

# September

## Activity Calendar

# What's Buggin' You?

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|--|---|--|--|---|
|   | 1. Use sidewalk chalk to make hopscotch squares. Draw an emotion face on each one that your child must act out if they land on it!  | 2. Explain what silly phrases like "What's buggin you?" or "See you later, alligator" or "What's up, buttercup?" mean and when to use them   | 3. Fill a small jar with little notes of things that your child likes to do to make them happy. They can pull one out when they need a pick-me-up!  | 4. <b>ACTIVITY PAGE</b><br><br>"Feelings Walk"                     | 5. Try the 3-3-3 rule with your child if they are having big emotions. Name 3 things they can see; 3 things they can hear and move 3 parts of their body.                              | 6. <b>Weekend Wrap-Up</b><br>Visit your local library and pick out some books on different feelings that can be read with your child all month!                                     |
| 7. <b>It's Okay to Be Mad</b><br>        | 8. Use this phrase when your child is mad: "It's okay to be mad, it's not okay to _____." Fill in the blank with a behavior they are showing that is hurtful.                                     | 9. Make a calm down spot in your home with a soft pillow that your child can lay on or even "punch" if they need to get their anger out!   | 10. When your child is angry, tell them to take a deep breath (catch a bubble) and then let it out (blow out a candle). This will help them to calm down.   | 11. <b>ACTIVITY PAGE</b><br><br><u>Why Do You Hit, Little Bug?</u> | 12. When you are angry, say out loud how you are handling your anger. "I am angry, so I am going to take some deep breaths." "I am angry, so I need to talk to someone."               | 13. <b>Weekend Wrap-Up</b><br>Help your child decorate a pillowcase with fabric markers so they can have a "punching" pillow to use to let off steam!                               |
| 14. <b>It's Okay to Be Sad</b><br>       | 15. If you see your child with a sad face, use your fingers to trace their "frown" and lift their lips to be a "smile." They will think this is silly, and you will turn their frown upside down! | 16. If your child is sad due to the loss of a pet or a person, let them make a memory box. Fill the box with any pictures or other mementoes that will remind them of the happier times! | 17. Assign colors to your child's emotions. So, if they are sad, they would be "blue". Get a set of colored sticky dots and tell your child if they can stick on the color dot to show how they feel each day.  | 18. <b>ACTIVITY PAGE</b><br><br>"Glitter Sensory Bottle"           | 19. Bubbles to the rescue! If your child is sad, sitting and talking to them while blowing bubbles will lift their spirits as their mind becomes distracted trying to pop the bubbles! | 20. <b>Weekend Wrap-Up</b><br>Make some pancakes for breakfast and give your child some chocolate chips. Let them make a sad face on their pancake and then eat that sad face away! |
| 21. <b>It's Okay to Be Scared</b><br>   | 22. Help your child face a fear by putting on a superhero cape (this can even be a towel or pillowcase). When they wear it they can face any fear they may have!                                  | 23. Teach your child affirmation sayings such as, "I've got this!" "I can do it!" "Mommy (or Daddy) will help me if I need them!"  | 24. If you sense an increase in your child's fear, review what TV shows, movies, and books they are watching. You may be surprised what you find!   | 25. <b>ACTIVITY PAGE</b><br><br>"Feelings Sticks"                  | 26. "Close your eyes and count to three, then spin your body around. Open your eyes, take a breath, and see that you are safe and sound."  | 27. <b>Weekend Wrap-Up</b><br>Read some books with your child and talk about the difference between real and make-believe.  |
| 28. <b>It's Okay to Be Worried</b><br> | 29. Make a calming kit in a small backpack. Include a stress ball, a fidget toy, a small bottle of lavender scent, etc., that your child can use for comfort.                                     | 30. Gather some smooth rocks and let your child paint them or draw pictures with Sharpies. Keep these "worry rocks" handy to hold and rub.   | <b>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant</b><br><b>Calendar Translated by: Manuela Rodriguez</b><br>   |  |  |   |

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