



VPK

Here We Come! Aquí Vamos!

Family Activities Calendar
Calendario de Actividades Familiares

2024 The Early Learning Coalition of North Florida 2025



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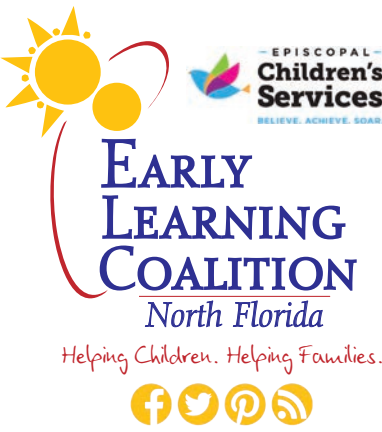
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Sponsored by the Early Learning Coalition of North Florida and the State of Florida, Division of Early Learning

I AM READY! ESTOY LISTO!

Use the checklist below and the skill-related activities and books in this calendar to encourage your child to take an active interest in learning and help guide them to a successful transition into kindergarten. Utilice la lista de verificación a continuación y las actividades y libros relacionados con habilidades en este calendario para alentar a su hijo a interesarse activamente en el aprendizaje y ayudarlo a guiarlo hacia una transición exitosa al jardín de infantes.

For more information visit/Para más información visite flbt5.floridaeearlylearning.com

APPROACHES TO LEARNING ENFOQUES DEL APRENDIZAJE

- ✓ Participates in daily routines, and shows knowledge of safe choices.
Participa en rutinas diarias, y demuestra conocimiento de opciones seguras.
- ✓ Listens and completes 2 to 3-step directions
Escucha y puede completar instrucciones de 2 a 3 pasos.
- ✓ Attempts tasks for 10-15 minutes and seeks help after trying.
Intenta realizar tareas durante 10 a 15 minutos y busca ayuda después de intentarlo.
- ✓ Demonstrates planning and learning from experiences.
Demuestra planificación y aprendizaje de las experiencias.

GENERAL KNOWLEDGE CONOCIMIENTOS GENERALES

- ✓ Counts recognizes numbers 1-31 and reads and writes some numbers 1-10.
Cuenta y reconoce los números del 1 al 31 y lee y escribe algunos números del 1 al 10.
- ✓ Identifies and can continue a simple repeating pattern using different objects.
Identifica y puede continuar un patrón repetitivo simple usando diferentes objetos.
- ✓ Recognizes and names shapes.
Reconoce y nombra formas.
- ✓ Describes changes in the environment and makes observations about the world using all 5 senses.
Describe cambios en el medio ambiente y hace observaciones sobre el mundo usando los 5 sentidos.
- ✓ Uses a variety of materials to create artwork.
Utiliza una variedad de materiales para crear obras de arte.

PHYSICAL DEVELOPMENT DESARROLLO FISICO

- ✓ Follows personal hygiene routines independently (toileting, washing hands, etc.).
Sigue rutinas de higiene personal independientes (ir al baño, lavarse las manos, etc.).
- ✓ Shows motor control, balance, and coordination.
Muestra control motor, equilibrio y coordinación.
- ✓ Uses writing tools or art supplies to express ideas and trace basic shapes.
Utiliza herramientas de escritura o materiales de arte para expresar ideas y trazar formas básicas.
- ✓ Uses coordination to zip, button, snap, or tie clothing.
Utiliza la coordinación para cerrar, abrochar, abrochar o atar la ropa.



LANGUAGE & LITERACY IDIOMA Y ALFABETIZACIÓN

- ✓ Tells and retells stories; uses books correctly.
Cuenta y recuenta historias; Utiliza los libros correctamente.
- ✓ Speaks in a way that can be understood.
Habla de una manera que se pueda entender.
- ✓ Engages in conversation and uses language to express themselves.
Participa en conversaciones y utiliza el lenguaje para expresarse.
- ✓ Understands many words, their meaning and asks for help with unfamiliar words.
Entiende muchas palabras, su significado y pide ayuda con palabras desconocidas.
- ✓ Recognizes some letter sounds and names uppercase and lowercase letters.
Reconoce algunos sonidos de letras y nombra letras mayúsculas y minúsculas.
- ✓ Writes letters/letter-like shapes and writes own first name, last name, or nickname.
Escribe letras/formas parecidas a letras y escribe su propio nombre, apellido o apodo.

SOCIAL-EMOTIONAL DEVELOPMENT DESARROLLO SOCIOEMOCIONAL

- ✓ Identifies feelings and responds using appropriate words and gestures.
Identifica sentimientos y responde usando palabras y gestos apropiados.
- ✓ Can name own emotions and controls behavior.
Puede nombrar sus propias emociones y controlar el comportamiento.
- ✓ Interacts positively with adults and peers.
Interactúa positivamente con adultos y compañeros.
- ✓ Notices differences among groups of people and shows a sense of identity.
Nota diferencias entre grupos de personas y muestra un sentido de identidad.

SEPTEMBER 2024

SEPTIEMBRE

Take me to school!

¡Llévame a la escuela!

Help Your Child Succeed In
Preschool: Build the Habit of
Good Attendance

Showing up on time every day is important to your child's success and learning from preschool forward. Missing 10% of preschool (one or two days every few weeks) can make it harder for your child to develop early reading skills and be prepared for kindergarten and first grade. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day! Your enthusiasm is a BIG boost to your child's success! Talk about it, read about it, sing about it - make it an adventure!

Ayude a su Hijo a Tener Éxito en el
Preescolar: Desarrolle el Hábito
de la Buena Asistencia

Llegar a tiempo todos los días es importante para el éxito y el aprendizaje de su hijo desde el preescolar en adelante. Faltar el 10% del preescolar (uno o dos días cada pocas semanas) puede dificultar que su hijo desarrolle habilidades de lectura temprana y esté preparado para el jardín de infantes y el primer grado. Las rutinas que su hijo desarrolla en el preescolar continuarán durante toda la escuela. ¡Puede aprovechar todos los días! ¡Su entusiasmo es un GRAN impulso para el éxito de su hijo! Hable sobre ello, lea sobre ello, cante sobre ello, ¡conviértalo en una aventura!



SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
Always report absences to your child's school and provide medical notes if needed. Siempre informe las ausencias a la escuela de su hijo y proporcione notas médicas si es necesario. 1	2	3 Set a consistent bedtime for your child on school nights. Apple icon	4 Apple icon	5 Apple icon	6 Establezca una hora constante para que su hijo se acueste durante las noches escolares. Apple icon	7
8	9 Create a visual checklist to help your child stay on task and get ready for school each morning. Apple icon	10 Apple icon	11 Apple icon	12 Haga una lista de verificación visual para ayudar a su hijo a concentrarse en la tarea y prepararse para la escuela cada mañana. Apple icon	13 Apple icon	14
15	16 Apple icon	17 Set a timer on school mornings to help keep your child on task. Apple icon	18 Apple icon	19 Apple icon	20 Configure un cronómetro en las mañanas escolares para ayudar a su hijo a concentrarse en la tarea. Apple icon	21
22	23 Read books together about going to school and talk about how your child feels about school. Apple icon	24 Apple icon	25 Leer juntos libros sobre ir a la escuela y hablen sobre cómo se siente su hijo con respecto a la escuela. Apple icon	26 Apple icon	27 Apple icon	28 Check in with your child today. What does he or she like and dislike about going to school?
29 Consulte con su hijo hoy. ¿Qué le gusta y qué le disgusta de ir a la escuela?	30 Apple icon	Books to Share Libros Para Compartir If You Take a Mouse to School Si llevas un raton a la escuela Laura Numeroff How Do Dinosaurs Go to School? ¿Cómo van a la escuela los dinosaurios? Jane Yolen and Mark Teague	Track your child's attendance this month. Color the apple every day they go to school. Realice un seguimiento de la asistencia de su hijo este mes. Colorea la manzana todos los días que van al colegio.			

OCTOBER 2024

OCTUBRE

Read WITH me!

¡Lee CONMIGO!

Read WITH Your Child for 15 Minutes, Every Day!

A

Give your child the gift of reading! Unplug, connect, and read with your child for at least 15 minutes every day! Create a special spot in your home where reading takes place together, away from noise or other distractions. Talk about books with your child and show that books are enjoyable, have a purpose, and should be cared for. These literacy experiences are valuable in helping your child develop a love of books and the motivation to learn to read once they reach kindergarten.

¡Lea CON su hijo por 15 minutos, todos los días!

C

¡Dale a tu hijo el regalo de la lectura! ¡Desconéctese, conéctese y lea con su hijo durante al menos 15 minutos todos los días! Cree un lugar especial en su hogar donde la lectura se lleve a cabo juntos, lejos del ruido u otras distracciones. Hable acerca de los libros con su hijo y muéstrele que los libros son agradables, tienen un propósito y deben cuidarse. Estas experiencias de alfabetización son valiosas para ayudar a su hijo a desarrollar el amor por los libros y la motivación para aprender leer una vez que lleguen al jardín de infantes.

