

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Blogs: 4C has two parent-focused blogs, <i>Blink—and They're Grown</i> and <i>Put a Bib on It</i>. For these and other 4C blogs, visit www.4cforchildren.org/blogs.</p> <p>E-newsletters and social media: Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit www.4cforchildren.org.</p> 				<p>1 Visit your library. Ask the librarian if they have a fun summer program planned.</p>	<p>2 Look for worms in your yard. Try moving like a worm.</p>	<p>3 Make alphabet letters with your body.</p>
<p>4 Dance like the wind. Are you a soft breeze or a wild hurricane?</p>	<p>5 Look for the number 5 today. Take turns with your child throwing rolled up socks into a laundry basket.</p>	<p>6 Practice counting to 5 and then practice counting 5 items.</p>	<p>7 Help your child learn your phone number. Write it down and point to the numbers as you say it.</p>	<p>8 Blow bubbles outside. Talk about the different sizes of the bubbles.</p>	<p>9 Count the petals on a flower.</p>	<p>10 Practice saying "please" and "thank you."</p>
<p>11 Dance to country music today.</p>	<p>12 Challenge your child to find objects with letters on them. What letters did she find?</p>	<p>13 Go outside at night and talk about the stars. Sing "Twinkle, Twinkle, Little Star" together.</p>	<p>14 Make the sounds of various farm animals and sing "Old McDonald."</p>	<p>15 Exercise with your child. Do jumping jacks, waist bends, etc.</p>	<p>16 Find faces in magazines or books. Have your child tell you how that person is feeling. Discuss the feelings.</p>	<p>17 Sing "If You're Happy and You Know It."</p>
<p>18</p> 	<p>19 Turn off the TV and read together as a family.</p>	<p>20 Have your child draw a picture. Ask him to sign his wonderful piece of art.</p>	<p>21 Go outside and find things that fly, such as birds, jets and butterflies. Talk about how they are the same and different.</p>	<p>22 Let your child help you plan and prepare a healthy breakfast.</p>	<p>23 Talk about different ways to be good friend.</p>	<p>24 Try different ways of walking: giant steps, baby steps, tip-toeing, walking backwards, etc.</p>
<p>25 Mix a combination of crackers, cereals, pretzels, etc. Then ask your child to sort through the snack, matching them and eating them.</p>	<p>26 Make paper airplanes with your child. Practice throwing them outside to see how far they will go!</p>	<p>27 Take your child on a scavenger hunt to look for items outdoors! (a black rock, a green leaf, a yellow flower, a worm, etc.)</p>	<p>28 Explore your neighborhood looking for spiders and their webs. Webs can be beautiful.</p>	<p>29 How many books did you read this month?</p>	<p>30 Repeat your favorite activity of the month.</p>	



No-Bake Monster Cookies

Ingredients:

- 2-1/2 cups oats
- 1 cup peanut butter
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips
- 1/2 cup M&Ms

Stir together the oats, peanut butter, honey and vanilla until combined. Stir in the chocolate chips and M&M candies.

Roll dough into balls and place on a baking sheet. Put them in the fridge for 30 minutes to set and enjoy! They can last up to 2 weeks in an airtight container.