



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Helping Children Name Feelings Children are still learning how feelings show up in their bodies. Help your child name what they feel: <i>"You look frustrated,"</i> or <i>"You seem excited."</i> <u>Remind them that all feelings are okay.</u> Naming feelings helps children ask for help, calm down, and solve problems.				1 Find 5 leaves. Touch each one as you count. Did you count every leaf once?	2 Say fall. What sound do you hear first? Find 2 more words that start with /f/.	3 Visit your local library and check out October's books!
4 Go on a color hunt outside. How many fall colors can you find?	5 Make a face with leaves or sticks. What feeling does your face show?	6 Clap the parts in fall words: pump-kin, ap-ple, ac-orn. Which has the most parts?	7 Make a repeating pattern with leaves, rocks, or sticks. Can someone continue it?	8 Ask: "What helps your body feel calm?" Try one idea together.	9 Build a bridge with paper, blocks, or books. Can it hold a small toy or spoon?	10 Find 3 things outside. Put them in order from shortest to longest.
11 Help make a snack. Count each item as you put it on your plate.	12 Pick a leaf. Use 3 words to describe it. Is it smooth, dry, tiny, bright, or something else?	13 Say two words. Do they rhyme? Try: cat/hat, leaf/bear, log/frog.	14 Practice putting on your coat or jacket by yourself. Try the zipper too!	15 Chant "Acorn Adventure" Words are on the back!	16 Pretend you are a squirrel getting ready for winter. What would you need to find?	17 Make a path with pillows, tape, or sticks. Step, hop, crawl, or tiptoe along it.
18 Sort leaves or household items your own way. Tell someone your sorting rule.	19 Ask: "What made you feel proud this week?" Tell why.	20 Stretch a word slowly: mmm-ap. What word do the sounds make? Map!	21 Find circles, squares, rectangles, or triangles around your home. Where did you find them?	22 Tear paper into small pieces. Use them to make a fall picture.	23 Transfer small items like beans, cereal, or acorns from one cup to another with fingers or a spoon.	24 Pretend to be a falling leaf! Float, spin, sway, and slowly land on the ground.
25 Practice your bathroom routine: clothes, wipe, flush, dress, wash hands.	26 Peel and stick small pieces of tape onto paper to make a tree or pumpkin shape.	27 Name how your body feels: fast, slow, wiggly, tired, calm, or upset. What might help?	28 Sing "Pumpkin Breathing." Words are on the back!	29 Think of a word that starts like your name. Do both words have the same first sound?	30 Make a ramp with cardboard or a book. Roll different objects down it. Which goes farthest?	31 Try "5-finger breathing." Trace one finger up and down each finger as you breathe slowly.

Stretch and Blend Sounds

Children learn to read by hearing how sounds come together to make words.

Try these simple ideas:

- Stretch a word: "ssss-un." What word do you hear?
- Blend the sounds: /m/ /ap/ = map
- Break it apart: "What sounds do you hear in sun?" /s/ /u/ /n/

Keep it playful and short. A few minutes of sound play helps children build skills they will use when they begin reading words.

ACORN ADVENTURE

Tiny acorn on the ground,

(Crouch down small.)

Roll and roll and roll around.

(Roll hands in circles.)

Stretch up tall just like a tree,

(Stand tall and reach up.)

Wave your branches wild and free.

(Sway arms side to side.)

Strong roots hold me where I stand,

(Plant feet wide.)

Reach up high with every hand.

(Reach both arms overhead.)

From a tiny seed I grow,

(Crouch down, then slowly rise.)

Up, up, up I go!

(Stretch as tall as you can.)



PUMPKIN BREATHING

Round like a pumpkin, big and slow,

(Make a big circle with your arms.)

Breathe in gently, watch it grow.

(Breathe in and raise your arms.)

Breathe out slowly, nice and light,

(Breathe out and lower your arms.)

Hands on your heart, feet on the ground,

(Place hands on your chest and press feet down.)

Big feelings come, big feelings go,

(Open arms wide, then bring them in.)

Pumpkin breathing helps me slow.

(Give yourself a gentle hug.)



Books to Read this Month

Check out these books at the library.
If they are not available, ask the
librarian for a recommendation.

FOR READERS AGES 0–3

Duck & Goose, Find a Pumpkin!

by Tad Hills

How Do Dinosaurs Say I'm Mad?

by Jane Yolen

FOR READERS AGES 3+

The Scarecrow

by Beth Ferry

The Color Monster

by Anna Llenas

