

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Social skill: Sing "The Wheels on the Bus" or "Head, Shoulder, Knees and Toes". Have your child do all the action and sing with you.	2 Cognitive skill: Place different size cups in a water bin or bath tub. Have your child scoop water and talk about which cups holds the most or lest amount of water.	3 Adaptive skill: Wacky dress day. Have your child pick our their own clothes and dress themselves. Help as needed.	4
5	6 Social skill: Look at family photos in an album or on your phone. Talk about who the people are. You can also make a simple album with your child using paper.	7 Cognitive skill: Match plastic Easter eggs if you have them at home. You can also use colored blocks, cars, trains or socks.	8 Adaptive skill: Have your child help set the table with you. Serve the meal family style and let your child work on serving themselves by scopping food.	9 Cognitive/social skill: Basket Shoot: Toss rolled up socks in a basket. For a challenge say the colored sock you want your child to toss in the basket.	10 Adaptive skill: How fast can you pick up toys? Give your child specific toys (example cars or blocks) to pick up and see who is the fastest.	11
12	13 Social skill: Play "Simon Says" with your child. This is great for working on body parts or gross motor skills.	14 Cognitive skill: Sort toys or other household objects into two piles by size. One pile of large items and one pile of small items.	15 Adaptive skill: Laundry day-fold towels or pants together.	16 Social skill: Play tag, ring around the rosie or other simple games outside.	17 Cognitive skill: Hide an object that makes a sound, such as a wind-up clock. Have your child hunt for the object.	18
19	20	21	22	23	24	25

	<p>Adaptive skill: Cleaning day. Have your child help you wipe counters, cabinets or the table.</p>	<p>Social skill: Make simple drums out of empty coffee cans, or round oatmeal boxes. Use hand or wooden spoons while singing songs.</p>	<p>Cognitive skill: Make an adventure book: cut interesting pictures out of a magazine and mound on paper. Staple the pages for the book. Name the pictures as you read the book.</p>	<p>Adaptive skill: Safety directions: Play "Red light, green light". When the light is red say "stop". This will help your child learn to follow a verbal direction to "stop".</p>	<p>Social skill: Play a simple turn taking game. Examples include playing catch with a ball, "Memory" or "Duck, Duck, Goose".</p>
26	<p>Cognitive skill: Nature walk-collect leaves, twigs and rocks. Talk about what you see with your child and count out the objects they see.</p>	<p>Adaptive skill: Meal time fun-Have your child help make a simple meal. The can spread peanut butter on bread or stir ingredients.</p>	<p>Social skill: Freeze dance. Dance with your child while playing music and pause every so often and say "freeze".</p>	<p>Cognitive skill: Shapes everywhere-Go for a walk in your neighborhood and talk about shapes you see.</p>	