

Colton

Ava



2023

June

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 play Dance along with a video on the internet.
4	5 Talk Talk with your child about what it means to be a good friend.	6	7 Read Read an uplifting story about a child in the news.	8	9 Count Count how many windows and doors are in your home.	10
11	12 Log-Off Bake something for a neighbor.	13	14	15 Read Read a book about healthy eating.	16	17
18 Father's Day Log-Off Plant something from seeds.	19 Juneteenth	20 Talk Talk about caring for the plants you planted.	21	22	23 play Find rocks outside and paint them.	24
25	26	27 Count Measure your plant and count how many inches tall it is.	28	29	30 Log-Off Create a fort.	

JUNE HEALTH TIP:

As often as possible have family dinners. Mealtimes spent with family promote better health and well-being. Benefits of family meals include mood improvement, better digestion, proper weight, and improved brain function, as well as lessened fatigue.

