







August

Activity Calendar

Try New Things

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez   					1. This month will focus on trying new things to help your child be open to and accepting of different types of people, foods, and experiences!	2. Weekend Wrap-Up Start this month off with a backward day! Have dessert for breakfast, breakfast for dinner, and any other number of things you can think of to mix things up!
3. 	4. Start with small portions. Just a taste of a new food is a good start, and serve that same food in as many ways as possible until one sticks!	5. Let your child help you prepare new food choices. Help make the fruit salad or mash the potatoes or peel the carrots!	6. Serve foods in a fun way! Serve yogurt and fruit in an ice cream cone! Maybe broccoli spears in a popcorn bag with a side of ranch for dipping??	7. ACTIVITY PAGE "Play with your food."	8. Have snack bags already created with cut-up fruits, vegetables, and other new snack foods. This will make it easier for your child to just grab and go!	9. Weekend Wrap-Up Go to your community Farmer's Market to pick out some fresh fruits and vegetables! If not, the grocery store will do just fine!
10. 	11. Gather up any types of balls, rackets, hoops, etc. that you may have tried with your child in the past and try them again in any creative ways your child can think of!	12. Seek out any sporting events in your community—even a game that just popped up in the park! Exposure to new sports may spark your child's interest!	13. Let your child make up their own new game. Maybe it involves a flyswatter and a ping pong ball! Maybe dry pasta noodles and a toothbrush! What fun!	14. ACTIVITY PAGE "Family 5K"	15. Have TV time with your child and watch sports that aren't available where you live. Watch WITH your child to talk through how the sport is played!	16. Weekend Wrap-Up If your child likes to do indoor activities, find things to do outside today! If they love the outside, stay in and read or play games!
17. 	18. Help your child cut or tear pictures of people's faces to glue into a collage- all colors, genders, ages, nationalities, etc. Open their eyes to all types of people!	19. Listen to a song in a different language. Get some storybooks from the library written in a foreign language or about different countries.	20. Small paper plates, crayons, different colors of yarn, and glue are all the tools your child needs to make paper plate face puppets!	21. ACTIVITY PAGE <u>I am New Here</u>	22. Set up a playdate with a neighbor's child, a cousin, or a friend from preschool. One way to help your child make friends is to be present to break the ice and help work through conflicts.	23. Weekend Wrap-Up Plan an outing with one or more of your friends and have your child come along. That is a great way to model how to have fun with a friend!
24. You've Got This!	25. Build your child's confidence by taking pictures of them trying new things and making an "I Can" board with all of their new adventures!	26. Let your child do "real" jobs- folding clothes, watering plants, pouring milk- build their skills and confidence!	27. Model for your child how you handle things when you make a mistake. Show them that it's okay and they just need to try again!	28. ACTIVITY PAGE "Bucket List"	29. Something as small as allowing your child to pick out their own clothes, shoes, and hair bows can boost their confidence and independence!	30. Weekend Wrap-Up Make this a "Face your Fears" weekend and reintroduce something your child has been afraid to do or try. They may be ready to try again!
31. Believe in Your Self!						