

November

4K Family Outreach Monthly Activity Calendar



Parenting Tip: Modeling Appropriate Behavior

Routines aren't boring—they're healthy. Children feel more secure when they know what to expect. Keep a basic structure to your day. An evening routine might include setting the table, eating dinner, playtime, bath time, snack, tooth brushing, three stories, ten kisses and lights out! When children know what's coming next, it's easier for them to cooperate and you avoid a lot of temper tantrums.

Cooking Activity:

Easy Pumpkin Pudding

Place one cup of vanilla pudding in each child's individual bowl. Next, measure out 2tsp. of pumpkin pie mix with each child. Ask children to mix the vanilla pudding and the pie mix together for a seasonal and yummy treat.

Books for Four and Five year olds:

A Good Night Walk
Carlo Likes Counting
Dot, the Fire Dog
Lola at the Library

Family Activities:

Get Moving

- Save plastic water or soda bottles to use as bowling pins.
- Toss bean bags or socks in a basket.
- Balance books on your head while walking.
- Visit a safe outdoor space so you can run and play together.
- Play toss and catch together with a rubber ball.
- Set up an obstacle course (inside the house or out). Run through it or steer a tricycle/bike through it.
- Teach your child games like "Hokey Pokey."

Hickory, Dickory Dock

Hickory, dickory, dock,
The mouse ran up the clock.
The clock struck one,
The mouse ran down,
Hickory, dickory, dock.

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Talk about the new month. What do you think of in November? Can your child tell you the letters in November?	Show your child how to dial 9-1-1 and discuss when this should be used and what happens when you phone this number.	Teach your child what to do if there is a fire in your home and where to meet. Teach them also to “stop, drop and roll” if ever their clothes catch on fire.	Look at a cereal box while you eat breakfast. See how many letters your child knows.	Place some paper clips into a small box, then with a magnet under the box, show how you can move them with magic! Show them how so your child can try with someone else!	For snack make Fruit Cornucopias. Talk out the directions as you go.	Put shaving cream in a shallow baking pan and allow your child the opportunity to write in it. They could write their name, letters, or numbers. The shaving cream can be easily be
Have a “number” day Draw numbers, make play dough numbers, make numbers with yarn, count items and match to numbers, have a number hunt, etc.	Play hide and seek with your child. Encourage them to count to ten or more!		Attend story time or rhyme time at your local library.	Collect 10 things from around the home. Arrange them in order from shortest to tallest. Find other ways to sort your items.	Trace your hand. Create a turkey out of it. Label the body parts (head, neck, legs, and etc.) Add scenery.	Teach your child how to do jumping jacks. Ask them to show you how high they can jump, ask them to jump over different items.
Make trail mix together. Have your child scoop and mix 1/2 cup of dried fruits, like raisins, apricots etc, with 1/2 cup sliced nuts, and 1/2 cup whole grain cereal pieces together.	For Thanksgiving, have your child make a list of all the reasons he/she is grateful.	Musical beans: Have your child create their own musical instrument by adding dried beans to an empty bottle or container and then close! Shake to the beat of your favorite song.	Look at your child’s baby pictures together. Talk about how they have changed. Measure how tall your child is and show them how big they were when they were born.	Make a lacing card out of cardboard, cut a mitten shape and then punch holes around the outside. Use a shoelace or yard and thread through the holes with your child.	Ask your child to tell you something that starts with certain letters of the alphabet. For example, tell me something that starts with T...turkey. Try several letters. 5	Make 2 book marks. Think of something related to Thanksgiving to use as your picture. Give one to a family member on Thanksgiving and keep one for yourself.
Tell your child three or four things that you love about him or her. Write them down for your child to keep.	Try whispering a secret to your child and have them pass it on to someone else or say it back to you and see if they can hear and repeat.	Talk about all the things you’re thankful for and why. The why is as important as the what.	Count how many spoons are in your silverware drawer. Now try forks? Are there fewer? More? How many forks and spoons altogether?		On recipe cards right out the letters of your child’s name. Then hide throughout a room. Have your child look for them, then lay them out to spell their name!	Sing “Twinkle, twinkle little star”, or recite “Star light, star bright, first star I see tonight I wish I may, I wish I might have the wish I wish tonight.” Then make a wish together.