



Exie



Rush



September

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 READ: Read a book about starting school.	3 TALK: Ask your child what their favorite thing to draw is and why.
4	5 Labor Day COUNT: Teach your child how to count up to 5 in Spanish.	6 PLAY: Play "Night at the Museum"!	7 LOG-OFF: Watch a video online about how plants grow.	8	9	10 COUNT: Count up by 3's as high as you can go.
11 READ: Have your child read the rules to their favorite game.	12 PLAY: Put an egg on a spoon and see who can walk the farthest without dropping it.	13	14	15 READ: Try spelling your name backwards.	16 TALK: Ask your child what their favorite show is.	17
18	19 COUNT: Count down from 20 in a silly voice.	20 PLAY: Pretend to be a fire fighters.	21	22	23	24 LOG-OFF: Go for a walk around your neighborhood.
25 LOG-OFF: Create a family tree with your child.	26	27	28 COUNT: Count all of the circles you see in your house.	29 READ: Read a book about puppies!	30	

HEALTH TIP:

Make sure your child's backpack is not too big or heavy for them. It should be 5%-10% of their body weight. Ensuring your child's backpack is the right size will help with their growth.

