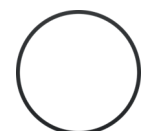
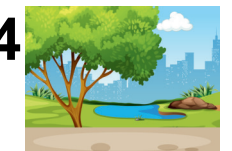
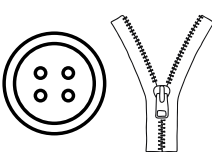
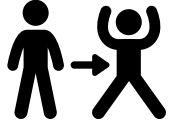
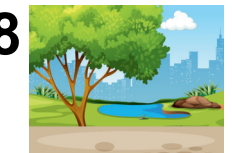


Moments That Matter

Moments That Matter is a monthly calendar designed for early childhood students to support developmental milestones and encourage family engagement.

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Read a book and draw a picture of your favorite part	2  Make a pasta necklace	3  Practice putting on and taking off your coat	4  Talk about your feelings - what makes you feel happy, sad, mad, silly, surprised?	5  Count how many steps it takes to walk from your kitchen to your bedroom	6  Play Simon Says with your family	7  Go outside! Talk about what you see, hear, smell, and feel
8  Read a book and draw a picture of your favorite part	9  Write letters in shaving cream	10  Help a family member make a snack	11  Do something kind like draw a picture for a friend or family member	12  Find 5 things shaped like a circle	13  Dance to your favorite song	14  Go outside! Talk about what you see, hear, smell, and feel
15  Read a book and draw a picture of your favorite part	16  Practice using buttons and zippers	17  Pick out your outfit and try to dress yourself	18  Make faces in the mirror (happy, sad, mad, excited, silly)	19  Tell someone the colors of the food you eat today	20  Practice throwing and kicking a ball back and forth	21  Go outside! Talk about what you see, hear, smell, and feel
22  Read a book and draw a picture of your favorite part	23  Tear up pieces of paper and create a collage	24  Practice using a fork and spoon when eating	25  Participate in a turn taking activity	26  Find letters on items around your house	27  Pick a family member and see who can do the most jumping jacks	28  Go outside! Talk about what you see, hear, smell, and feel

Did you know?

While high-quality, age-appropriate media can be beneficial in small amounts, experts recommend limiting screen use and prioritizing real-world play, conversation, and routines that support learning and self-regulation.

Quick tips for families:

- * Designate certain areas as screen free spaces
- * Engage in activities together like outdoor play, cooking, or reading
- * Use a timer or visual schedule to show when screen time starts and ends

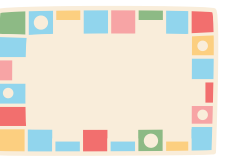
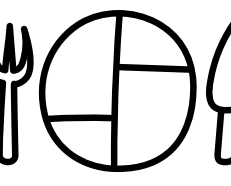
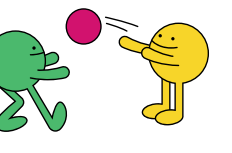
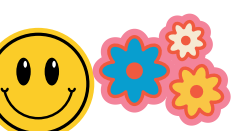
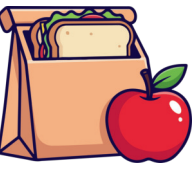
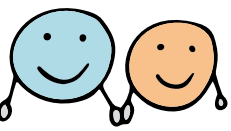
Scan the QR code below for additional resources!



Moments That Matter

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March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Read a book and draw a picture of your favorite part	2  Practice writing your name	3  Practice handwashing (turn on water, soap, scrub, rinse, dry)	4  Play a board game together	5  Count how many windows you have in your house	6  Complete a simple yoga video	7  Eat at least one meal as a family
8  Read a book and draw a picture of your favorite part	9  Use a spray bottle to spray water on the sidewalk, window, or plants	10  Help out with the laundry by matching socks	11  Create a safe/ calm down space at home	12  Go on a color hunt outside	13  Throw and catch a large ball	14  Read a book and point to the words as you read them
15  Read a book and draw a picture of your favorite part	16  Peel and place stickers on paper	17  Pack your own lunch	18  Discuss the characteristics of a good friend	19  Read a book and act out one scene	20  Play with chalk outside	21  Make a kid friendly recipe together
22  Read a book and draw a picture of your favorite part	23  Cut pictures from magazines and glue them on paper	24  Practice buttoning buttons on an old t-shirt	25  Play instrumental music while you color. How did it make you feel?	26  Play "I Spy" using colors	27  Throw a ball into a target (laundry basket, bucket, etc.)	28  Participate in "high-low" sharing (best and hardest part of the day)
29  Read a book and draw a picture of your favorite part	30  Practice unscrewing and screwing lids from jars or bottles	31  Pick out your outfit and try to dress yourself				

Did you know?

