

Parent & Child Activity Calendar

Elementary School

Northern Lights ABC Elementary
Anchorage, AK



THE
PARENT
INSTITUTE®

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Plan to get some exercise with your child every day this month.	2 Try a geography challenge with your family. Name a state, province or country. Who can call out the capital first?	3 Praise your child for something she did today. Make your praise as specific as possible.	4 Have a word of the day. Challenge each family member to use it in a sentence. Make this a daily habit.	5 At dinner tonight, talk about three ways you used math today. Ask everyone in the family to talk about how they used math.	6 Together, find out what's inside a seed. Soak a dry bean overnight, remove the coat and pull the halves apart.	7 Help your child cut an apple in half. Dip the cut edge in a shallow pan of paint. Press on paper for fruit prints.
8 Today is the anniversary of the Great Chicago Fire. Develop a family plan in case of a fire in your home.	9 Read a textbook assignment with your child. Then ask your child to tell you about it in his own words.	10 Have a contest: How many words can you and your child make from the letters in OCTOBER?	11 Have your child close her eyes and tell you everything she hears.	12 At dinner, talk about the best and the worst parts of your day. Everyone in the family gets a turn to talk.	13 Have your child teach you something he needs to learn for homework. It's a great way to reinforce learning.	14 Take a walk and look for signs of fall. See if your child can identify any of the trees you pass on your walk.
15 Make a leaf rubbing. Place a leaf on newspaper. Cover with thin paper and have your child rub with a crayon.	16 Keep a stash of books in your car so your child has something to read when you are on the go.	17 With your child, learn to say <i>hello</i> in two other languages.	18 Have a contest: Who can name the most parts of the body? (Organs count, too.)	19 Name a city, state or river and challenge your child to find it on a map or globe.	20 List three of your child's successes this week. List three of your own. Post the lists where you can both see them.	21 Set aside some time to spend one-on-one with your child today.
22 Make up a secret code with your child. Use it to write notes this week.	23 Encourage your child to be a gracious winner and a good loser.	24 Have your child rub two stones together for 30 seconds. Can she feel the heat generated? This is caused by friction.	25 Start a sentence-a-day story. In a special notebook, have your child write a story by adding one sentence each day.	26 Let your child plan dinner tonight. How many food groups can he include?	27 It's Theodore Roosevelt's birthday. Look up facts about this president and protector of the environment.	28 Read a book that you and your child can both enjoy.
29 Have your child predict the results of flipping a coin 10 times. Try it and see if she's right.	30 Play a game of Concentration using fractions. Fractions with the same value make a pair, like 1/2 and 2/4.	31 Ask your child to name something he has done in his life that he is proud of.	<h1>October 2017</h1>			