B

SUNDAY
DOMINGO

MONDAY
LUNES

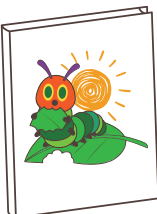
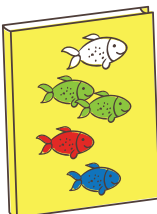
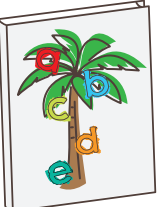
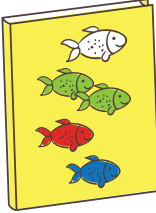
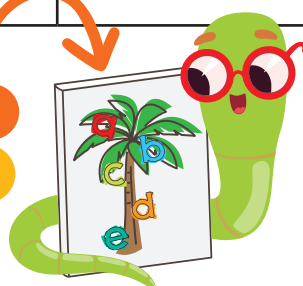
TUESDAY
MARTES

WEDNESDAY
MIÉRCOLES

THURSDAY
JUEVES

FRIDAY
VIERNES

SATURDAY
SÁBADO

One Fish Two Fish Red Fish Blue Fish Un pez dos peces pez rojo pez azul Dr. Seuss Where the Wild Things Are Donde viven los monstruos Maurice Sendak	Books to Share Libros Para Compartir 	1	2		3	4	Ayude a su hijo a crear un área de lectura especial en su hogar y prepare una mochila con libros para leer cuando viaje en el automóvil o espere en la fila. 	
	6	7	Make an alphabet book together. Help your child cut out letters and pictures from magazines and glue them to construction paper. 		10	11	Hagan juntos un libro del abecedario. Ayude a su hijo a recortar letras y dibujos de revistas y pegarlos en papel de construcción.  	
	14	15	Play "Alpha-Spy" ("I spy with my little eye, something that begins with the letter...") Provide clues if needed. Take turns guessing the object. 	16			19	Juega "Alpha-Spy" ("Espio con mi pequeño ojo, algo que comienza con la letra ...") Proporciona pistas si es necesario. Tórnense para adivinar el objeto.
20	21				24	25	 	
	28	29	30	31	Match the books! ¡Combina los libros! 			

Encourage Your Child to Be Independent

Young children's developing independence begins with the ability to perform self-care routines (washing hands, brushing teeth, getting dressed/undressed, etc.) with little or no assistance from an adult. At this age, a child's degree of independence and willingness to participate in and carry out classroom routines are important indicators of kindergarten readiness. At home, allow your child to share the responsibility for routines (setting the table, folding laundry, drying the dishes, caring for the family pet, etc.). Before you offer help, encourage your child to complete tasks independently and celebrate your child's accomplishments!

I CAN do it!

¡YO puedo hacerlo!

Anime a su hijo a ser independiente

El desarrollo de la independencia de los niños pequeños comienza con la capacidad de realizar rutinas de cuidado personal (lavarse las manos, cepillarse los dientes, vestirse/desvestirse, etc.) con poca o ninguna ayuda de un adulto. A esta edad, el grado de independencia de un niño y su voluntad de participar y llevar a cabo las rutinas del salón de clases son indicadores importantes de la preparación para el jardín de infantes. En casa, permita que su hijo comparta la responsabilidad de las rutinas (poner la mesa, doblar la ropa, secar los platos, cuidar a la mascota de la familia, etc.). Antes de ofrecer ayuda, anime a su hijo a completar las tareas de forma independiente y celebre los logros de su hijo!

NOVEMBER 2024
NOVIEMBRE

SUNDAY
DOMINGO

MONDAY
LUNES

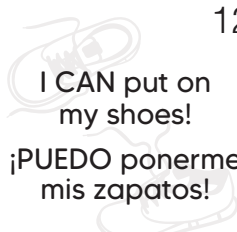
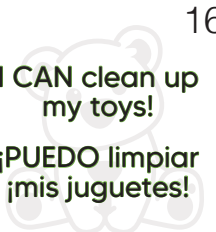
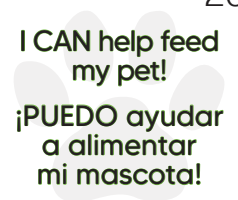
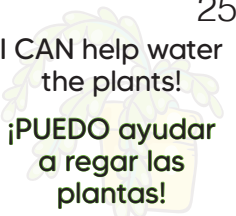
TUESDAY
MARTES

WEDNESDAY
MIÉRCOLES

THURSDAY
JUEVES

FRIDAY
VIERNES

SATURDAY
SÁBADO

 Books to Share Libros Para Compartir <i>I Take Care of Myself!</i> ¡Me sé cuidar! Gladys Rosa-Mendoza <i>All By Myself</i> Yo Solito Mercer Mayer		 I CAN do it; let me try! ¡PUEDO hacerlo; déjame intentarlo!	Will your child be attending school out of district? Start checking your email for information about school choice enrollment, beginning soon! 1	¿Asistirá su hijo a una escuela fuera del distrito? ¿Revise su correo electrónico para obtener información sobre la inscripción en la elección de escuela! 2		
3 Daylight Savings Time Ends Finaliza el Horario de Verano	4	5 Talk about your child's progress with self-care and classroom routines. Why are these things important?	6 Hable sobre el progreso de su hijo con el cuidado personal y las rutinas del salón de clases. ¿Por qué son importantes estas cosas?	7 I CAN wash my hands! ¡PUEDO lavarme las manos!	8	9
10 Make a visual checklist with your child showing steps to take when washing hands, etc., and hang it up so your child can follow it daily.	11 Veterans Day Dia de los Veteranos	12  I CAN put on my shoes! ¡PUEDO ponerme mis zapatos!	13	14 Haga una lista de verificación visual con su hijo que muestre los pasos a seguir para lavarse las manos, etc., y cuélguela para que su hijo pueda seguirla todos los días.	15	16  I CAN clean up my toys! ¡PUEDO limpiar mis juguetes!
17	18 Join your child in some puzzle fun today! How many pieces can your child find and correctly put together on his/her own?	19	20  I CAN help feed my pet! ¡PUEDO ayudar a alimentar mi mascota!	21	22 ¡Únase a su hijo en un divertido rompecabezas hoy! ¿Cuántas piezas puede encontrar y ensamblar correctamente su hijo por su cuenta?	23
24	25  I CAN help water the plants! ¡PUEDO ayudar a regar las plantas!	26	27 Make playdough with your child today. Practice rolling it with your fingers and flattening it with your hands.	28 Thanksgiving Acción de Gracias	29	30 Haga plastilina con su hijo hoy. Practica enrollarlo con los dedos y aplanarlo con las manos.

DECEMBER 2024

DICIEMBRE



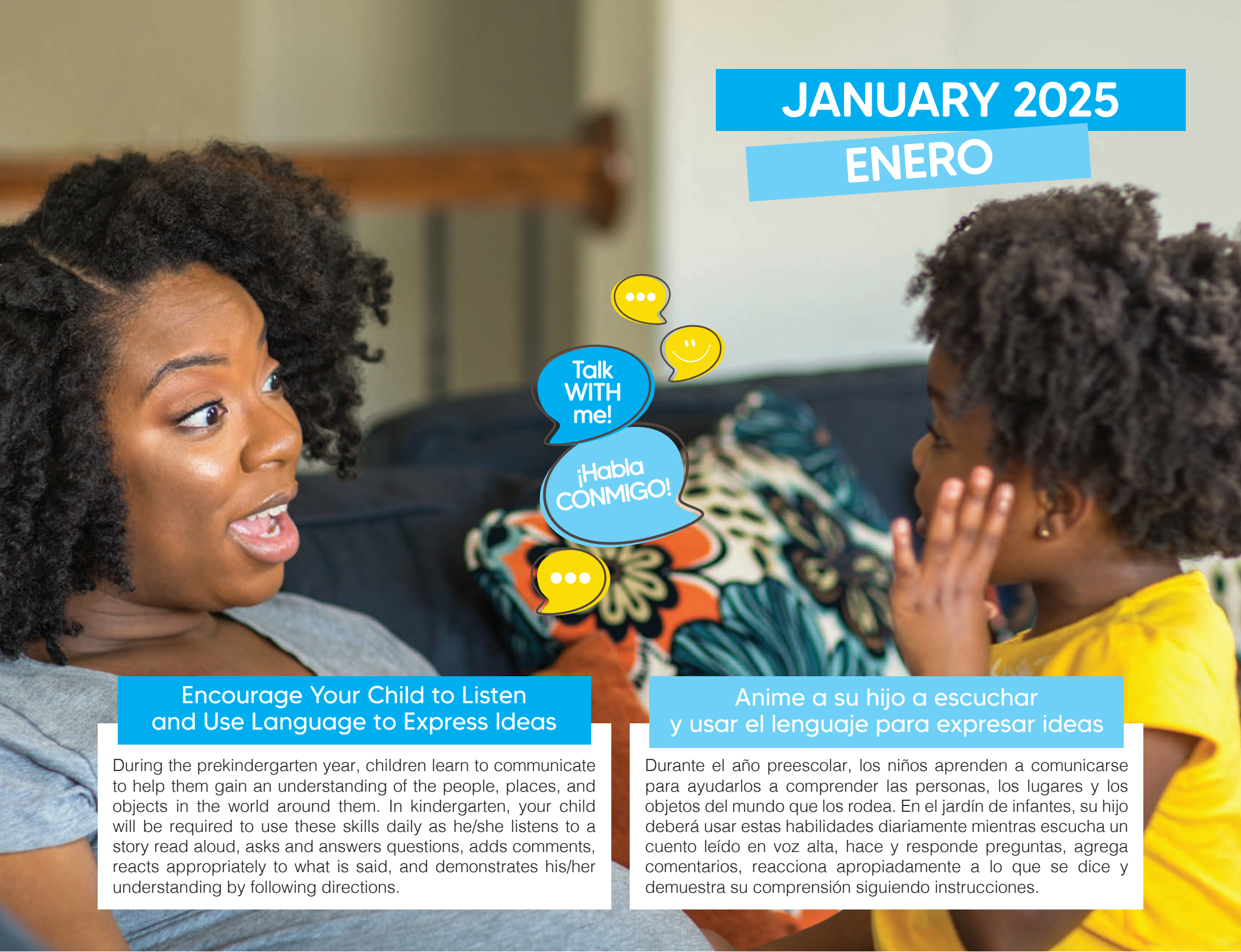
Give Presence; Actively Play WITH Your Child.
Be Creative, Sing, Dance, and Be Silly!

Children need multiple outlets to express their emotions, share ideas, use language, and solve problems. When children are engaged in play, they are happy and are more motivated to learn new skills. Play allows them to create and explore a world they can master, conquer their fears, practice adult roles, increase their confidence, and build resiliency to face future challenges. Playing WITH your child allows you to fully interact with your child, understand the world through their point of view, connect creatively, and help build enduring relationships.

