

WEEK OF THE YOUNG CHILD



It's time for the annual celebration of young children and the people who love and care for them!

To help you get in on the fun, we'll have daily themed activities for adults and kids to do together!

MUSIC MONDAY



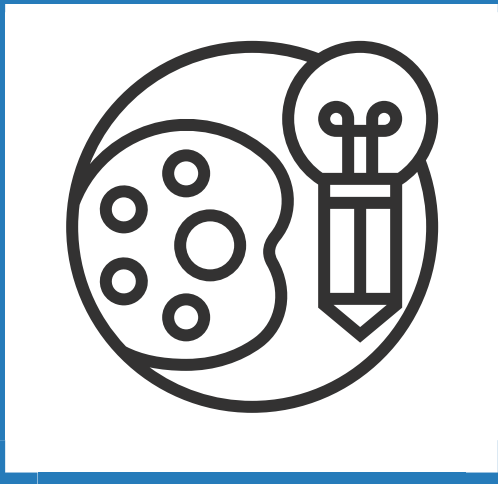
TASTY TUESDAY



WORK OUT WEDNESDAY



ARTSY THURSDAY



FAMILY FRIDAY



MUSIC MONDAY



naeyc
**Week of the
Young Child**™

BENEFITS OF MUSIC FOR CHILDREN



Improves brain power and
memory functions



Helps build self-
confidence



Strengthens social skills



Inspires creativity

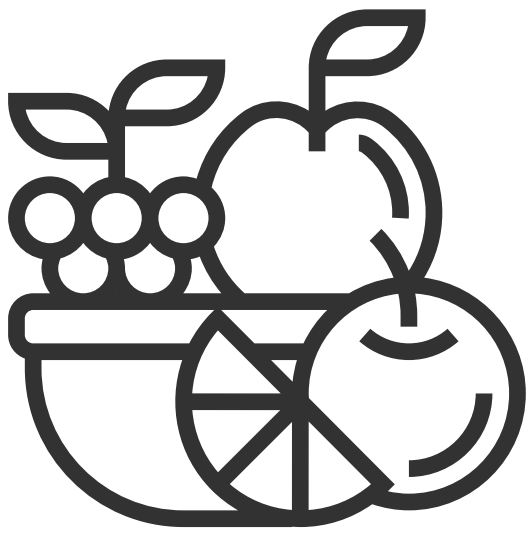
SHARING MUSIC WITH CHILDREN

- Create a kid's playlist on Spotify or Apple Music featuring artists like Dr. Jean, BenAnna Band, Mister B, or Sean Brown
- Teach children songs to add to their routines like brushing teeth or getting dressed for the day
- Two words: Car Karaoke
- Plan a family outing to a concert or a musical



Richie

TASTY TUESDAY



MONTH BY MONTH GUIDE TO WHAT'S FRESH:

JANUARY | Greens

FEBRUARY | Broccoli

MARCH | Cabbage

APRIL | Strawberries

MAY | Summer Squash

JUNE | Corn



Richie



Thanks to the SC
Department of
Agriculture for this
great guide to finding
fresh produce grown
right here in South
Carolina!

Watermelon | **JULY**

Peaches | **AUGUST**

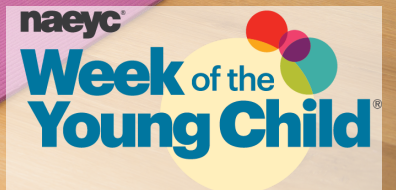
Tomatoes | **SEPTEMBER**

Cucumbers | **OCTOBER**

Apples | **NOVEMBER**

Sweet Potatoes | **DECEMBER**

WORK OUT WEDNESDAY



BUILDING STRONGER FAMILY BONDS WHILE BUILDING STRONGER BODIES



PRE- AND POST-DINNER WALKS

Get moving and get connected! Walking with children not only helps the body, it helps the mind. Talking with kids about what you see as you walk will help them grow their vocabulary and develop curiosity about the world around them.



DANCE PARTY!

Crank up the music and designate a time of the week for a family dance party! Get creative - turn out the lights and add glow sticks for extra fun.

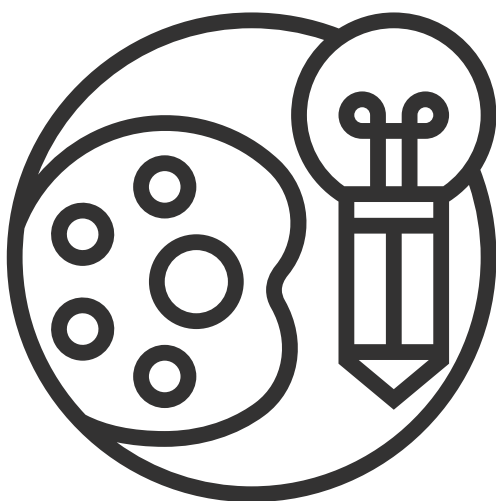


CALMING EXERCISES

When done with high intensity exercise with your kids, it's good to help them calm down. Try some belly breathing, simple stretches, or blowing bubbles



ARTSY THURSDAY



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SUPPORTING CHILDREN AS ARTISTS

Creating art expands a child's ability to interact with the world around them and provides a new set of skills for self-expression and communication



SUPER SKILL BUILDER

Giving kids the chance to make art helps them develop motor, language, and social skills. It helps strengthen their decision-making abilities and encourages risk-taking and creativity.



ALL KINDS OF VISUAL ART

Give children safe, age-appropriate materials in a variety of media. Drawing, painting, building with clay, collage, and fabric art are all fun types of art to explore.



DISCUSS

Invite children to talk about the art they create. Engage, but don't push - remember, they may not have words for their creations or may not want to describe them.



ART IN MOTION

Don't forget drama, dance, comedy and creative movement when you think about art. Act out a story, make up a dance, get kids out of their seats and moving creatively!



For more ways you can help
children build school readiness
skills through art, visit:
richlandfirststeps.org



NOTICE, DON'T JUDGE

Make specific,
nonjudgmental comments
about what they have done.

*("You put a lot of feathers
in this corner.")*



FAMILY FRIDAY



CELEBRATING FAMILIES



Families are children's first teachers. Families - you can turn everyday routines into learning moments.



Communication between families and schools/child care centers allows you both to discuss children's development and educational needs.



Working together allows you to set goals together that can benefit children at home and at school.

MAKING FAMILY PORTRAITS

Families come in all shapes and sizes and look different for each child. It's important to celebrate all the different ways families can be and to let children know their family is special and loved!

Celebrate Family Friday by asking children to create family portraits using whatever art materials you have, and then let them tell you about their family as they describe their work!



Richie