

Preschool Family Activities Calendar

MAY 18 – JUNE 5

Choose at least five activities per column to complete each day. Color the box when the activity has been completed.

Day 1	Day 2	Day 3	Day 4
<p>Question of the Day: Who lives in nature?</p>	<p>Question of the Day: Where do birds live?</p>	<p>Question of the Day: What do birds eat and where does it come from?</p>	<p>Question of the Day: Where do birds live?</p>
<p>Language & Literacy: Five Little Birds Fingerplay</p> <ul style="list-style-type: none"> • See the fingerplay at the end of packet 	<p>Language & Literacy: What letter makes the first sound in the word <i>bird</i>? Think of words that start with the same sound. See how many items you can find around your house that start with that same sound. Say “bird” then the word. Example: bird-bottle.</p>	<p>Language & Literacy: Play with words that rhyme with <i>bird</i>. Try to see how many you can think of. Nonsense words are okay too! Example: <i>bird-word</i>, or <i>bird-lurd</i></p>	<p>Language & Literacy: Play a game of I Spy throughout the house or outside with items that begin with the b sound. Example: I spy something that is round and bounces.</p>
<p>Writing: Practice drawing circles to make a nest for a bird. Nests sometimes look like a lot of circular scribbles. Use the word, “circular.” When you talk about writing, use the term “write,” and when you talk about drawing, use the term “draw.” You write letters; you don’t draw them.</p>	<p>Writing: Draw a picture of a bird. You can do that by making a circle for a head, an oval for a body, and two sticks for legs. You can even add a beak by using a triangle! Help your child spell the word bird and write it under the picture.</p>	<p>Writing: Use your nest drawing and your bird drawing as a reference and try to draw a bird standing near a nest. You can even add little circles inside the nest to make “baby birds.” Color your picture.</p>	<p>Writing: With help, sound out the word bird and try to write the sounds you hear.</p>

<p>Math: Practice position words using a tree and a stick that could be used for a nest. Put the stick</p> <ol style="list-style-type: none"> 1. Behind the tree 2. On top of a branch 3. In between two branches 4. Under a branch 5. Toss it over a branch <p>These are important early concepts for geometry!</p>	<p>Math: Talk about the shapes that you notice when looking at birds. Refer back to the drawing instructions above if you need help.</p>	<p>Math: Go for a walk and count how many birds you see. What colors do you see?</p>	<p>Math: Go for a walk and count how many birds you hear. Did you see more yesterday than you heard today?</p>
<p>Music & Movement: Pretend to be a bird flapping its wings. Where would you fly? Travel around a room pretending to fly like a bird and make “chirping” or “tweeting” noises.</p>	<p>Music & Movement: Sing a song that you know about birds. It doesn’t have to be a kid song. Maybe mom or dad know a song. For example, “Blackbird” by the Beatles or “I’m like a Bird” by Nelly Furtado. Use YouTube if possible.</p>	<p>Music & Movement: Grab a ball and a large basket, wastebasket or laundry basket. Sing: A tisket, a tasket. Throw your ball in the basket. Throw your ball, throw your ball Throw your ball in the basket.</p>	<p>Music & Movement: Enjoy your bird watching walk! During it, flap your wings and run around like you are a bird flying in the wind. What kind of bird are you?</p>
<p>Social & Emotional: Talk about birds and how they feed their babies. How do you think the baby birds feel when their parents fly away for food?</p>	<p>Social & Emotional: Find someone to play with to pretend to be a bird family. What do you have to talk about? What kinds of things can you do?</p>	<p>Social & Emotional: Sit in front of a mirror and talk about feelings. Make a happy face, sad face, angry face, etc. Talk about the things that make us feel these feelings. Do you feel differently when you are outside versus inside?</p>	<p>Social & Emotional: Bird babies have to wait their turn when their parent feeds them. Practice taking turns with someone by taking a walk. Each person takes a turn on which direction to go.</p>

<p>Science: Talk about nature and that birds live in nature. What does nature mean? Nature is the physical world that's not made by people. Find examples of nature in your yard.</p>	<p>Science: Sounds. Go outside and listen for bird sounds. Do they all sound the same? See if you can copy the sounds that birds make.</p>	<p>Science: How many colors of birds did you see while you were outside on your walk? What was your favorite color bird? Find something in your house that matches that color.</p>	<p>Science: What's the weather like on your walk? While you are listening for birds, talk about the other senses too: sight, touch, smell, taste.</p>
<p>Motor Skills: Pretend that you are building a nest with some sticks and twigs outside. Make a pile. Be careful and make sure that you are supervised by an adult!</p>	<p>Motor Skills: Learn how to make the American Sign Language sign for <i>bird</i>. When you hear a bird, alert your mom or dad or sibling by quietly making the sign. (attached at end)</p>	<p>Motor Skills: Use scissors or tear scrap paper to make a nest. It can be whatever size you want it to be!</p>	<p>Motor Skills: Pretend you are a baby bird. How do you stretch up your head and neck when you see your mom or dad come back with the food?</p>

