



February 2021: At-Home Activity Calendar

Designed for Cambridge children ages 0-4 years old, 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 Help your child count their fingers and toes. Count forwards and backwards.</p>	<p>2 READ Walk through your house or outside. See if you can find items with the first letter of your child's name.</p>	<p>3 PLAY Put on music and dance! Try listening to different types of music- does your dancing change?</p>	<p>4 SING Have a family sing-along! What are your favorite songs to sing together?</p>	<p>5 TELL STORIES Find some pictures. Look at them together and tell a story about them.</p>	<p>6 TALK Plan a pretend family trip together. Where would you go and what would you do?</p>
<p>7 READ Read a story and act it out using stuffed animals, dolls or puppets.</p>	<p>8 PLAY Go outside and look up at the clouds. Do they look like animals, shapes or something else?</p>	<p>9 SING Play some quiet music and stretch along to it. Count quietly as you stretch together.</p>	<p>10 TELL STORIES Bring some objects into the bath and use them to tell a story.</p>	<p>11 TALK Count out some pairs of socks. Talk about other things that come in pairs.</p>	<p>12 READ Cook together! Read the recipe out loud and talk about the ingredients.</p>	<p>13 PLAY Have your child bang on different size pots and pans. Talk about the different sounds they make.</p>
<p>14 SING Collect songs and lyrics and have a family karaoke night.</p>	<p>15 TELL STORIES Tell a story from your childhood.</p>	<p>16 TALK Bring measuring cups or spoons into the bath. Practice counting and measuring.</p>	<p>17 READ Have a family story time. Have each person choose a favorite book to read together.</p>	<p>18 PLAY What animal would you be and why?</p>	<p>19 SING Sing a song to your child in the morning to wake them up.</p>	<p>20 TELL STORIES Make up a story together, one sentence at a time.</p>
<p>21 TALK Talk a walk outside and listen to nature's sounds. Try to identify who or what is making them.</p>	<p>22 READ Read a book together and look for different shapes! What else could you look for next time?</p>	<p>23 PLAY Take turns pretending to be different animals. Which animal is the other person pretending to be?</p>	<p>24 SING Sing in the bath.</p>	<p>25 TELL STORIES At meal time, tell the story of your day.</p>	<p>26 TALK Talk about some of your family traditions or create a new one.</p>	<p>27 PLAY Find some objects and make shapes and patterns with them.</p>
<p>28 SING What household objects can become a musical instrument? Use them to make some music together.</p>	<p style="text-align: center;">For more activity ideas, check out our Facebook and Twitter accounts!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>f @LetsTalkCambMA t @LetsTalkCambMA</p> </div> <div style="text-align: center;">  <p>f @cambridgecenterforfamilies t @cntrforfamilies</p> </div> </div>					