

# Parent & Child Activity Calendar

Elementary School  
Catholic Education Centre



THE PARENT INSTITUTE®

## Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Plan to get some exercise with your child every day this month.	<b>2</b> Try a geography challenge with your family. Name a state, province or country. Who can call out the capital first?	<b>3</b> Praise your child for something she did today. Make your praise as specific as possible.	<b>4</b> Have a word of the day. Challenge each family member to use it in a sentence. Make this a daily habit.	<b>5</b> At dinner tonight, talk about three ways you used math today. Ask everyone in the family to talk about how they used math.	<b>6</b> Together, find out what's inside a seed. Soak a dry bean overnight, remove the coat and pull the halves apart.	<b>7</b> Help your child cut an apple in half. Dip the cut edge in a shallow pan of paint. Press on paper for fruit prints.
<b>8</b> Today is the anniversary of the Great Chicago Fire. Develop a family plan in case of a fire in your home.	<b>9</b> Read a textbook assignment with your child. Then ask your child to tell you about it in his own words.	<b>10</b> Have a contest: How many words can you and your child make from the letters in OCTOBER?	<b>11</b> Have your child close her eyes and tell you everything she hears.	<b>12</b> At dinner, talk about the best and the worst parts of your day. Everyone in the family gets a turn to talk.	<b>13</b> Have your child teach you something he needs to learn for homework. It's a great way to reinforce learning.	<b>14</b> Take a walk and look for signs of fall. See if your child can identify any of the trees you pass on your walk.
<b>15</b> Make a leaf rubbing. Place a leaf on newspaper. Cover with thin paper and have your child rub with a crayon.	<b>16</b> Keep a stash of books in your car so your child has something to read when you are on the go.	<b>17</b> With your child, learn to say <i>hello</i> in two other languages.	<b>18</b> Have a contest: Who can name the most parts of the body? (Organs count, too.)	<b>19</b> Name a city, state or river and challenge your child to find it on a map or globe.	<b>20</b> List three of your child's successes this week. List three of your own. Post the lists where you can both see them.	<b>21</b> Set aside some time to spend one-on-one with your child today.
<b>22</b> Make up a secret code with your child. Use it to write notes this week.	<b>23</b> Encourage your child to be a gracious winner and a good loser.	<b>24</b> Have your child rub two stones together for 30 seconds. Can she feel the heat generated? This is caused by friction.	<b>25</b> Start a sentence-a-day story. In a special notebook, have your child write a story by adding one sentence each day.	<b>26</b> Let your child plan dinner tonight. How many food groups can he include?	<b>27</b> It's Theodore Roosevelt's birthday. Look up facts about this president and protector of the environment.	<b>28</b> Read a book that you and your child can both enjoy.
<b>29</b> Have your child predict the results of flipping a coin 10 times. Try it and see if she's right.	<b>30</b> Play a game of Concentration using fractions. Fractions with the same value make a pair, like 1/2 and 2/4.	<b>31</b> Ask your child to name something he has done in his life that he is proud of.	<h1>October 2017</h1>			