Best Practices for Early Math Understanding: Early Number Concepts

Children must know simple relationships through matching, sort, comparing, ordering, & patterning to help children exercise and build on their logical thinking capabilities. These skills are the foundation to understanding numbers and the number system.

Matching (concept of same)

Sorting (putting objects into groups of the same by comparing)

-Allow child to sort by his/her own choice

Compare – uses matching and sorting

Order – foundation of number system

Pattern – relations between numbers

Have your child practice these skills as often as possible. Math skills are learned through hands-on learning using their five senses. The foundation of math skills do not include identifying numbers and writing numbers. Knowing the number 5 is about knowing how many 5 is.

Preschool Family Activities Calendar

Choose at least five activities per column to complete each day. Color the box when the activity has been completed.

Day 5	Day 5 (continue)
<p>Question of the Day: Are all birds the same size?</p>	<p>Social & Emotional: Have your child make a picture for a friend or family member. Have your child tell you what the picture is about and write it on the bottom of the page.</p>
<p>Language & Literacy: Make up a story about a bird and the bird's family. What would the bird's name be? Where would they live? Call a friend or family member and tell them the story.</p>	
<p>Writing: Draw pictures to illustrate your story. Make sure you show your pictures, if you can, when you call to tell your story.</p>	<p>Science: Do birds have hair? Fur? NO! They have feathers. Feathers help them fly because they are lightweight and can hold the air in the feathers on their wings and their bodies, giving the birds lift. People can't fly. We don't have wings or feathers.</p>
<p>Math: How many birds can fit in a nest? Use a blanket to pretend to make a nest and see if you and another can fit. Do you need a bigger blanket?</p>	<p>Motor Skills: Have you seen a bird on the ground hop? Hop across the grass like a bird.</p>
<p>Music & Movement: Try to sing or find the song, "I believe I Can Fly." Does that song mean what it sounds like it means? No! It means that you can do whatever you want to do if you work hard. Dance to the music.</p>	

Day 6	Day 7	Day 9
<p>Question of the Day? What is your favorite color and why? What does it make you think of?</p>	<p>Question of the Day? If you could travel anywhere in the whole world, where would it be and what would you do there?</p>	<p>Question of the Day? Describe your most favorite kinds of foods and tell why you love to eat them.</p>
<p>Language & Literacy: Look at labels of food items that are in your cabinet. Point out different letters to your child and have them name the letter. Find upper case and lower case letters and match them.</p>	<p>Language & Literacy: Clap and count the syllables in each of these words: cafeteria, teacher, nurse, kindergarten, school, office, (think of other words to add).</p>	<p>Language & Literacy: Read a book together. Ask your child to point to the cover, the spine, and the title. Ask them what the author does (writes the book), what the illustrator does (draws the pictures), and why does the book need a spine (holds the pages together). Have your child point to the words in the title as he/she reads each word.</p>
<p>Writing: Have your child write his/her name with any material (crayon, pencil, chalk, marker, etc...) then trace over the name two times using a different color or material. If your child can write his/her first name independently, begin working on his/her last name.</p>	<p>Writing: Using the lines provided on the activities page, trace each line with a crayon then cover them with small items you have in the house such as beans, rice, buttons, etc...</p>	<p>Writing: Have your child practice writing their name, the names of other members in their family, or objects around the house. See how many letters of the alphabet they can write independently.</p>