Dar Presencia; Juegue activamente CON su hijo. ¡Sea creativo, cante, baile y sea tonto!

Los niños necesitan múltiples salidas para expresar sus emociones, compartir ideas, utilizar el lenguaje y resolver problemas. Cuando los niños juegan, están felices y más motivados para aprender nuevas habilidades. El juego les permite crear y explorar un mundo que pueden dominar, conquistar sus miedos, practicar roles adultos, aumentar su confianza y desarrollar resiliencia para enfrentar desafíos futuros. Jugar CON su hijo le permite interactuar completamente con él, comprender el mundo a través de su punto de vista, conectarse creativamente y ayudar a construir relaciones duraderas.

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
1 What color am I? ¿Qué color soy yo?  yellow amarillo	2  yellow amarillo	3 Pretend play with your child and follow their lead. Ask questions to further stimulate their imagination.	4 	5 Simule que juegue con su hijo y siga su ejemplo. Haga preguntas para estimular aún más su imaginación.	6 	7  blue azul
8 Paint together today. What is your child's favorite color? What happens when you mix colors together?	9 	10  orange naranja	11 Pintar juntos hoy. ¿Cuál es el color favorito de tu hijo? ¿Qué pasa cuando mezclas colores?	12  purple morado	13 	14 Show interest in your child's creative process and ask questions about their artwork.
15 	16  red rojo	17 Muestre interés en el proceso creativo de su hijo y haga preguntas sobre sus obras de arte.	18 	19 Designate a special spot in your home to display artwork and writing created by your child.	20  green verde	21 Winter Begins El Invierno Comienza
22 Designe un lugar especial en su hogar para exhibir obras de arte y escritos creados por su hijo.	23 	24 Christmas Eve Un día Antes de Navidad	25 Christmas Day Día de Navidad	26 Christmas Eve Un día Antes de Navidad	27 	28 Add some fun to everyday routines. Play music and dance together while making dinner, folding laundry, or cleaning up.
29  pink rosa	30 Agregue algo de diversión a las rutinas diarias. Toquen música y bailen juntos mientras preparan la cena, doblan la ropa o limpian.	31 New Year's Eve Víspera del Año Nuevo	 brown marrón	Giraffes Can't Dance Las jirafas no pueden bailar Giles Andreae Harold and the Purple Crayon Harold y el Lapiz Color Morado Crockett Johnson	Books to Share Libros Para Compartir 	



JANUARY 2025

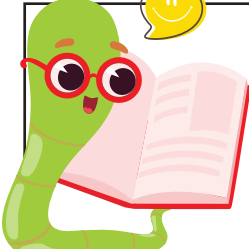
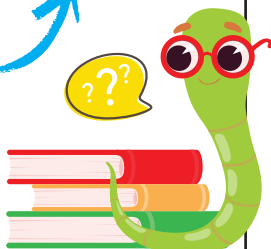
ENERO

Encourage Your Child to Listen and Use Language to Express Ideas

During the prekindergarten year, children learn to communicate to help them gain an understanding of the people, places, and objects in the world around them. In kindergarten, your child will be required to use these skills daily as he/she listens to a story read aloud, asks and answers questions, adds comments, reacts appropriately to what is said, and demonstrates his/her understanding by following directions.

Anime a su hijo a escuchar y usar el lenguaje para expresar ideas

Durante el año preescolar, los niños aprenden a comunicarse para ayudarlos a comprender las personas, los lugares y los objetos del mundo que los rodea. En el jardín de infantes, su hijo deberá usar estas habilidades diariamente mientras escucha un cuento leído en voz alta, hace y responde preguntas, agrega comentarios, reacciona apropiadamente a lo que se dice y demuestra su comprensión siguiendo instrucciones.

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 Books to Share Libros Para Compartir My Mouth Is a Volcano! ¡Mi boca es un volcán! Julia Cook Click, Clack, Moo: Cows That Type CLIC, Clac, Muu: Vacas Escritoras Doreen Cronin			1 New Year's Day Día de Año Nuevo	2 Kwanzaa Ends (sundown) Kwanzaa Termina		4 Engage in daily conversations with your child, taking turns listening and responding.
5	6 What do you put on a silly sandwich? ¿Que ponesen un tonto sándwich?	7 Participe en conversaciones diarias con su hijo, turnándose para escuchar y responder.	8	9	10 Do alligators have eyebrows? ¿Los caimanes tienen cejas?	11
12	13 Play with blocks together. Give your child instructions on how to build towers or structures, and play with what you have built.	14	15 How do monkeys make their beds? ¿Cómo hacen los monos sus camas?	16 Jueguen con bloques juntos. Dele a su hijo instrucciones sobre cómo construir torres o estructuras y juegue con lo que ha construido.	17	18
19 Go on a walk around your neighborhood and play "Red Light, Green Light" together as you walk. Can your child follow your directions?	20 Martin Luther King Jr. Day Día de Martin Luther King Jr.	21	22	23	24 Salgan a caminar por su vecindario y jueguen juntos a "Luz roja, luz verde" mientras caminan. ¿Puede su hijo seguir sus instrucciones?	25 Where is a good place to hide an elephant? ¿Dónde es un buen lugar para esconder un elefante?
26	27 If you had a tail what would it look like? ¿Si tuvieras una cola cómo se vería?	28 Ask your child to help you set the table for dinner and place the plates, napkins, and silverware on the table for each person.	29	30 Pídale a su hijo que lo ayude a poner la mesa para la cena y coloque los platos, las servilletas y los cubiertos en la mesa para cada persona.	31 Ask me silly questions! ¡Preguntame preguntas tontas!	



FEBRUARY 2025

FEBRERO

Kindergarten Registration Begins as Early as February!

In some school districts, parents can enroll their child in kindergarten as early as February. Early education offered through kindergarten programs provides young children with diverse learning opportunities that help build and practice vital social-emotional, problem-solving, and academic skills needed in preparation for the first grade and school in general. Check with your local school district for registration dates and information on what documents are required to register your child. Be on the lookout for important information regarding Kindergarten Roundup or Meet the Teacher events prior to the start of the new school year!

¡La Inscripción para Jardín de Infantes Comienza en Febrero!

En algunos distritos escolares, los padres pueden inscribir a sus hijos en el jardín de infantes a partir de febrero. La educación temprana ofrecida a través de programas de jardín de infantes brinda a los niños pequeños diversas oportunidades de aprendizaje que ayudan a desarrollar y practicar habilidades socioemocionales, académicas y de resolución de problemas vitales necesarias en la preparación para el primer grado y la escuela en general. Consulte con su distrito escolar local las fechas de inscripción e información sobre qué documentos se requieren para registrar a su hijo. ¡Esté atento a información importante sobre los eventos de Kindergarten Roundup o Meet the Teacher antes del inicio del nuevo año escolar!

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 Books to Share Libros Para Compartir Isabel and Her Colores Go to School Isabel y sus colores van a la escuela Alexandra Alessandri We Don't Eat Our Classmates Los Compañeros No Se Comen Ryan T. Higgins				Match & color the letters! ¡Combina y colorea las letras! 		1 Check with your school district on dates and attend the Kindergarten Roundup or Meet the Teacher event at your child's new school.
2 Groundhog Day Día de la Marmota	3 a	4 Consulte con su distrito escolar sobre las fechas y asista al evento Kindergarten Roundup o Meet the Teacher en la nueva escuela de su hijo.	5 R	6 Follow a daily morning and bedtime routine (get dressed, eat breakfast, brush teeth) and (take a bath, read, go to bed, etc.)	7 7	8 E
9 A	10 Seguir una rutina diaria por la mañana y antes de acostarse (vestirse, desayunar, cepillarse los dientes) y (bañarse, leer, acostarse, etc.)	11 e	12 Read with your child for 15 minutes every day! Let your child choose books, and take turns reading.	13 d	14 Valentine's Day Día de San Valentín	15 ¡Lea con su hijo durante 15 minutos todos los días! Deje que su hijo elija libros y túrnense para leer.
16 16	17 Presidents' Day Día del Presidente	18 D	19 19	20 20	21 Encourage your child to complete tasks independently at home (brushing teeth, getting dressed, tying shoes, serving himself/herself at meals, cleaning up, etc.)	22 r
23 Anime a su hijo a completar tareas de forma independiente en casa (cepillarse los dientes, vestirse, atarse los zapatos, servirse él mismo las comidas, limpiar, etc.)	24 y	25 Talk WITH your child often, write shopping lists, draw pictures, read books that interest your child, sing songs, and rhyme together each day.	26 26	27 Hable CON su hijo a menudo, escriba listas de compras, haga dibujos, lea libros que le interesen, canten canciones y rimen juntos todos los días.	28 Y	



I like being friends!

¡Me gusta ser amigos!

MARCH 2025

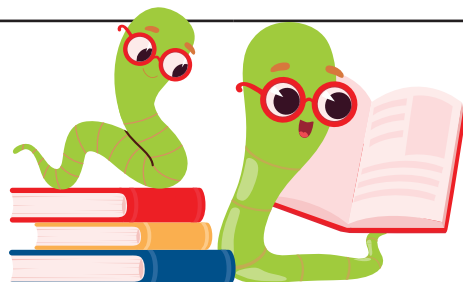
MARZO

Invite Your Child to Think and Solve Problems

Children who are successful in kindergarten can appropriately identify, express, and understand their feelings. They can develop special friendships, often show concern for others' thoughts and feelings, and can self-regulate under stress. They manage their emotions properly and can cooperate with peers and adults to solve problems in social situations through turn-taking, waiting, sharing, and negotiating.

Invita a su hijo a pensar y resolver problemas

Los niños que tienen éxito en el jardín de infantes pueden identificar, expresar y comprender adecuadamente sus sentimientos. Pueden desarrollar amistades especiales, a menudo muestran preocupación por los pensamientos y sentimientos de los demás y pueden autorregularse bajo estrés. Manejan sus emociones adecuadamente y pueden cooperar con sus compañeros y adultos para resolver problemas en situaciones sociales tomando turnos, esperando, compartiendo y negociando.

