

December 2023 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 play Build a snowman with clay or play dough.
3	4 Talk Talk about your favorite holidays.	5	Read a book about show.	7	8 Count how many days until Christmas.	9
10	11 Log-off Build a gingerbread house.	12	13	14 Read Visit the library and get a book about different holidays.	15	16
17 Log-Off Create a sleigh out of pillows.	18	19	20 Talk How many days is it until the new year?	21	22 Play Play a memory game.	23
24 Christmas Eve	25 Christmas Day	26 Count how many gifts you gave away this holiday season.	27	28	29	30
31 New Year's Eve	DECEMBER	HEALTH TIP:		İ		

DECEMBER HEALTH TIP:

Many children get in a habit of slouching in their chairs. The proper posture can help more than just the skeletal system of the body. Maintaining the right posture while seated and while walking keeps the muscles flexible, reduces the chances of falling, and may even improve digestion and breathing.



