

# Ways to Play Every Day

| Sunday   | Monday  | Tuesday                                | Wednesday                                 | Thursday                                 | Friday  | Saturday  |
|--|---|--|---|--|---|---|
| Make a list of things you want to try this year. | Try eating a new food.                        | Draw your own dot painting.            | Name something special that you can do.   | Build an indoor bike obstacle course.    | Practice doing something that you find hard.        | Measure how far you can jump.                   |
| Explore how animals stay warm in the arctic.     | Identify items based on the sounds they make. | Play a penguin alphabet matching game. | Have fun with a polar animal sensory bin. | Stack/unstack a penguin cup tower.       | Create a polar bear using puffy shaving cream paint | Visit the local zoo and observe arctic animals. |
| Move like animals.                               | Dance to music with colored scarves           | Create magazine body part collages.    | Make instruments out of everyday items.   | Experiment and make raisins dance.       | Paint while dancing to music.                       | Do some fun and easy yoga poses.                |
| Visit the airport and watch the planes.          | Build an airplane out of a cardboard box.     | Paint with a balloon.                  | Make a paper helicopter.                  | Count clouds with an airplane math game. | Play in a messy cloud airplane sensory bin.         | Explore with a balloon science experiment.      |

## January