



Monthly Family Activity Guide

DECEMBER THEME: Safe, Healthy, Helpful Me

Designed to help support learning and development at home inspired by the Frog Street curriculum used in the Springfield Public Schools preschool classrooms

Writers Corner

- Have your child help write a grocery list before going to the store.
- Set up a post office. Use envelopes, stamps (stickers), paper, and cards to pretend to mail letters. Use an index card to write your address or family and friends addresses on it so your child can write it on the envelope.

Construction

- A chain reaction is when the movement of an object causes the movement of another object. Create a chain reaction using dominoes or blocks. Ask your child what happens when you knock down the first domino or block? Why does that happen?

STEAM (Science, technology, engineering, art and math)

- A chef is a person who prepares food and presents it on a plate. Gather paper and scissors or real food if desired and have your child create an animal out of food or food shapes. Be sure to use at least three shapes to create one animal and include nutritious foods or food shapes.

Pretend and Learn

- Pretend to be a community helper. What tools would you need? Where would you work? Who would you help?
- Use a cardboard box to create an obstacle course to help train a community helper. Place different size boxes in a row to jump into and out of. Be sure to place on a carpet so the boxes don't slide.

Math

- Use plastic links, pom poms or colored blocks to make a pattern. Encourage your child to copy you or make their own pattern.
- Link together plastic links or paper clips. See how many you can connect and then count them all.

Calm (Social-emotional)

- Create a calm down space in your home for your child. Place a rug, pillows or a comfy chair as well as books and soft toys such as stuffed animals or puppets. Fill a basket with sensory toys and bubbles or other toys your child enjoys. Add pictures to the wall of different emotions to help them identify them and add a mirror. Utilize the space when your child is anxious, angry, sad, or experiencing a strong emotion.

Creativity Station

- Paint kindness rocks and place them throughout the community. Have your child write kind words on them after painting or draw a kind or happy picture.
- Use community vehicles to paint with. Dip the tires in paint and drive your vehicle to help someone in the community.

Sensory

- Put out a container with water. Add a turkey baster or eye dropper to the water. Point out the ripples in the water when drops of water fall into the container. Tell your child that kindness is kind of like that, it spreads just like the ripples in the water do.