

**Mill Creek Elementary School**

**MY  
SUMMER  
WORKOUT**



# July 2017



Get ready, get set, go!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Color a blue circle Find three things that are red
2 Sing the "ABC" song	3 Cut out five coupons	4 Stack and count twelve blocks Touch each as you count	5 Zipper your own jacket	6 Trace your name using lowercase letters	7 Do simple puzzles	8 Trace around a shape - cut out the shape and paste it on a paper
9 Count twelve pennies	10 Play a "Follow Direction" game: "Stand up" "Jump up twice"	11 Parent says four words and child repeats in same order	12 Point to your head, ankles, etc.	13 Draw circles make large, medium and small and then color	14 Find four things that are triangles	15 Play ball with Mom, Dad, etc
16 How many letters can you identify on a box of cereal	17 Put on your socks and shoes	18 Play a game like Hokey-Pokey" to learn left and right	19 Say your address and phone number	20 Play a game "Same or Different"	21 Parent makes a simple design and child tries to copy	22 What comes after 3? What comes after 9?, etc.
23 Help match socks	24 Practice writing your name	25 Cut out five pictures and paste them on paper	26 Take a trip to the police station, fire station, train station, etc.	27 Look at a calendar Say the days of the week and months of the year	28 Play with sand and water Use measuring cups to estimate more, less, etc.	29 Practice good manners by practicing saying please and thank you.
30 Talk about common sense safety rules	31 Tie your own shoes					

# August 2017



Get ready, get set, go!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice Learning colors, cut out 5 things that are green	2 Recognize Your name with Capitol and lower case letters. Say your first and last name.	3 Practice Recognizing shapes on pictures, signs and objects	4 Pick out your own clothes and practice dressing yourself.	5 Read Nursery Rhymes to your child. Select words that rhyme
6 Sing the ABC Song	7 Trace and cut around shapes	8 Play with a ball-bounce; throw; catch	9 Practice counting to twelve Touch objects as you count	10 How old are you? When is your birthday?	11 Read stories to your child. Ask questions about the story.	12 Make an effort to leave your child with a sitter other than a family member
13 Play games naming parts of the body.	14 What is your address? What is your phone number?	15 Use a catalog to name things in a bedroom, living room, etc	16 Close your eyes and listen for sounds. What made that sound?	17 Play games using direction words: under, over, between	18 Make up a story and have your child make up the ending.	19 Provide an opportunity for your child to play with children the same age
20 Group objects that belong together. EX big things, little things, blue things etc.	21 Give your child three tasks at once and make sure they complete all steps.	22 Play games involving hopping, skipping and jumping.	23 Play memory games-say three words and have your child repeat them.	24 Play the game "Do the Opposite" Sit down and the child stands up.	25 Visit the library and take out a book.	26 Parent makes a pattern with blocks, beads and other items. Have the child copy the pattern.
27 Listen and follow simple directions: one step and then two step directions	28 Sort beads and blocks according to size, color and shape.	29 Have your child draw a picture and then talk about it.	30 Visit interesting places like a farm, zoo, park and discuss what you have seen.	31 Have your child select a favorite book and tell the story.		