<p>Math: Count how many steps it takes to get from various rooms. Example: front door to the kitchen; kitchen to bathroom, bathroom to bedroom. Write down the number of steps between rooms.</p>	<p>Math: Draw some shapes on the activity paper (square, circle, oval, rectangle, triangle, etc.) See if your child can name each shape and discuss how many sides each shape has. A side is defined as a straight line. Using child safe scissors have your child try cutting out each shape.</p>	<p>Math: Cut out strips of paper in different lengths. Ask your child to put them in order from shortest to longest. To make this task a little harder, take away a strip and have your child to put them in order again. Next, try adding some strips of different lengths and see if your child can arrange them.</p>
<p>Music & Movement: Ask your child what their favorite song is and play/sing that song. At some point during the song, stop the music and "freeze". Do this several times so that your child listens and follows directions.</p>	<p>Music & Movement: Have your child put a tissue on his/her head and balance the tissue while walking. You can vary this activity by playing music and having your child dance while balancing the tissue.</p>	<p>Music & Movement: Review some of the nursery rhymes and songs that your child learned this year and act out the movement to each. Examples include: Wheels on the Bus, Humpty Dumpty, Eency, Weency, Spider, Mary Had A Little Lamb, etc.</p>
<p>Social & Emotional: Have your child draw a picture about what they like most about being home. Write down your child's response under the picture and have them to point to the words and read back what they said.</p>	<p>Social & Emotional: Sing "If You're Happy and You know it". Ask your child how they feel in different scenarios-lose something, get a new pet, when they can't go to school, have a birthday, etc....</p>	<p>Social & Emotional: Play a game with your child where every time they say something kind or say please and thank you, they get a hug.</p>

<p>Science: Using different containers in your house, have your child predict which one can hold more water. Fill up the containers with water then take turns dumping the water into a separate container. Measure and find out if your child's predictions were correct.</p>	<p>Science: Compare the lengths of two objects by matching the end of one object with another. Objects to use may include shoes, books, and toys. Discuss which is longer and which is shorter.</p>	<p>Science: Take a nature walk and collect rocks. Sort the rocks in as many ways as possible (color, texture, size, etc.). Have your child to tell you which of the items collected are the same? How are they the same? Count the number of rocks that were collected.</p>
<p>Motor Skills: Using an inflated balloon, have your child practice throwing it in the air and use different body parts to keep it in the air. Examples of body parts include: elbow, palm, head, ear, chin, etc.</p>	<p>Motor Skills: Select an area indoors or outdoors where your child can explore different body movements. (How does an elephant move; Move softly like a deer in the woods; How does a snake move; Move like a car on a racetrack).</p>	<p>Motor Skills: Take a walk in your neighborhood and move at various speeds during the walk.</p>

Preschool Family Activities Calendar

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Day 10	Day 11	Day 12	Day 13
<p>Question of the Day? What three words best describe you?</p>	<p>Question of the Day? If I could change one thing about myself what would it be? Why?</p>	<p>Question of the Day? What is something you would like to learn more about?</p>	<p>Question of the Day? What things would a good friend say about you?</p>
<p>Language and Literacy: Read stories and then talk about them. Ask, “What was that story about?” or “Did you like that character? Why?”</p>	<p>Language and Literacy: Take turns reading with your child. You could read half the page while your child reads the other half. You could also point out single words here and there for your child to sound out. Start with words that are easy to sound out – for example, two-letter and three-letter words like ‘mat’, ‘on’ or ‘sip’.</p>	<p>Language and Literacy: Play word games that encourage your child to learn sounds. For example, ‘I spy with my little eye something beginning with f-f-f. What do you think I’m looking at that starts with that sound?’</p>	<p>Language and Literacy: Go to an area where your child plays. Have your child name or label each of his/her toys, have them be as specific as possible. Ask your child questions about his/her play toys, such as, “How do you play with that super hero?”</p>
<p>Writing: Have your child engage in meaningful writing activities every day. Kids learn to talk by talking, and we know preschoolers have mastered that skill. They learn to write by writing even if it is a large string of letters at first or even scribbling. Have your child try to trace his/her ABC’s on the activities sheet.</p>	<p>Writing: Morning message or family news is a good example of interactive writing. This refers to the parent and child sharing the pen. Your child gives you the (breaking) news while you help your child sound out words and place appropriate punctuation.</p>	<p>Writing: Preschoolers and kindergarteners love themselves, their family and their friends. Let them write about the topics they choose in their journals, or on a sheet of paper. If they write about the same thing for a while, it is ok. It is much like reading the same book over and over again. This helps them build confidence in their ability to write.</p>	<p>Writing: Invented spelling refers to stretching out words and writing them exactly as they are heard by a beginning writer. If your child becomes hung up on spelling words correctly, creativity and continuity suffer. Children will only want to write very simple sentences. Parents as teachers double as detectives easily decoding sentences such as “I lik pesu and is kem (pizza and ice cream).”</p>