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	
 Books to Share Libros Para Compartir <i>The Color Monster</i> <i>El Monstruo de Colores</i> Anna Llenas <i>A Bade Case of Stripes</i> <i>Un caso grave de rayas</i> David Shannon  How am I feeling? Show me your _____ face! ¿Cómo me siento? ¡Muéstrame tu _____ cara! 							1
2 Encourage your child to invite a new friend over to play today.	3 	4 	5 Ash Wednesday Miércoles de Ceniza Lent Begins Comienza la Cuaresma	6 Anime a su hijo a invitar a un nuevo amigo a jugar hoy.	7 	8 	
9 Daylight Savings Time Begins Comienza el Horario de Verano	10 Use a transition signal with your child to help move from one activity to another (sing a song when it's time to clean up, etc.).	11 	12 Use una señal de transición con su hijo para ayudarlo a pasar de una actividad a otra (cante una canción cuando sea el momento de limpiar, etc.)	13 	14 Help your child make a peaceful place in your home where he/she can go to calm down or have some quiet time.	15 	
16 Ayude a su hijo a crear un lugar tranquilo en su hogar donde pueda ir a calmarse o pasar un rato tranquilo.	17 St. Patrick's Day Día de San Patricio	18 Talk with your child throughout each day and take time to connect one-on-one.	19 	20 Spring Begins Comienza la Primavera	21 	22 Hable con su hijo durante cada día y tómese el tiempo para conectarse uno a uno.	
23	24	25 	26 Play a board game together that requires your child to wait, listen, and take turns.	27 	28 Jueguen juntos un juego de mesa que requiera que su hijo espere, escuche y se turne.	29 	
30	31						

APRIL 2025

ABRIL

Write WITH me!

Enjoy the Sights and Sounds of Language with Your Child

a b c Children gradually learn to use language and writing to effectively communicate their thoughts, express their feelings, tell stories, and share ideas. Their exposure to social situations requires them to practice initiating and participating in conversations as they take turns listening and responding to what is said. These emerging skills are evidence of developing an understanding that all communication is meaningful. All children develop these skills in their own time; be patient with your child's developing abilities.

¡Hablar, leer, escribir, cantar y rima CONMIGO!

Los niños aprenden gradualmente a utilizar el lenguaje y la escritura para comunicar eficazmente sus pensamientos, expresar sus sentimientos, contar historias y compartir ideas. Su exposición a situaciones sociales les exige practicar el inicio y la participación en conversaciones mientras se turnan para escuchar y responder a lo que se dice. Estas habilidades emergentes son evidencia del desarrollo de una comprensión de que toda comunicación es significativa. Todos los niños desarrollan estas habilidades a su debido tiempo; Sea paciente con las habilidades en desarrollo de su hijo.

d e f g

SUNDAY DOMINGO MONDAY LUNES TUESDAY MARTES WEDNESDAY MIÉRCOLES THURSDAY JUEVES FRIDAY VIERNES SATURDAY SÁBADO

1 I can write my name! ¡Puedo escribir mi nombre!		2 Trace the letters! ¡Traza las letras!		3 Aa		4 Hable con su hijo a lo largo de cada día y ejemplifique un habla clara y un contacto visual.		5 Bb	
6 Cc		7 Encourage your child to use language to communicate his/her needs at home instead of making noises or using gestures.		8 Dd		9 Ee		10 Anime a su hijo a usar el lenguaje para comunicar sus necesidades en casa en lugar de hacer ruidos o hacer gestos.	
11 Ff		12 Passover Begins (sundown) Comienza la Pascua		13 Palm Sunday Domingo de Palma		14 Gg		15 Play the "Yes-No" game. Ask questions such as "Are you a boy/girl?" Make up your own silly questions like, "Can a crocodile sing?" Take turns asking and responding.	
16 Hh		17 Lent Ends Termina la Cuaresma		18 Good Friday Viernes Bueno		19 Juega el juego "Sí-No". Haga preguntas como "¿Eres un niño o una niña?" Invente sus propias preguntas tontas como, "¿Puede cantar un cocodrilo?" Túrnense para preguntar y responder.		20 Easter Pascua de Resurrección Passover Ends (sundown) Termina la Pascua	
21 Read books about being a good listener. Talk about listening and waiting your turn to speak.		22 Earth Day Día de la Tierra		23 Ii		24 Jj		25 Kk	
26 Lea libros sobre ser un buen oyente. Habla sobre escuchar y esperar tu turno para hablar.		27 Model writing for your child and give your child opportunities to write with pens, pencils, crayons, etc.		28 Ll		29 Modele la escritura para su hijo y bríndele la oportunidad de escribir con bolígrafos, lápices, crayones, etc.		30 Ramadan Ends (sundown) Termina el Ramadán	
						Aaron Slater, Illustrator Aarón Soñador, ilustrador Andrea Beaty Chicka Chicka Boom Boom Chica Chica Bum Bum Bill Martin, Jr. & John Archambault		Books to Share Libros Para Compartir	



Make Math A “Hands-On” Learning Experience for Your Child

Children are naturally curious about numbers, counting, and mathematical concepts. Their understanding of numbers, operations, and patterns grows tremendously throughout prekindergarten as they engage in hands-on number recognition, counting, measurement, and comparison activities. Practicing these skills develops their ability to assign words to numbers and sets (a child writes the word “six” and draws a picture of six fish).

Haga de las Matemáticas una experiencia de aprendizaje practica para su hijo

Los niños sienten curiosidad natural por los números, el conteo y los conceptos matemáticos. Su comprensión de los números, las operaciones y los patrones crece enormemente a lo largo del jardín de infantes a medida que participan en actividades prácticas de reconocimiento, conteo, medición y comparación de números. La práctica de estas habilidades desarrolla su capacidad para asignar palabras a números y conjuntos (un niño escribe la palabra “seis” y hace un dibujo de seis peces).

¡Ordenar y contar con a mí!

Sort and count WITH me!

MAY 2025

MAYO

SUNDAY
DOMINGO

MONDAY
LUNES

TUESDAY
MARTES

WEDNESDAY
MIÉRCOLES

THURSDAY
JUEVES

FRIDAY
VIERNES

SATURDAY
SÁBADO



Books to Share

Libros Para Compartir

Over In the Meadow
En Aquel Prado
David A. Carter

Mouse Shapes
Figuras y ratones
Ellen Stoll Walsh

Name, trace, and color the shapes!

¡Nombra, traza y colorea las formas!



Read books that explore numbers, patterns, and operations with your child.

1



2

Lea libros que exploren números, patrones y operaciones con su hijo.

3

Build with blocks. How many does it take to reach the ceiling? Use addition and subtraction as you build.

4

5

Cinco de Mayo



7



Construir con bloques. ¿Cuántos se necesitan para llegar al techo? Usa sumas y restas mientras construyes.

9



10

Mother's Day
Día de la Madre

11



13

Cook together, count together, and explore measuring with your child.



15

Cocinen juntos, cuenten juntos y explora medir con su hijo.



17



18

Make a shape collage together using pictures from magazines. How many shapes can you find around your house?

19



22

Hagan juntos un collage de formas usando imágenes de revistas. ¿Cuántas formas puedes encontrar en tu casa?



25



26

Memorial Day
Día Conmemorativo

27

Gather two cups, and some small toys. Flip playing cards and place that number of toys in your cup. The first one to fill their cup wins!



29



Reúne dos tazas, y algunos juguetes pequeños. Voltee las cartas y coloque esa cantidad de juguetes en su taza. ¡El primero en llenar su copa gana!

31

JUNE 2025

JUNIO

Explore WITH me!

¡Explora CONMIGO!

Be Curious and Investigate the Natural World With Your Child

During prekindergarten, children are encouraged to expand their curiosity by asking questions, making predictions, and participating in scientific activities to further their understanding of physical events and the natural world. They explore living things to identify growth and change, examine new objects using a magnifying glass, experiment with cause and effect, and learn to use new tools. When children are actively engaged in their learning, they become excited. This excitement propels them to want to learn more and share their knowledge and experiences with others.

Sea curioso e investigue el mundo natural con su hijo

Durante el año de prejardín de infantes, se alienta a los niños a expandir su curiosidad haciendo preguntas, haciendo predicciones y participando en actividades científicas para mejorar su comprensión de los eventos físicos y el mundo natural. Exploran los seres vivos para identificar el crecimiento y el cambio, examinan nuevos objetos con una lupa, experimentan con causa y efecto y aprenden a usar nuevas herramientas. Cuando los niños participan activamente en su aprendizaje, se emocionan. Esta emoción los impulsa a querer aprender más y compartir sus conocimientos y experiencias con los demás.

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
1	2	3 Plant a window garden with your child. Make predictions about how it will grow, then measure and chart its progress throughout the month.	4  sunny/soleado	5 Plante un jardín de ventana con su hijo. Haga predicciones sobre cómo crecerá, luego mida y registre su progreso a lo largo del mes.	6	7  raining/lloviendo
8 Talk about science with your child. Find out what interests him/her about the natural world.	9  windy/ventoso	10	11 Hable de ciencia con su hijo. Descubra qué le interesa del mundo natural.	12	13	14 Make a plan to build something special with your child. What materials and tools will you need?
15 Father's Day Día del Padre	16 Haga un plan para construir algo especial con su hijo. ¿Qué materiales y herramientas necesitarás?	17  cloudy/nublado	18	19 Experiment with different objects in the bathtub. Make predictions if they will sink or float.	20 Summer Begins El Verano Comienza	21
22	23	24 Experimenta con diferentes objetos en la bañera. Haz predicciones sobre si se hundirán o flotarán.	25	26  rainbow/arcoíris	27 Take a nature walk together. Draw pictures of the plants and animals you see, and write a story together about your experience.	28 Armed Forces Day Día de las Fuerzas Armadas
29  snowing/nevando	30 Tomen un paseo por la naturaleza juntos. Haz dibujos de las plantas y los animales que ves y escriben juntos una historia sobre tu experiencia.	31  What is the weather? ¿Cuál es el clima?				
		Lola Plants a Garden Lola planta un jardín Anna McQuinn This Is the Sun Este es el Sol Elizabeth Everett		 Books to Share Libros Para Compartir		

JULY 2025

JULIO



Encourage Your Child to Be Healthy and Active!



