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Cell Phone Courtesy
Month

Eye Injury Prevention
Month

Get Ready For Kinder-
garten Month

National Anti-Boredom
Month

National Blueberries
Month

National Make A
Difference To Children
Month

National Picnic Month

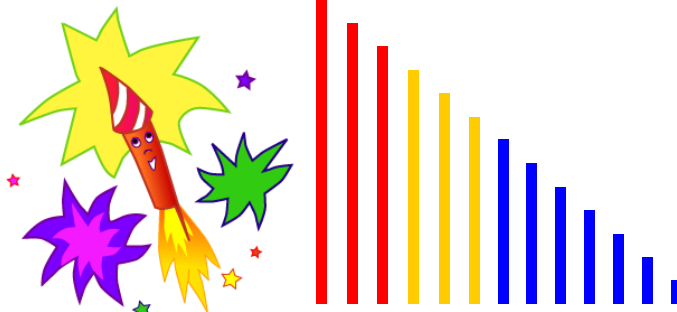
National Wheelchair
Beautification Month

Self Care Month

Women's Motorcycle
Month

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July 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*****Adapt these ideas and activities based on your child's age, abilities, and your family style.**

1 Postal Workers Day
Since 1789 the US Postal Service has allowed citizens to communicate across states and the globe. As a family, mail something at the post office, check how far your mail will travel, look at the selection of stamps, thank a postal worker!

2 This is the beginning of the second half of year! Together, make a list of the best things that have happened this year & what you are planning for the next half. Create a goal chart with pictures.

3 Compliment Your Mirror Day
With your child, draw self portraits while looking in the mirror. On the back of it, write all the positive things about yourselves, that can't be seen by others. Talk about those.

4 Independence Day



6 Roll Up Your Food
With you child, experiment with rolled up foods! Sushi with any filling; lasagna noodles with cheese; lettuce with chicken or veggies; fruit rolls with nut butter and raisins.

7 Tell The Truth Day
TRUTH: indisputable truth, fact, reality. It's common for young children to confuse truth & fantasy, so much of their day is spent pretending. Patiently share examples of both.

8 Math 2.0 Day
Math makes the world go round! And so many ways to have fun with math. With your child, measure anything & convert to centimeters; have them time each task while shopping with you; weigh all your food at meals.



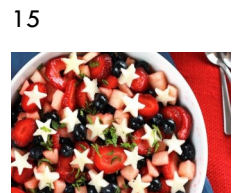
10 Lather Up!
Everyone needs sunscreen, year round; SPF 30+; broad spectrum; water resistant; PABA free; test for skin & medication sensitivities; reapply often. kidshealth.org/sunscreen

11 Fireworks In A Jar
Simple & colorful! With your child, fill a jar 3/4 with water. In a small dish pour 3 table-spoons of oil, add about 4 drops each of different food colors, gently mix. Very gently pour oil mixture into jar of water. Watch the designs!

12 Toss Out "Should"
Change behavior by replacing the word *should* with *Choose or Will*. Example: I ~~should~~ stop yelling, say, I **will** stop yelling, or I **choose** to stop yelling. Practice often.

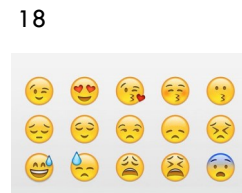
13 Light The Way
Together, make medieval torches! You need: paper towel tubes, cellophane in red & orange, packing tape, flashlights. Slide the flashlight into the tube flush with top; tape cellophane layers around top, snip edges. Light!

14 Time for organizing!
As a family, create 3 piles in each room: KEEP- items you need or want. SHARE — things you want to give to someone you know. GIVE AWAY— for a charity or organization.



16 Full Moon Tonight
Create meals today using red, white & blue foods. Arrange or decorate them in the shape of the flag, fireworks and stars. Invite family & friends to show them off and share with.

17 World Emoji Day
Celebrate the fun of these characters by using them to create stories. With your child print or copy lots of them; glue them on paper & combine with words. Or create your own with new expressions. Trade and read aloud.



19 Make your own hobby horse! You need: broom/mop stick, large cotton sock; yarn, markers, large buttons, felt square, polyfill stuffing. Put face features on sock, fill with stuffing, loop & glue yarn, attach to stick. Ride! More at: wikihow.com/stickhorse

20 Moon Landing 50th!
This day in 1969 changed world history when mankind stepped on the moon. Celebrate by watching the videos or find someone who remembers it. Info at: nasa.gov/apollo50th

21 Be Someone Else
As a family, each choose someone from history and become them for dinner. Wear costumes, speak like them, stay in character as you speak with each other. Invite family & friends too.

22 On The Cover
With your child, pick favorite books, then redesign the covers. Include what you think would encourage another to open the book and read. Re-cover it with your art.

23 Pop-Cups
With your child, make a quick cold treat! You need: paper cups, craft sticks, juice, yogurt, diced fruit. Place cups in cupcake tin; fill cup 1/4 with juice; freeze; add yogurt & craft stick; freeze; add fruit & freeze; yogurt again; freeze!

24 Self Care Day
As a parent, you model many things to your child, including how to care for your physical & emotional health. So have a spa day for both! Together choose soothing music; hand, foot & scalp massages; write & draw; stretch; eat fresh.

25 Video Game Day
Many experts believe playing video games can offer ways to develop logic, literary, and sometimes social skills; reduce stress; develop other interests; sometimes improve physical movement. But ONLY limited use and age appropriate!

26 As a family, play games that do not use batteries or electricity. Or create a game! How many can your family choose? Scavenger hunt? Sack races? Musical chairs? A sport? Spoon on egg race



28 Houseplant Experiment
With your child, pick 2 small house plants; measure size; put them in separate rooms. Every day for 3 weeks, speak to only one plant with kindness & praise. Then, measure each plant's growth. Is there any difference in their size?

29 Get Gnarly Dude
As a family, make lists of something new you want to try; research together; put it on your calendar. And gnarly doesn't mean risky or dangerous, just a very new experience.



31 Rubber Band, Band
Together, collect boxes, tubes, & containers without lids. Put rubber bands around them and pluck to hear the differences in sound. Name your instruments, then start jamming.

