different pictures that start with the letter "N"	29	30			

## HEALTH TIP:

Layer up, especially when waiting for the bus! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, and hands are covered.

