



4K Family Learning Activities October

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Talk about the change in seasons think of words to describe the season	Read Nursery Rhymes from the book that was provided in September	Make a list of things that start with the letter A	Have your child draw a picture of one of their favorite activities at 4K	Go on a fall walk. Collect leaves and sort them by color, size and shape	Pretend you are fall leaves, falling and swirling to the ground.	How many buttons are you wearing today? How many pockets?
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
How many ways can you move around the room? Talk about the ways you move.	Have your child estimate the number of objects in a small group. (crackers, toy cars, buttons, rocks)	Sing "Itsy Bitsy Spider" together. Can you do it: Loud, Soft, High, Low, Fast, Slow? (attached)	Hold onto the sides of a small blanket. Work together to bounce a stuffed animal up and down. What happened to the animal?	Have your child tell you the best thing that happened to them today.	Take a "naming walk" with your child and name every item your child sees.	Go on a Square Hunt. How many squares can you find?
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Discuss fire safety. Practice routes out of your home.	Make up silly sentences.	Count all your fingers. How many fingers do you have in your whole family?	How many times in a row can you hop on one foot?	Take a walk. What can you see, hear, smell, and touch.	Make an obstacle course. Give directions: Go over, under, on, in, through, next, etc.	Talk about when and why we wash our hands. Practice washing your hands.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Teach the song " If You Are Happy and You Know It" Make new verses together.(attached)	Count the street signs. How many sides on a stop sign? A yield sign?	Choose a category (e.g. Animals) and have your child name examples.	Go for a walk outside. Talk about things you see that are big, little, tall and short?	Play "Simmons Says" (attached)	Watch the cars on the street. How many of each color do you see?	Have your child close his/her eyes and identify objects using the other senses.
Day 29	Day 30	Day 31				
Plan a pretend trip. How would you get there?	Look for things that start with the letter B.	Pumpkins are orange. How many things can you find that are orange?				