


FEBRUARY 2022: At-Home Activity Calendar

Designed for Cambridge children ages 0-4, but all are welcome!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Parents, check out these ideas to try at home.</p> <p>The goal is to have fun! You can change these ideas to match your child's age or interest.</p>		<p>1 Talk</p> <p>Help your child count the buttons on a shirt. Count forwards and backwards.</p>	<p>2 Read</p> <p>Take a walk in your neighborhood. Look for things with the first letter of your child's name.</p>	<p>3 Play</p> <p>Build a tower out of toys- count how many pieces you use, then knock it down.</p>	<p>4 Sing</p> <p>Have a family sing along! Get silly and sing in different voices.</p>	<p>5 Tell Stories</p> <p>Pretend you are on the bottom of the ocean! What do you see down there?</p>
<p>6 Read</p> <p>Have a family story time- each person chooses a book to read together.</p>	<p>7 Talk</p> <p>Join Mindfulness Monday with Maeve! https://bit.ly/CFFYouTube</p>	<p>8 Play</p> <p>Look up at the clouds. Do they look like animals, shapes or something else?</p>	<p>9 Sing</p> <p>Play some quiet music and stretch together.</p>	<p>10 Tell Stories</p> <p>Bring some objects in the bath and use them to tell a story.</p>	<p>11 Talk</p> <p>Which body parts come in pairs? How many pairs can you find?</p>	<p>12 Read</p> <p>Cook together! Read the recipe out loud and talk about the ingredients.</p>
<p>13 Play</p> <p>Sort your toys into different groups- how many groups can you make?</p>	<p>14 Sing</p> <p>Put on music and dance! Try different types of music- does your dancing change?</p>	<p>15 Tell Stories</p> <p>Tell a story about your childhood. What games did you like to play?</p>	<p>16 Talk</p> <p>Bring a few cups into the bath and play with pouring water from one cup to another.</p>	<p>17 Read</p> <p>Read a story and act it out using stuffed animals, dolls or puppets.</p>	<p>18 Play</p> <p>Have your child play drums on a pot. Talk about how to make loud/soft or fast/slow sounds.</p>	<p>19 Sing</p> <p>Sing a song to your child at bedtime.</p>
<p>20 Tell Stories</p> <p>Make up a story together, one sentence at a time.</p>	<p>21 Talk</p> <p>Take a walk and listen to the sounds around you. What do you hear?</p>	<p>22 Read</p> <p>Read a book together and look for different colors. How many can you find?</p>	<p>23 Play</p> <p>Take turns pretending to be animals and guess which animal it could be.</p>	<p>24 Sing</p> <p>Sing as you get dressed in the morning.</p>	<p>25 Tell Stories</p> <p>Talk about your family traditions or make up a new one.</p>	<p>26 Talk</p> <p>Use your senses- what smells do you notice at dinnertime?</p>
<p>27 Read</p> <p>Read a book out loud and find a rhyme or make up your own.</p>	<p>28 Play</p> <p>Draw together!</p>	<p>For more activity ideas, check out our social media accounts!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  @LetsTalkCambMA  @LetsTalkCambMA  @LetsTalkCambMA </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  @cambridgecenterforfamilies  @cntrforfamilies </div> </div>				