Early childhood aged children are learning how to understand and manage emotions, solve problems, and interact with others. These skills are essential for school readiness and healthy relationships.

Quick tips for families:

- *Name feelings out loud ("You're feeling angry.")
- *Model calm breathing and problem-solving
- *Read books that talk about emotions
- *Praise effort and kindness, not just behavior

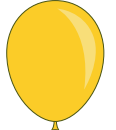
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Moments That Matter

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April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Talk about your favorite part of the day	2  Go on a letter hunt and look for the letters in your name	3  Play Red Light, Green Light	4  Play Hopscotch
5  Read a book and draw a picture of your favorite part	6  Create art using q-tips instead of paintbrushes	7  Practice opening and closing containers and drinks	8  Create a Kindness Bingo Card and work on completing it throughout the week	9  Look at a book with a caregiver, how many pictures can you name?	10  Act out animal movements in a game of Charades	11  Find a new park to explore!
12  Read a book and draw a picture of your favorite part	13  Cut or tear strips of paper and make a paper chain	14  Toileting Skills: Practice pulling pants down and up	15  Play a game with your family	16  Look at your food and name some shapes you see!	17  Play keep it up with a balloon	18  Nature Scavenger Hunt
19  Read a book and draw a picture of your favorite part	20  Practice writing your first and last names	21  Practice zipping and unzipping a bookbag	22  Roll a ball back and forth stating "my turn, your turn" to practice turn taking	23  Go on a color hunt to find items of each color in the rainbow	24  Play Freeze Tag	25  Play with sidewalk chalk
26  Read a book and draw a picture of your favorite part	27  Draw a picture of your favorite animal	28  Toileting Skills: Review the steps for going to the bathroom independently	29  Create a "calm down" corner in your home	30  Look at a book with a caregiver, focus on how to hold and turn the pages		

Did you know?

Consistent routines help children feel safe, regulate emotions, and get the rest they need for growth and learning.

Quick tips for families:

- *Keep bedtime routines predictable
- *Reduce screen use before bed
- *Use visual schedules to support transitions
- *Aim for 10–13 hours of sleep in a 24-hour period (including naps)

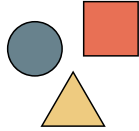
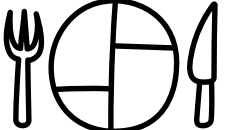
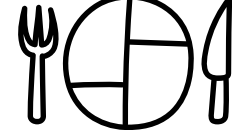
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Moments That Matter

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May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Ask how would you feel if... questions and problem solve a solution	2  Hunt for shapes in your home	1  Put a small object on the floor and practice jumping over it	2  Eat at least one meal as a family
3  Read a book and draw a picture of your favorite part	4  Cut along a straight line	5  Practice carrying items on a baking sheet (like a lunch tray)	6  Talk about what to do if you're feeling mad/sad	7  Point to body parts (eyes, ears, nose, mouth, hair)	8  Dance to music	9  Go outside! Talk about what you see, hear, smell, and feel
10  Read a book and draw a picture of your favorite part	11  Work a puzzle	12  Make a choice between two or more items offered	13  Describe yourself in 5 words	14  Hunt for numbers in your home	15  Explore a new playground	16  Take a walk around your neighborhood and talk about the vehicles you see
17  Read a book and draw a picture of your favorite part	18  Cut along a curved line	19  Practice asking for help. "I want," "I need"	20  Role-play problem solve with stuffed animals/ other toys	21  Name body parts (hands, feet, head, tummy)	22  Roll a ball back & forth with someone	23  Make a kid friendly recipe together
24  Read a book and draw a picture of your favorite part	25  Trace the first letter of your name	26  Practice saying "please", "thank you", "no thank you"	27  Say something nice to a friend/family member (compliment)	28  Sort toys or clothes by color	29  Learn to gallop	30  Eat at least one meal as a family

Did you know?

Toilet training and self-help skills develop at different times for each child. These skills help children build confidence, reduce frustration, and feel successful in daily routines.

Quick tips for families:

- *Keep routines consistent and positive—avoid pressure, comparisons, or punishment
- *Encourage independence in daily tasks (washing hands, pulling pants up/down, putting on shoes, cleaning up toys)
- *Praise effort and attempts, not just success.