Good health and wellness are the foundation for a child's development and everyday learning. In the classroom, they are encouraged to make healthy choices and participate in personal care routines daily (washing their hands, brushing their teeth, making healthy food choices, and staying physically active). Developing healthy habits and routines in the pre-kindergarten year are important skills your child needs to stay active and healthy later in life. Schedule regular medical and dental checkups for your child, and avoid sending your child to school when he or she is sick.



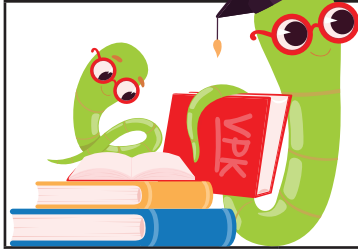
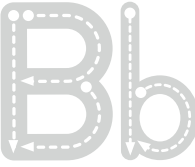
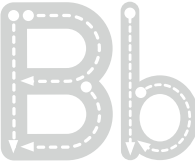
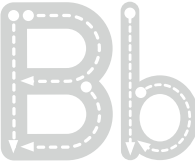
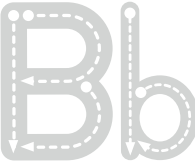
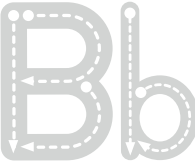
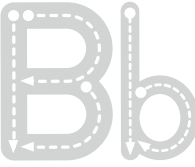
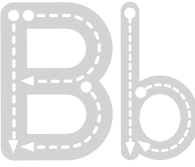
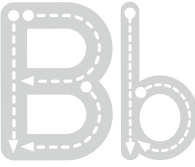
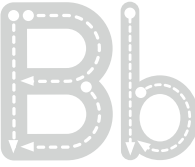
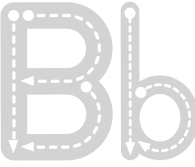
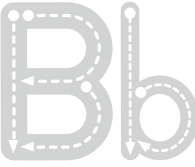
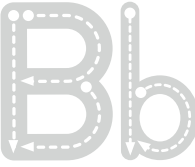
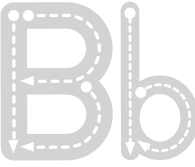
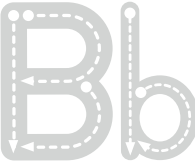
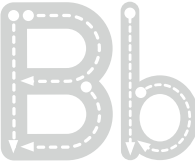
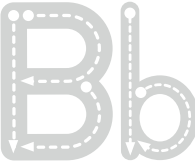
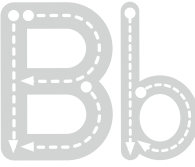
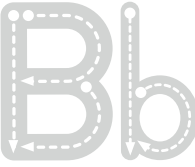
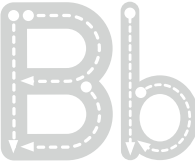
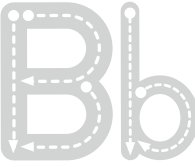
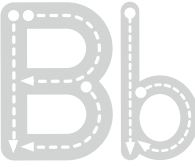
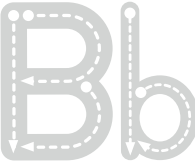
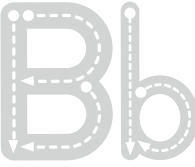
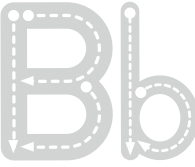
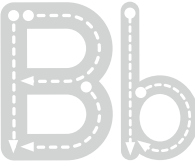
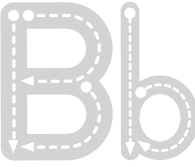
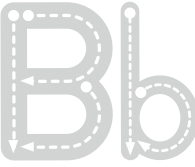
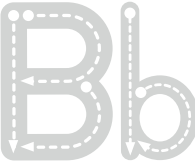
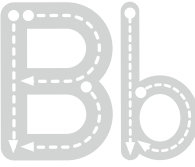
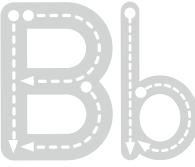
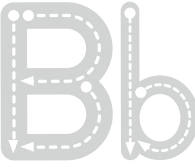
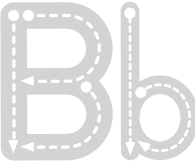
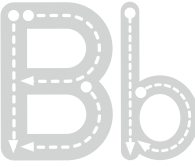
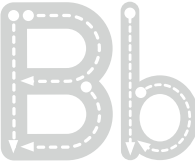
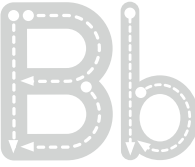
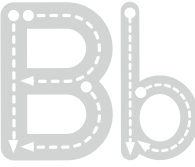
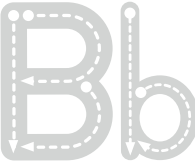
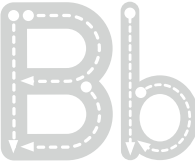
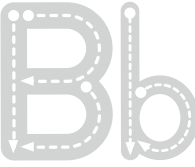
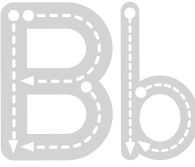
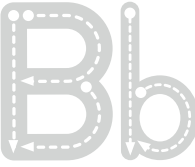
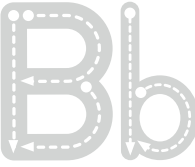
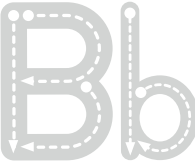
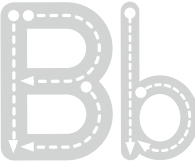
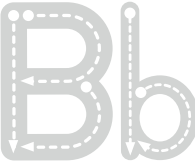
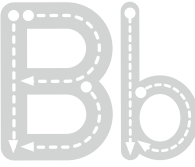
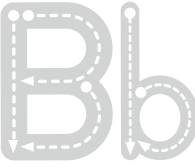
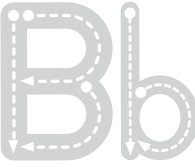
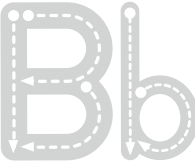
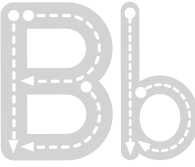
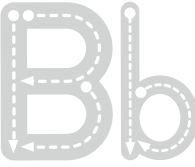
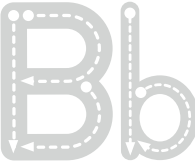
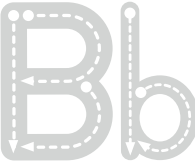
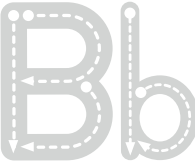
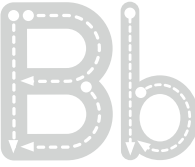
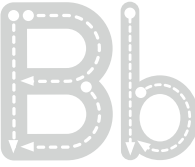
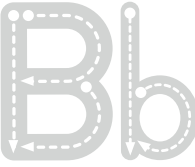
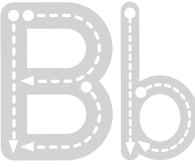
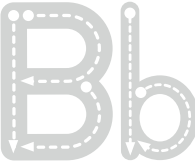
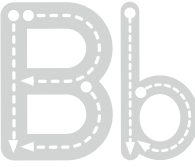
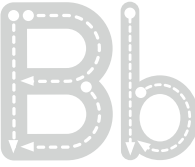
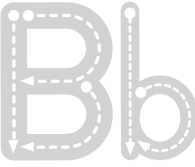
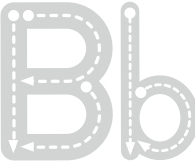
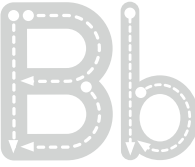
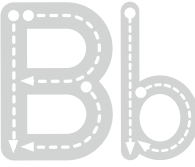
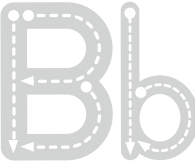
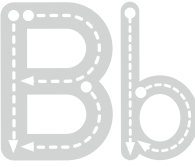
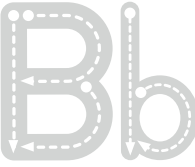
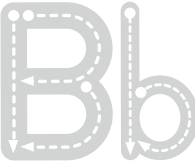
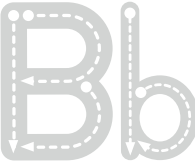
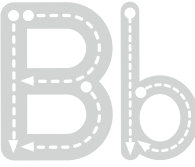
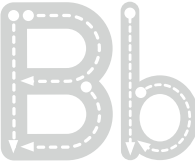
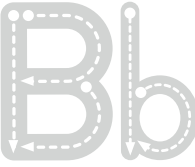
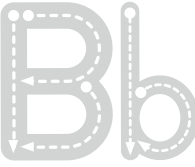
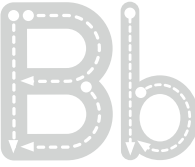
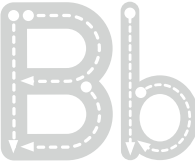
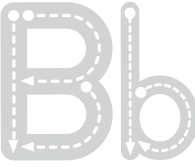
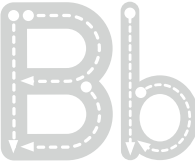
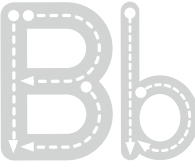
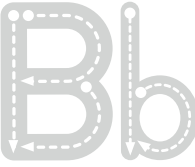
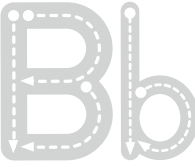
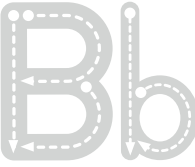
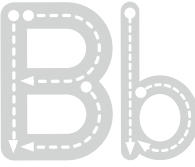
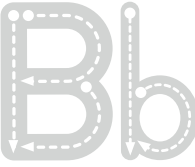
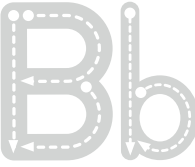
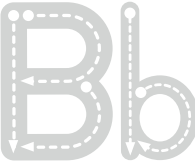
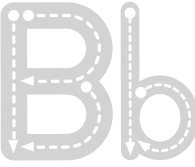
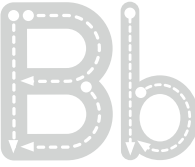
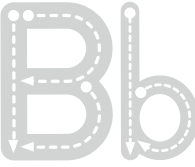
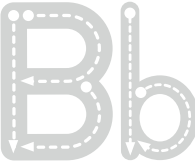
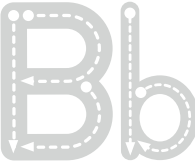
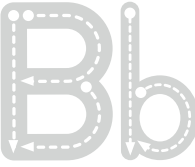
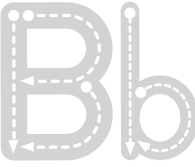
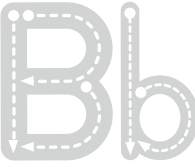
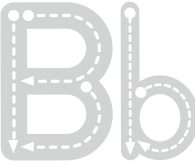
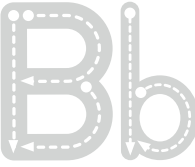
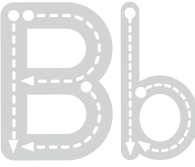
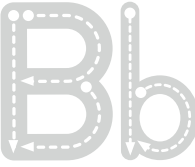
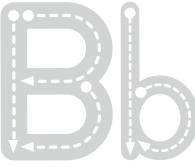
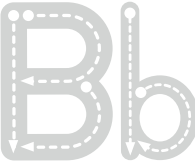
