



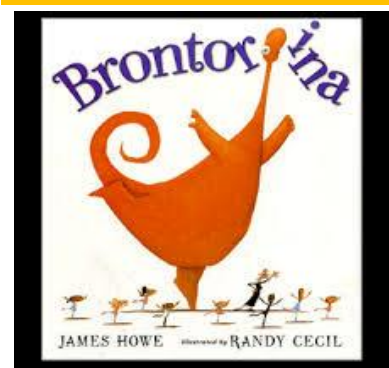
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An Education Initiative of the Fox Valley United Way

Book of the Month!
Brontorina



May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May is Mental Health Awareness Month. Click HERE to read about five mindfulness activities for kids					1 Attend Music and Movement at the Aurora Library 10:30-11am	2
3 Talk: About what your child wants to be when they grow up.	4	5 Read: "Brontorina" by James Howe	6	7 Play: Do the activity at the bottom of the page, click on link	8	9
10	11 Move: Go play at your local park	12	13 Explore: Find a trail and go for a family hike	14	15 Talk: Plan a summer family activity list	16
17	18	19 Read: A story at bedtime. Ask your child to retell it to you	20	21 Play: Make " Calm Down Bottles " at home	22	23
24	25 Move: Practice Yoga	26	27 Explore: Phillips Park Zoo	28	29 Talk: About all the things that make you smile	30
31	Activity: Taking on challenges using "Brontorina" click on the title it will take you to the Mind in the Making web page					