

Parent & Child Activity Calendar

Elementary School

Central Elementary School
Cynthia Kubit, Principal



THE
PARENT
INSTITUTE®

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2020			1 Help your child set a goal and write a plan to achieve it this year.	2 Pick a word from the dictionary and draw a picture of it. See if your child can guess the word. Then let your child pick a word.	3 Make a list of the best times you had with your child last year. Schedule time on the calendar to do them again this year.	4 Give your child a notebook and encourage him to keep a journal. He should try to write in it daily.
5 When your child is unsuccessful, ask, "How would you do it differently next time?"	6 Have your child estimate how many bowls of cereal she can pour from one box. Keep track until the box is empty.	7 Think of an inspirational saying or quotation you love. Post it where your child will see it.	8 Good report card? High grade on a test? Reward your child with a favorite meal or one-on-one time with you.	9 Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.	10 School absences add up. Make sure your child is attending school every day—unless he is sick.	11 Ask your child to write a poem or story from the point of view of a family pet.
12 Have everyone in the family spend 30 minutes picking up the house. Many hands make light work.	13 Write an encouraging note and tuck it in your child's lunch box or in a school book.	14 Talk to your child about people she admires. Ask her why she admires them.	15 Have your child close his eyes and tell you everything he hears.	16 Have each family member make a list of his or her strengths. Read them aloud. Add to one another's lists.	17 Make tonight another screen-free night. Let your child choose alternative activities.	18 Take your whole family to the library. Be sure everyone gets some books.
19 Show your child photos of people and have her write silly captions.	20 Ask your child to give you a news report about what went on at school today. What's the "lead story"?	21 Can your child think of a different ending to his favorite story? What would he do if he met the characters?	22 Talk with your child about mistakes. How can people learn from their mistakes?	23 Name a city, state or river. Can your child locate it on a map or globe?	24 At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.	25 Have a 20-minute DEAR time today (Drop Everything And Read).
26 Today, have your child keep track of everything she eats. What one change would make her diet more nutritious?	27 Teach your child how to take his pulse. Then have him jump up and down 50 times and take it again.	28 At the grocery store, have your child compare two sizes of the same product. Which is the best buy?	29 Talk about things you are thankful for. Tell your child she's at the top of the list.	30 Make up trivia questions about your family. Quiz one another at the dinner table.	31 Allow a few minutes after the light is off at bedtime for quiet conversation with your child.	