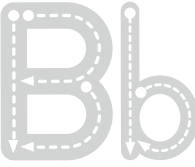
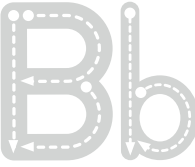
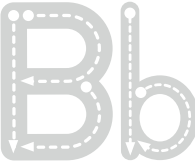
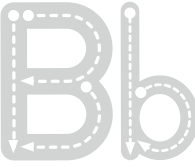
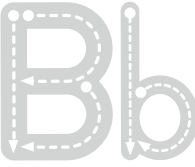
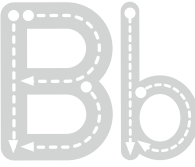
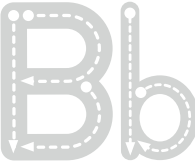
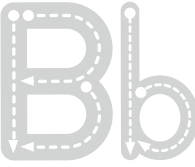
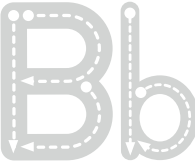
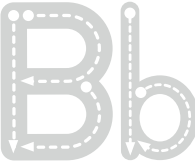
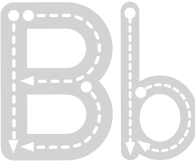
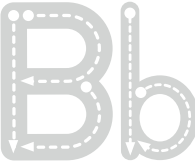
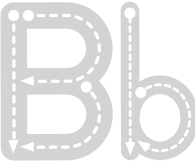
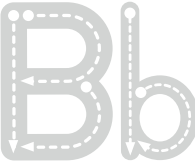
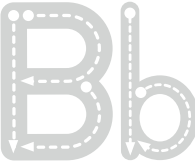
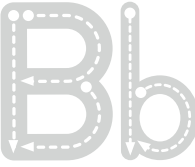
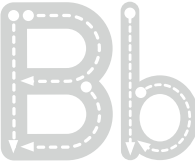
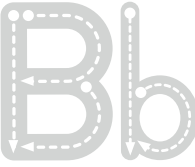
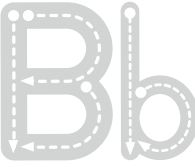
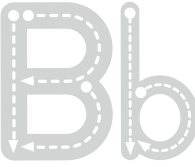
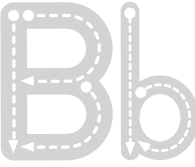
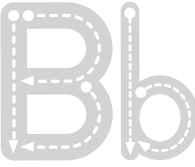
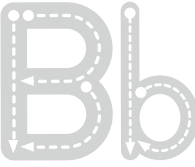
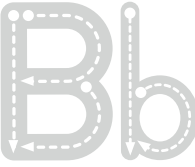
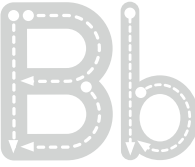
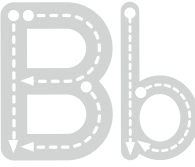
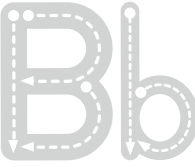
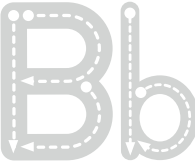
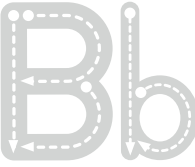
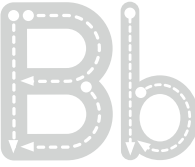
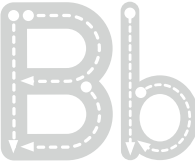
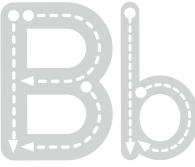
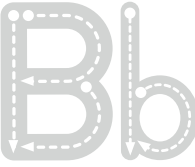
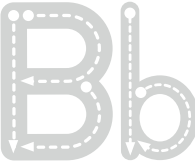
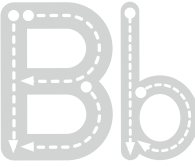
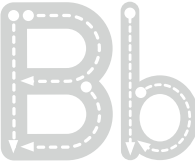
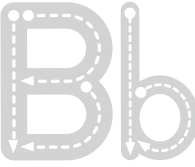
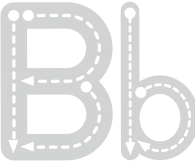
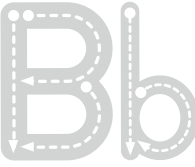
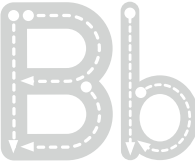
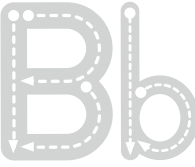
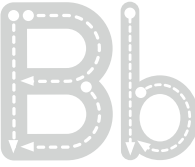
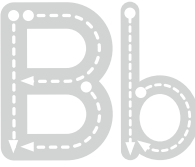
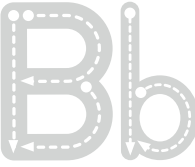
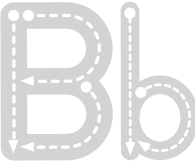
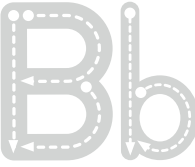
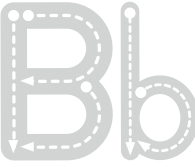
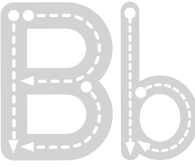
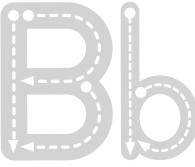
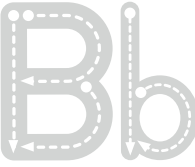
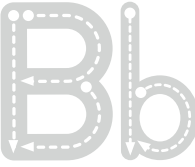
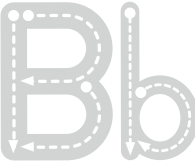
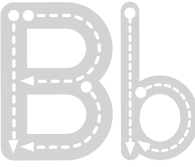
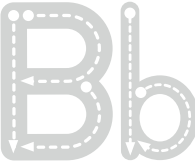
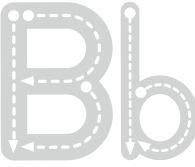
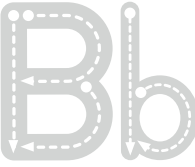
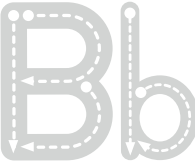
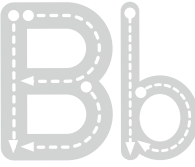
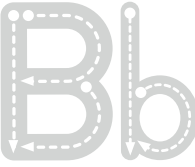
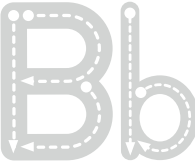
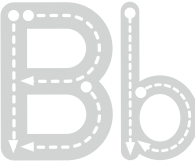
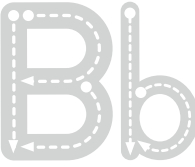
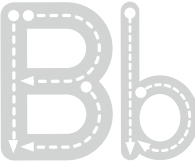
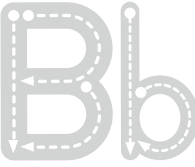
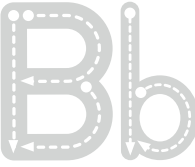
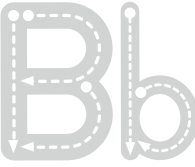
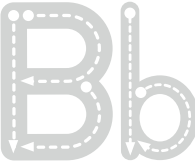
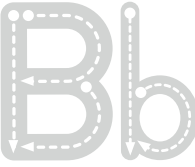
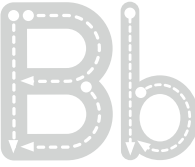
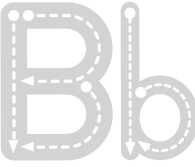
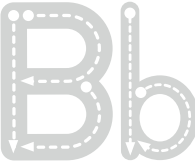
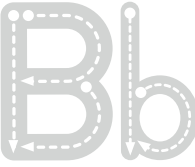
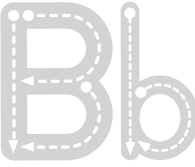
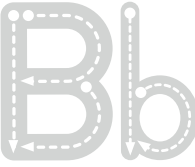
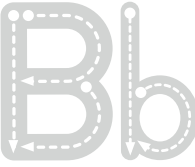
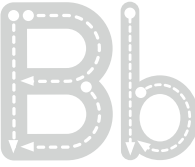
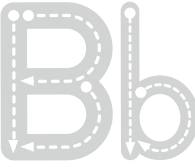
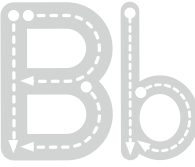
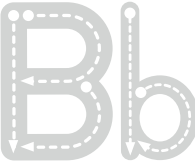
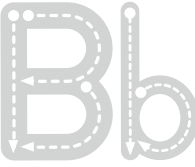
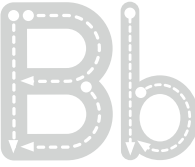
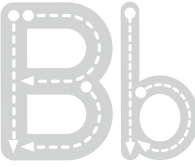
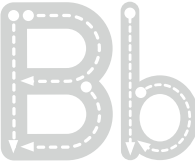
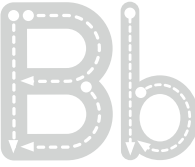
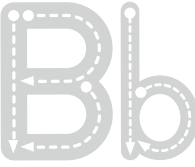
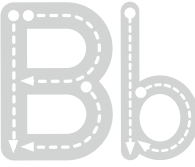
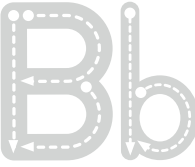
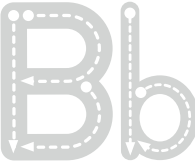
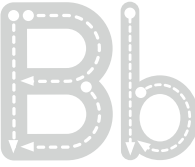
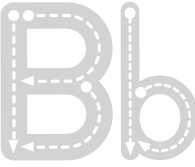
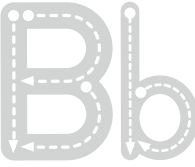
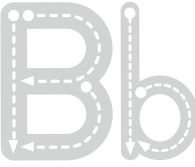
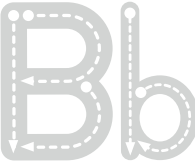
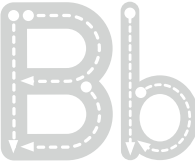
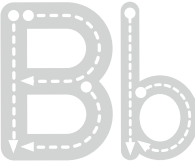
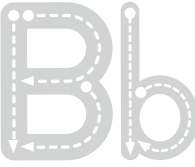
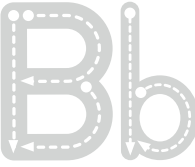
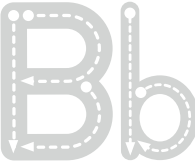
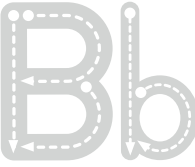
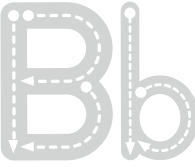
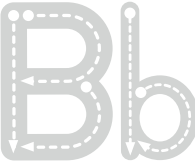
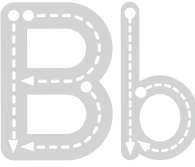
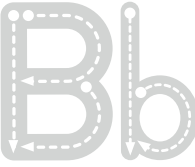
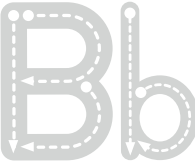
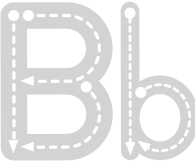
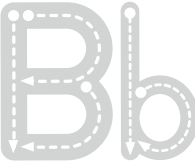
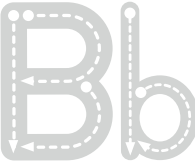
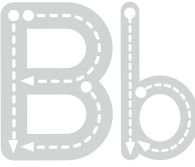
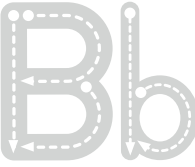
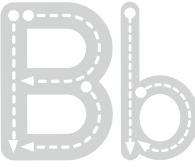
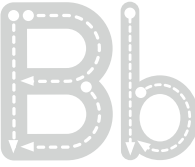
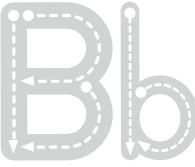
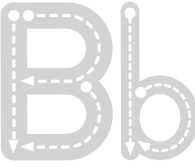
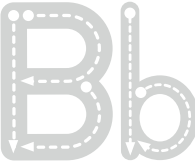
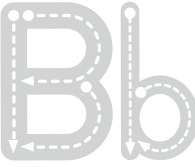
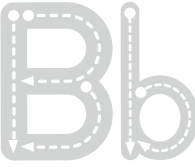
