









February 2023: 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 interests.</p> 			<p>1 Talk</p> <p>What is your favorite breakfast food? Talk about what textures and flavors you like!</p>	<p>2 Read</p> <p>Read a story to your toys. Explain what's happening in the story so your toys don't get confused!</p>	<p>3 Sing</p> <p>Have a family sing along! Get silly and sing in different voices.</p>	<p>4 Tell Stories</p> <p>Pretend you are getting on an airplane. Where are you going? Why?</p>
<p>5 Play</p> <p>Play a running game like tag or red light green light.</p>	<p>6 Talk</p> <p>Count the windows in your home together. What can you see out of each one?</p>	<p>7 Tell Stories</p> <p>Look up at the clouds. Do they look like animals, shapes or something else?</p>	<p>8 Read</p> <p>Read a book from the library.</p>	<p>9 Sing</p> <p>Listen to a brand new song!</p>	<p>10 Play</p> <p>Build a tower with as many different shapes as you can find.</p>	<p>11 Talk</p> <p>Cook together! Read the recipe out loud and talk about the ingredients.</p>
<p>12 Read</p> <p>Read a story and count pictures of the sun or stars. How many can you find?</p>	<p>13 Play</p> <p>Join Mindfulness Monday with Maeve! https://bit.ly/CFFYouTube</p>	<p>14 Talk</p> <p>Do a household chore together, like dishes or laundry, and talk about what sounds you hear.</p>	<p>15 Sing</p> <p>Dance to a song that has no words. Can you make your dance match the music?</p>	<p>16 Play</p> <p>Sort your toys into groups. What different ways could you organize them?</p>	<p>17 Tell Stories</p> <p>Tell your child a story about when you were young.</p>	<p>18 Read</p> <p>Notice the colors in your favorite book.</p>
<p>19 Talk</p> <p>Touch something bumpy and something smooth. How are they different?</p>	<p>20 Play</p> <p>Pretend you are your favorite animal. Be sure to make animal sounds!</p>	<p>21 Sing</p> <p>Sing together at bedtime.</p>	<p>22 Tell Stories</p> <p>Make up a new story using the pictures from your favorite book.</p>	<p>23 Read</p> <p>Take a walk and notice the street signs. What are they telling you?</p>	<p>24 Talk</p> <p>Talk about your day using the words "first," "second," and "third."</p>	<p>25 Sing</p> <p>Clap along to a song. Can you find the beat?</p>
<p>26 Tell Stories</p> <p>Act out a silly story using toys or stuffed animals!</p>	<p>27 Read</p> <p>Read a nonfiction book or a book about the real world. What did you learn?</p>	<p>28 Play</p> <p>Play with the water at bath time. Can you pour it between cups? Splash? Blow bubbles?</p>	<p>For more activity ideas, check out our social media accounts!</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>  @LetsTalkCambMA  @LetsTalkCambMA  @LetsTalkCambMA </p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>  @cambridgecenterforfamilies  @cntrforfamilies </p> </div> </div>			