Sunday
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!

Monday
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. Patently share examples of both.

Tuesday
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 everyone to share them off and share with.

Wednesday
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.

Thursday
Independence Day
Independence Day
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

Friday
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.

Saturday
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, slip edges. Light

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

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