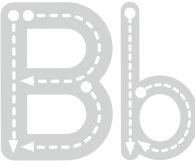
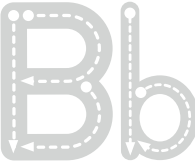
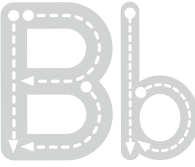
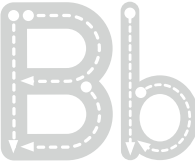
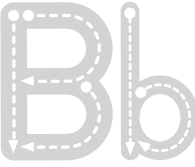
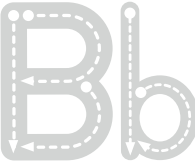
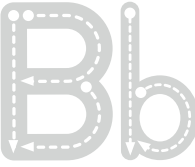
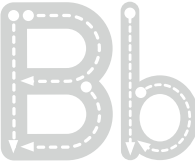
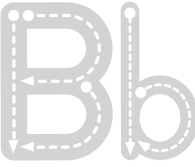
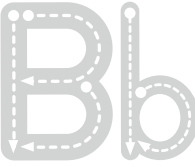
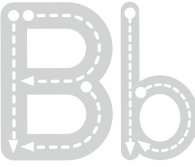
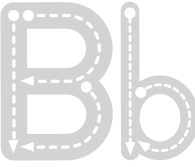
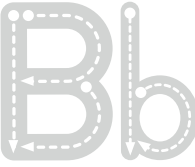
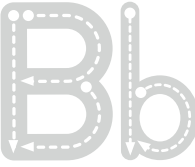
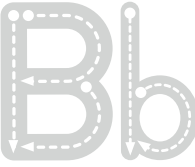
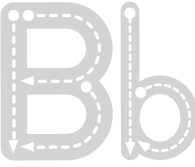
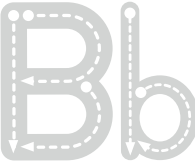
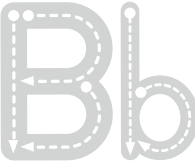
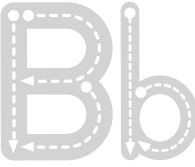
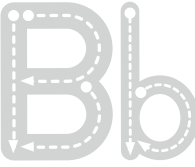
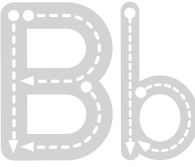
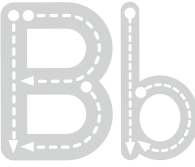
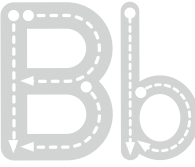
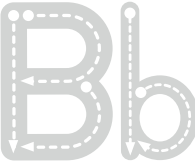
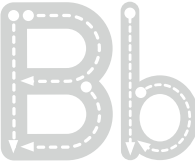
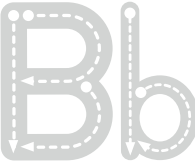
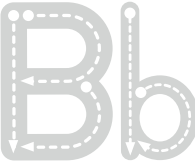
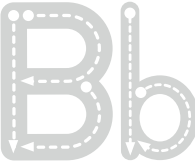
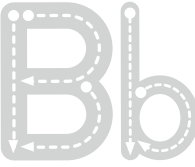
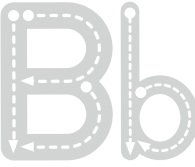
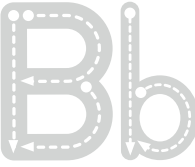
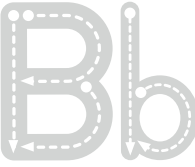
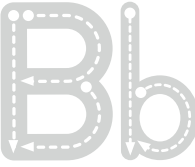
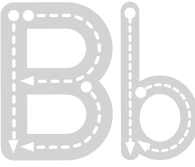
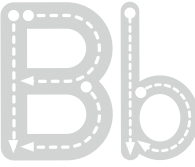
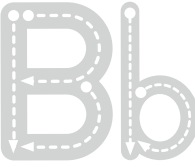
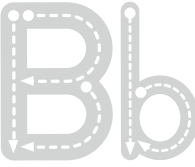
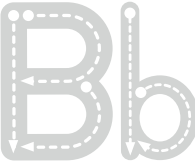
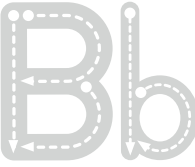
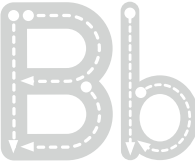
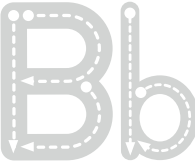
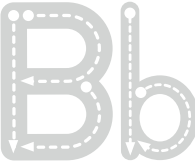
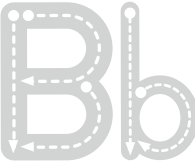
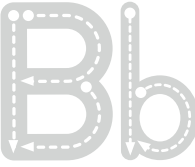
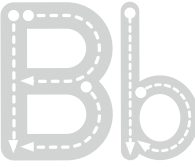
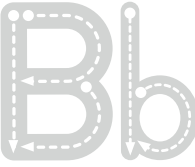
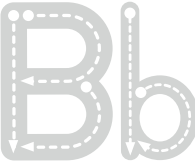
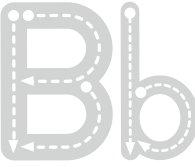
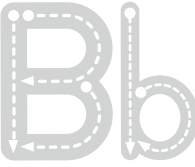
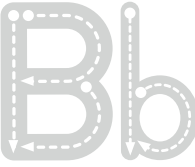
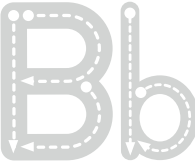
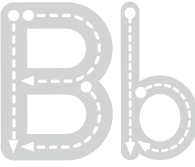
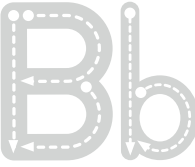
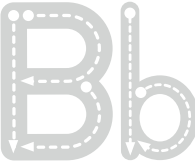
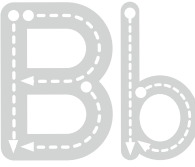
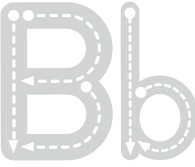
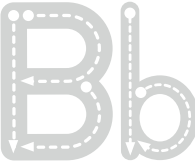
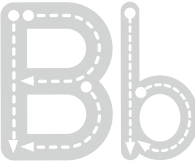
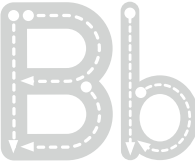
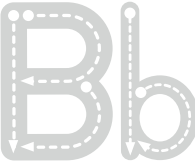
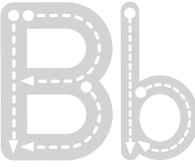
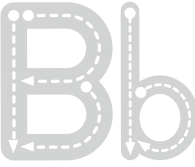
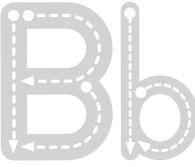
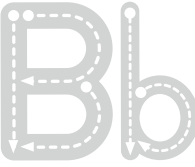
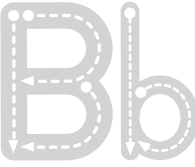
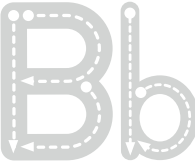
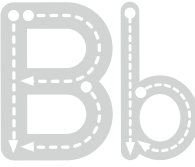
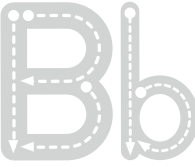
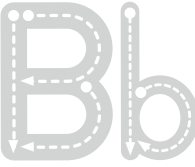
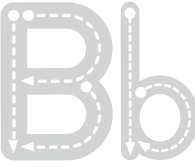
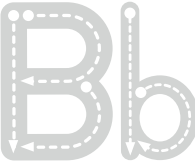
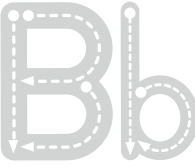
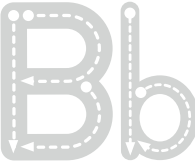
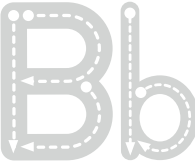
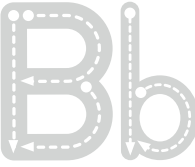
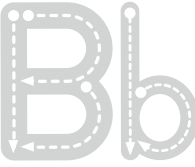
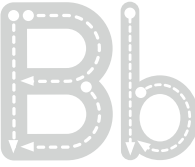
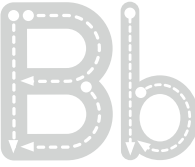
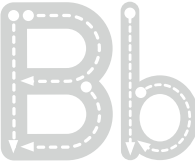
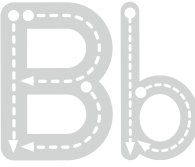
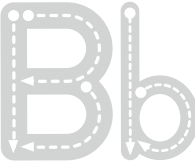
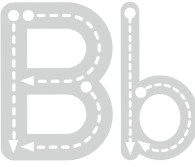
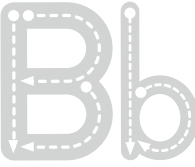
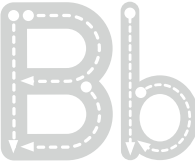
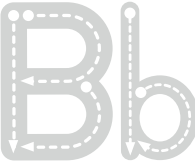
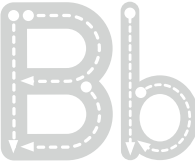
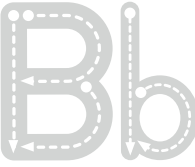
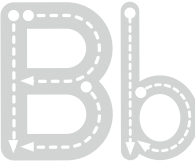
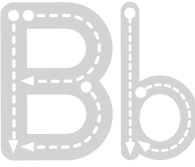
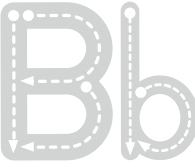
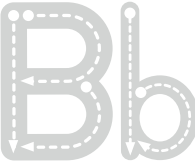
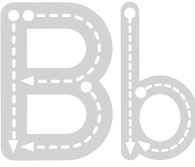
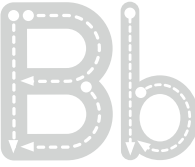
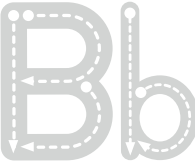
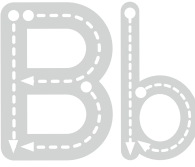
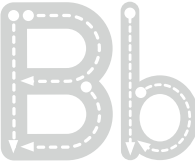
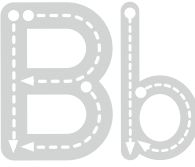
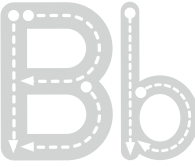
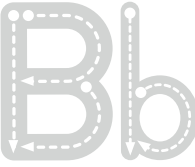
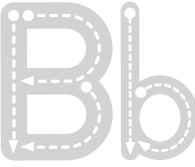
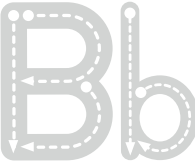
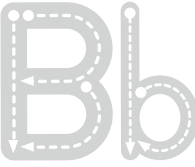
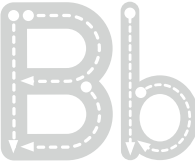
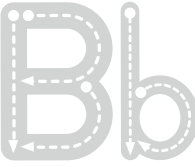
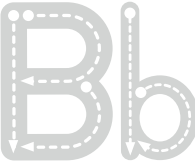
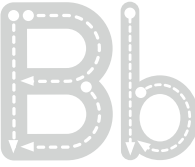
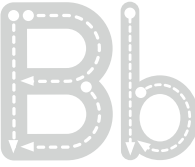
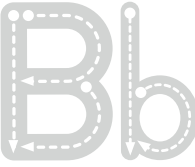
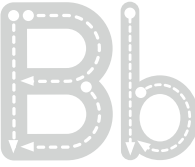
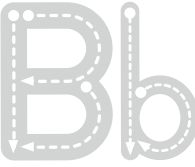
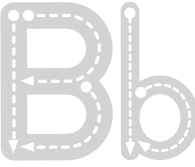
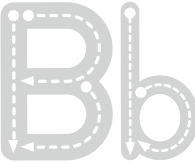
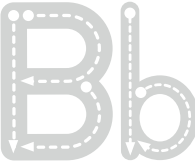
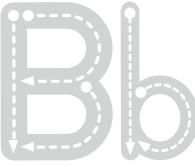
¡Anime a su hijo a estar sano y activo!

