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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Place post-it notes, or painters’ tape on a surface that your child must reach to pull off. | Provide a container that allows your child to pretend pour water (or really pour!) into another container to strengthen their hand muscles. | Provide opportunities for your child to piece or stack different items together to build muscles in their fingers. Duplo blocks, wood blocks, peg puzzles, etc. | Let your child color on different objects to encourage their imagination. Examples: A used shipping box, tape paper to a wall,  fingerpaint with washable paint on a window or screen door. | Ask your child to find basic shapes around the house. | Find opportunities throughout your day to build muscles in your child’s legs. Help them walk upstairs, climb onto the couch, or crawl up a play structure. | Have your child assist you with tasks around the house. Let them help you sweep the floors or wipe the table off after a meal. |
| Brain outline | Brain outline | Brain outline | Brain outline | Thought bubble outline | Heart outline | Heart outlineBrain outline |
| Pat Activity:  **Pull Toys** | Pat Activity:  **Pretend Picnic** | Pat Activity:  **Puzzle Box** | Pat Activity:  **Scribbling with Crayons** | Pat Activity:  **Shape Sorter Box** | Pat Activity:  **Step Aerobics** | Pat Activity:  **Sweeping into a Square** |
| Clock with solid fill \_\_\_\_\_\_\_\_\_\_\_  Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 15 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes |

A picture containing text

Description automatically generated