

August

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 play See who can balance on one foot the longest.
6	7 Talk Talk about the importance of giving.	8	Read Read a story or article about how giving makes a difference.	10	11 count Count all the circles you can find in your home.	12
13	14 Log-Off Gather items to donate.	15	16	17 Read Print the lyrics to your child's favorite song and sing along.	18	19
20 Log-Off Make a vision board with your child with words and pictures from magazines.	21	22 Talk Talk with your child about the importance of education.	23	24	Play a new card game.	26
27	28	count Count all the items in your living room that are blue.	30	31		

AUGUST HEALTH TIP:

Heavy school bags backpacks can cause neck, shoulder, and back pain. Make sure it isn't too heavy for your child. A full backpack's weight shouldn't more than 10% of your child's weight.