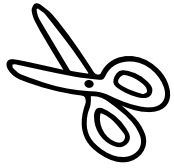
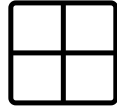
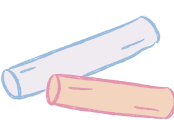
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Moments That Matter

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June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Use scissors to cut paper	2  Practice putting on and taking off your shoes	3  Play a board game and practice taking turns	4  Go on a shape hunt around your home. How many squares can you find?	5  Play the freeze dance	6  Find a new park to explore
7  Read a book and draw a picture of your favorite part	8  Use playdoh to create shapes	9  Play Simon Says using directions involving the left and right sides of your body	10  Read a book with an adult and talk about the way the characters feel	11  Play "I Spy" using shapes	12  Toss a ball back and forth, see how far apart you can get while still catching it	13  Take a walk along the trail at Fishburn Park
14  Read a book and draw a picture of your favorite part	15  Draw a picture of your family	16  Help set the table for a meal	17  Act out different feelings in a game of charades, take turns acting and guessing	18  Using items around your home, practice making ABAB patterns	19  Create a chalk obstacle course outside	20  Walk or ride your bike on the greenway and stop at a park to play
21  Read a book and draw a picture of your favorite part	22  Use scissors to cut along curved lines and zig zags	23  Make a snack or meal with the help of an adult	24  Help with a household chore	25  Practice following two-step directions	26  Go on a nature scavenger hunt	27  Play hopscotch
28  Read a book and draw a picture of your favorite part	29  Use tweezers or tongs to sort small items such as cereal or pompoms	30  Pick out your clothes and get dressed independently				

Did you know?

Play is the foundation of learning in early childhood. Through play, children develop language, early math and literacy skills, problem-solving abilities, creativity, self-regulation, and social skills. Play supports brain development and helps children make sense of their world.

Quick tips for families:

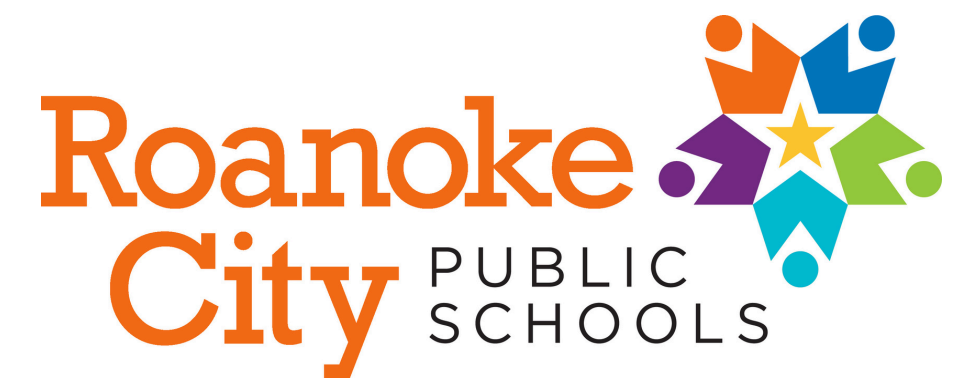
- *Encourage pretend play, building, art, and outdoor exploration
- *Limit structured activities and allow time for child-led play
- *Talk with your child during play to build language skills

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Moments That Matter

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July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Talk about your feelings - what makes you feel happy, sad, mad, silly, surprised?	2 Count how many steps it takes to walk from your kitchen to your bedroom	3 Play Simon Says with your family	4 Go outside! Talk about what you see, hear, smell, and feel
5 Read a book and draw a picture of your favorite part	6 Make a pasta necklace	7 Try drinking from an open cup without spilling your drink	8 Do something kind like draw a picture for a friend or family member	9 Find 5 things shaped like a circle	10 Dance to your favorite song	11 Go outside! Talk about what you see, hear, smell, and feel
12 Read a book and draw a picture of your favorite part	13 Write letters in shaving cream	14 Help a family member make a snack	15 Make faces in the mirror (happy, sad, mad, excited, silly)	16 Tell someone the colors of the food you eat today	17 Practice throwing and kicking a ball back and forth	18 Go outside! Talk about what you see, hear, smell, and feel
19 Read a book and draw a picture of your favorite part	20 Practice using buttons and zippers	21 Pick out your outfit and try to dress yourself	22 Participate in a turn taking activity	23 Find letters on items around your house	24 Pick a family member and see who can do the most jumping jacks	25 Go outside! Talk about what you see, hear, smell, and feel
26 Read a book and draw a picture of your favorite part	27 Tear up pieces of paper and create a collage	28 Practice using a fork and spoon when eating	29 Tell someone about what made you feel happy or sad today	30 Find 5 things shaped like a triangle	31 Tape a line on the floor and see how far you can walk without stepping off	

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