La buena salud y el bienestar son la base para el desarrollo y el aprendizaje diario de un niño. En el salón de clases, se los alienta a tomar decisiones saludables y participar en las rutinas de cuidado personal todos los días (lavarse las manos, cepillarse los dientes, elegir alimentos saludables y mantenerse físicamente activos). Desarrollar hábitos y rutinas saludables en el año de prekinder son habilidades importantes que su hijo necesita para mantenerse activo y saludable más adelante en la vida. Programe chequeos médicos y dentales regulares para su hijo y evite enviar a su hijo a la escuela cuando esté enfermo.

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 Books to Share Libros Para Compartir <i>The Going to Bed Book</i> <i>Buenas noches todos</i> Sandra Boynton <i>I'm Growing!</i> <i>Estoy creciendo</i> Alik		1 Go swimming or take a healthy picnic to the park. Walk a few laps, play tag, catch, or a game of kickball as a family.	2	 3 9 hours of sleep each night! ¡9 horas de sueño cada noche!	4 Independence Day Día de la Independencia	5 Vaya a nadar o lleve un picnic saludable al parque. Camine unas cuantas vueltas, juegue a la mancha, a la pelota o un juego de kickball en familia.
6 Establish a consistent bedtime routine with your child (bathing, brushing teeth, reading a story).	7	8	 9 5 or more fruits and veggies each day! ¡5 o más frutas y verduras cada día!	10	11 Establezca una rutina constante para la hora de dormir con su hijo (bañarse, cepillarse los dientes, leer un cuento).	12
13	14	15 Talk about what it means to be healthy with your child and demonstrate good health (washing hands, brushing teeth, eating healthy).	16	 17 Limit screen time to 2 hours a day! ¡Limite el tiempo de pantalla a 2 horas al día!	18	19 Hable con su hijo sobre lo que significa estar sano y demostrarle buena salud (lavarse las manos, cepillarse los dientes, comer sano).
20	21 Make a family meal together and talk about the different food groups. How do they help your body stay healthy?	22	 23 Move your body for 1 hour every day! ¡Mueve tu cuerpo durante 1 hora todos los días!	24	25 Hagan una comida familiar juntos y hablen sobre los diferentes grupos de alimentos. ¿Cómo ayudan a su cuerpo a mantenerse saludable?	26
27 Ride bikes, go for a walk together, or set up an obstacle course outside that requires your child to climb, run, jump, crawl, etc.	28	29	30 Monten en bicicleta, salgan a caminar juntos, o establezcan una pista de obstáculos afuera que requiera que su hijo trepe, corra, salte, gatee, etc.	 31 Zero sugary drinks and more water! ¡Cero bebidas azucaradas y más agua!	Healthy bodies healthy minds! ¡Cuerpos saludables mentes sanas!	



AUGUST/AGOSTO 2025

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						



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