



September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tere Bowen-Irish 2011 www.allthepossibilitiesinc.com				1 Plan to play outside today with a ball! Bounce it, catch it, throw it, roll it!	2 If you see a friend at school who is new, shake right hands and introduce yourself.	3 Ask your family to put on some oldies music and demonstrate a dance when they were young
4 Draw a picture of your school and your friends at school.	5 Help to pack a snack for school tomorrow.	6 Count how many steps to the bus stop, your car to the school building.	7 Ask to put a calendar on the refrig so you can plan the month.	8 Take a trip to the library and take out a book that has lots of rhymes, make up your own.	9 Make your bed and other beds in your house and surprise your family.	10 Teach a grown-up a game that you like to play
11 Put a bowl of coins in the kitchen, ask your family to charge you for food and drinks to learn about money.	12 Use sticks like rhythm sticks and beat out a radio song.	13 Count how many plates you have in your house.	14 Ask a grown up to read you the comics.	15 Go to your local playground and swing like a monkey.	16 Learn how to dial a phone with a grown ups help.	17 Ask to water the plants inside or out.
18 Pretend you are an animal, how do you walk, where do you sleep? What do you eat?	19 Try to balance on a log or a rock wall, hold your hands out, tighten your tummy muscles.	20 Take out some pillows and blankets and do some summersaults.	21 Say goodbye to summer and paint a picture of the Fall season.	22 Try to whistle	23 Learn the numbers on the clock. What time do you go to bed? Get up?	24 Help make a parfait of yogurt and fruit in a see-through glass. Yum.
25 Practice saying your first and last name, address and phone number. Sing it!	26 Make funny faces in a mirror.	27 Use a puppet and talk with it to your family.	28 Help clean up after dinner, empty the garbage, rinse your plate, wipe the table.	29 Help chop veggies for a salad or a stir fry with a plastic knife and a paper plate.	30 Roll down a grassy hill, do it again and again.	

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