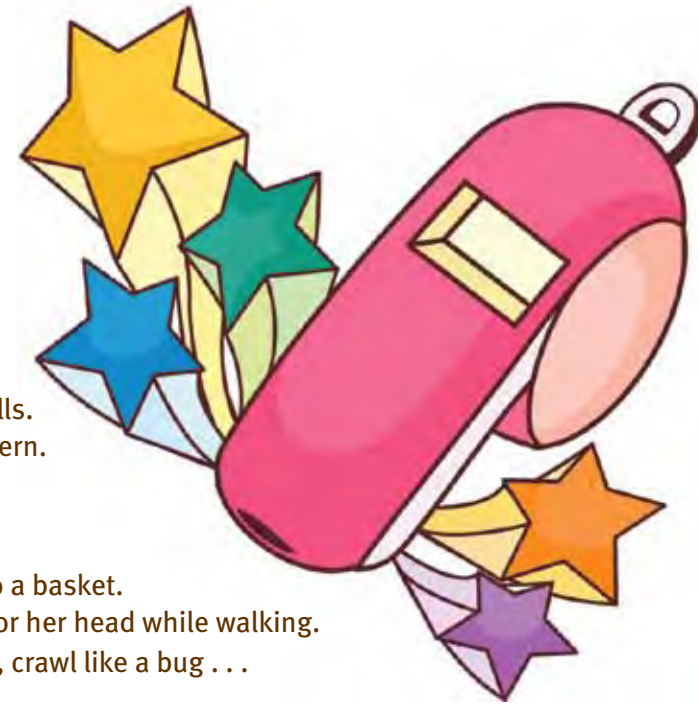


May 2010

Give your child the opportunity to get moving!



Create fun and safe toys from household items.

- Save plastic water bottles to use as bowling pins.
- Fill a sock with beans for a bean bag toss.
- Set-up a cycling or running obstacle course.

Spend time actively playing outside and inside.

- Have a safe outdoor place for your child to run and play.
- Provide a tricycle to steer and pedal.
- Have balls to throw, catch and bounce.

Join in the fun!

- Play catch with your child using rubber balls.
- Draw and jump through a Hop Scotch pattern.
- Sing and dance to the “Hokey Pokey.”

Stretch your muscles indoors.

- Have your child toss bean bags/socks into a basket.
- Let your child try balancing a book on his or her head while walking.
- Try to move like animals: hop like a rabbit, crawl like a bug . . .

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sign-up for your library's summer reading program!

1 May Day
Be with Me:
Keep the television off today and play games outside.

MAY 2-8 IS TEACHER APPRECIATION WEEK

2 Play outside:
Go out and play Hop Scotch, swing or jump rope.

3



4 National Teachers Day



5 Cinco de Mayo
¡Hola!

6

Library Day



7 Get Moving:
Crank up favorite songs of yours and your child's and get dancing.

8 Play outside:
Ask your child to repeat patterns: step-step-jump; clap-clap-pat, etc.



9 Mother's Day

Letter Time:
Look for things that begin with the letter 'M.'

10 Dinner Time:
Have your child help set the dinner table.

11

12 National Nurses Day



13 What . . . ?
Rhymes with the word ball.

14 Numbers and Counting:
Practice counting from 1 to 10 then go higher.

15 Be with Me:
Take a walk and play an "I Spy" game.



16 Play Time:
Play "Simon Says" and hop three times and take turns being Simon.

17 Letters and Numbers:
Use pencils or crayons and practice writing.

18

19

20 Library Day



21 Play Time:
Have your child invite a friend over to play 'Go Fish.'

22 Get Moving:
Exercise with your child - hop in place, do jumping jacks, and arm circles.



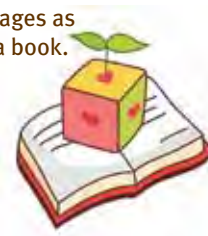
23
30

24
31 Memorial Day

25

26 Read to Me:
Have your child turn the pages as you read a book.

27



28

29 Practice:
Bouncing a ball and counting the bounces.



Celebrate May with these Books:

- Mother's Day* by Anne Rockwell
- Is Your Mama A Llama* by Deborah Guarino
- Duck on a Bike* by David Shannon
- Morgan Plays Soccer* by Anne Rockwell
- Clifford's Sports Day* by Norman Bridwell
- My Teacher Can Teach...Anyone!* by W. Nikola-Lisa
- Cinco de Mayo* by Mary Dodson Wade
- Memorial Day Surprise* by Theresa Martin Golding

May is National Physical Fitness & Sports Month!

