<table>
<thead>
<tr>
<th>Day</th>
<th>Activity 1</th>
<th>Activity 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>When you enter a room in your home with your baby, tell them what room it is (i.e. kitchen, bathroom) and what you would do in this room.</td>
<td>Hide a few stuffed animals in a bag, or behind your back, and as you take each one out, talk about it and what sound they make (if they make a sound).</td>
</tr>
<tr>
<td>Monday</td>
<td>Go for a walk with your baby and count the items you see outside (i.e. “I see 2 cars. 1, 2.”, “I see 3 windows. 1, 2, 3.”)</td>
<td>Bring your baby to different surfaces of your home (i.e. carpet, hardwood). Have your baby explore the different textures with their bare hands and feet.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Create a ramp with some blocks, boxes, or whatever you can use to place on an angle. Roll a ball down the ramp. Encourage your baby to do the same.</td>
<td>Cut two ends off a box to make a tunnel. Roll or slide a toy through it. When the toy disappears in the tunnel, ask them “Where did it go?”, and say “There it is!” when it reappears.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>When giving your baby a bath, place a floating toy or sponge in the bath, just out of their reach. See if they’ll try to grab it.</td>
<td>When passing a toy to your baby, tell them, “I’m passing you [name/kind of toy].” Then, ask for the toy back by pointing to it and having your hand out.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Show your baby how to clean up the toys, such as placing them in a toy box or dropping them in a basket. Ask your baby to help you clean up.</td>
<td>Tie some toys to a clothes hanger and while your baby is on their back, hold the hanger over them so they can grasp or swing at the toys.</td>
</tr>
<tr>
<td>Friday</td>
<td>When asking your baby for a toy, say, “May I please have that toy?” and point to a toy. Say, “Thank you” when they pass it to you.</td>
<td>When something falls to the floor, tell your baby, “Uh oh” or “Oh no”. Use facial expressions, such as looking surprised. See how your baby reacts.</td>
</tr>
<tr>
<td>Saturday</td>
<td>Lie on the floor and encourage your baby to crawl to you. If they need encouragement, reach out to them and say, “Come to me”. Once they’re close enough, give them a big hug!</td>
<td>Once your baby is eating solids, place some biscuits or other snacks inside a plastic container. Give the container to your baby and see how they’ll grab the snack (i.e. grabbing it, dumping the container, etc.)</td>
</tr>
</tbody>
</table>

*If you’d like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*
Coffee Filter Monarch Butterfly

Celebrate Flight of the Monarch Day on August 22 by creating a beautiful water colour Monarch Butterfly. Great for ages 2.5 years and up!

What You Need:
- Food colouring (orange and black)
- Black paint & paintbrush (or a black marker)
- Wooden clothespin
- Spray bottle filled with water (or water gun)
- Coffee filters
- Paper towel
- Scissors
- Black pipe cleaner

Directions:
1. Place several sheets of paper towel on a table and then put 1 coffee filter on top.
2. Have your little one squeeze drops of orange and black food colouring onto the coffee filter (as much or as little as they want).
3. Using the spray bottle have your little one spray water on the coffee filter. This should cause the colours to diffuse across the filter. Set aside to dry.
4. While the coffee filter is drying, have your little one paint a wooden clothespin with black paint (or colour with a black marker). Set aside to dry.
5. Once everything is dry show your little one how to scrunch the middle of the coffee filter and slide the clothespin on. Have your little one then fluff the butterfly wings
6. Have your little one cut the black pipe cleaner in half. Using only half of the pipe cleaner, slide it into the top of the clothespin to make antenna’s for the butterfly.

Talking Points:
Talk to your little one about Monarch butterflies. Explain to them how they are easy to recognize because of their striking orange, black, and white markings on their wings. Tell them that each fall when it starts to get cold outside, lots and lots (millions) of monarch butterflies fly south to California and Mexico (show them the route on a map). And that people who study butterflies are not sure how these butterflies know where to go, since they will never make the journey more than once.
**Mosaic Monarch Butterfly**

*Mosaic art is a great way for your little artist to get creative while practicing their fine motor skills. Great for 18 months and up.*

**What You Need:**
- Construction Paper (black, yellow, orange)
- Scissors
- Glue
- Marker

**Directions:**
1. On one piece of black construction paper draw an outline of a butterfly, cut it out, and give to your child.
2. Depending on the age of your child, you can either give your toddler cut up pieces of orange and yellow paper, or for your preschooler give them the orange and yellow paper and child-friendly scissors so they can cut up their own pieces.
3. Have your child glue small pieces of orange and yellow paper onto the butterfly wings.

**Talking Points:**
Explain to your little one that using small coloured squares of paper is a type of art technique known as mosaic art. Talk to your child about the colours of each piece of paper, the feel of the paper, and the stickiness of the glue.

On VPL's database, [Tumblebook Library](https://www.tumblebooklibrary.com), watch the video of the book, "A Butterfly is Patient" by Dianna Hutts Aston.
Symmetrical Butterfly
Your little learner will discover how to easily create symmetry. Great for ages 2.5 years and up!

What You Need:
- Cardstock paper (white)
- Kids Washable Paint (or Tempera paint) and paint brush
- Scissors
- Pipe Cleaner

Directions:
1. Fold a sheet of card stock paper in half.
2. Cut out the shape of a butterfly wing, but make sure not to cut where the paper is folded.
3. Unfold the paper and have your child pick a few colours of paint to splatter onto one side of the cardstock.
4. Refold the cardstock so the paint that is on one side of the cardstock spreads to the other side of the cardstock.
5. Open the cardstock up and allow it to dry.
6. Wrap a pipe cleaner around the middle of the butterfly. The two ends of the pipe cleaners will act as the antennas.

Talking Points:
Explain to your child that when an object looks the exact same on one side as the other it is called symmetry. Talk to your little one about all the paint colours they are using.

Talk to your child about butterflies, with facts such as:
- Butterflies are insects
- Butterflies have many different sizes and colours
- Butterflies cannot fly if their body temperature gets too cold
- They have four lifecycles egg, larva (caterpillar), pupa (chrysalis), adult (butterfly)
Here are a couple of songs to sing to your little one...

**Round and Round the Garden**
Round and round the garden, like a teddy bear. *(Rub baby’s tummy)*
One step, two step. *(Crawl up baby’s arm)*
Tickle you under there! *(Tickle under baby’s chin)*

**I’m in the Mood for Singing**
I’m in the mood for singing. Hey, how about you?
I’m in the mood for singing. Hey, how about you?
I’m in the mood for singing, singing along with you.
Hey, hey. What do you say? I’m in the mood for that today.
Hey, hey. What do you say? I’m in the mood for that!

**Head and Shoulders Baby 1, 2, 3**
Head and shoulders baby 1, 2, 3. *(x3)*
Head and shoulders, Head and shoulders, Head and shoulder baby 1, 2, 3.
*Other verses: knees and toes; back and tummy*