<p>Social & Emotional: Give your child words to explain why they feel a certain way if they cannot express it themselves. (“I think you are angry because Joanie took your toy. Can you tell her?”)</p>	<p>Social & Emotional: Guide your child through brief exercises that can help reduce stress. For example, teach your child how to take deep breaths when he/she is upset or to reach up and stretch their muscles to reduce tension.</p>	<p>Social & Emotional: Hold family meetings to discuss concerns and issues that occur in the home. Encourage your child to use a variety of problem-solving strategies to work through any concerns (e.g., use roleplaying and puppets to help children empathize with their peers).</p>	<p>Social & Emotional: Help your child identify people they can go to when they feel afraid or where to go to feel safe when they need help (family members, caregivers, fire fighters, and other community helpers).</p>
<p>Math: Count the Items Inside Your House - This is a simple counting exercise that you can practice with your child at any time. You will need: Multiple household items that you can count such as beds, pillows, chairs, doors, etc. What you do: 1. Make a list of things that you can ask your child to count. 2. Then ask your child to go around the house and count the number of those items using his fingers, or tally marks. 3. For instance, say “I want you to count the number of windows in our house.” And then wait for your child to count. You can repeat with random things such as the number of red (or any other color) items, lights, books on a table, etc.</p>	<p>Math: Your child will learn many forms of measurements (length, height, weight, size, quantities). Embed concepts into everyday life with these activities for preschoolers. Encourage your child to help measure while you cook or bake. Fill measuring cups with water or flour—and measuring spoons with vanilla extract—to introduce your kids to whole numbers and fractions. Ask questions such as "Can you fill a half cup? Can you fill one teaspoon?"</p>	<p>Math: Rock Paper Numbers Rock paper scissors is a game we all played as kids. You can play this game with your little boy or girl today, to teach numbers and counting. We call the game Rock Paper and Numbers. You will need: Nothing but time and energy! What you do: The game is a lot of fun when played with a small group of kids. 1. The game is played like rock, paper, scissors. Only that instead of rock or paper or scissors, which is just two fingers, you can show a number. 2. On the count of three, you and your child can put up as many fingers as you want. 3. Then ask the kid to count the number of fingers you are showing and how many he has.</p>	<p>Math: Compare feet sizes. Place your foot next to your child's foot and ask her which is longer or bigger. Have a ruler or tape measure on hand to compare the sizes and help her differentiate between long and short, large and small. If possible, add more family member’s shoes to compare and order from largest to smallest. Talk about how much bigger the largest shoe is from the smallest shoe. (ex: The large shoe is almost double the size of the small shoe. Show how two small shoes is the same size as the large shoe.)</p>

<p>Science: Engineer a tall tower using plastic red (any color) party cups and sheets of paper. How high can you go? How many different designs can you make?</p>	<p>Science: Be nature scientists as you find and observe squirrels. Walk around your neighborhood or watch out a window. How many squirrels can you find? Together describe what they are doing. What did you learn from these familiar animals?</p>	<p>Science: Worm Investigation Go outside and gently dig up some worms. Put a worm on a damp paper towel. Observe how it moves. Draw a picture and write a sentence about it. Challenge your child to move like a worm.</p>	<p>Science: Sink or Float? Collect small items from outdoors and indoors, such as a leaf, twig, pebble, coin, and so on. Fill a plastic container with water. One at a time, let your child examine each item and make a prediction: Will it sink, or will it float? Then test it out! If you like, you can keep a tally of which items sank and which floated. Discuss whether the items in each column have anything in column.</p>
<p>Motor Skills: Your child is now ready for Kindergarten. If your child does not already know how to tie his or her shoelaces today is a good time to teach them. Remember to practice every day and too make this a FUN experience.</p>	<p>Motor Skills: Freeze Dance Play your child’s favorite song. Have them dance while the music plays. Stop the music every 15 to 30 seconds and then freeze in place whenever it stops! Keep going until the song ends.</p>	<p>Motor Skills: Indoor Obstacle Course Create some space for the obstacle course. Set up some obstacles, like pillows to climb over or a room set across two chairs to crawl under. Have your child move from obstacle to obstacle doing different movements-slithering like a snake, carrying a cotton ball on a spoon, bouncing a ball, or crab walking. You can also create mini challenges, like jumping over a piece of tape five time or singing “Twinkle Twinkle Little Star” while they stick out their tongue. Time them as they go. Then challenge them to do it again to try and beat their previous time.</p>	<p>Motor Skills: Classic Game of Hot/Cold Remember this game? Hide an item (toy, hat, anything) in the room. Have your child wander around looking for the item. If they are moving away from the item, say they are getting colder...icy...freezing cold! If they are moving closer, say they are getting warmer, hot, boiling hot! Have fun building vocabulary by using different words for hot and cold.</p>

<p>Music and Movement: Rhyming Simon Says For those that do not know the rules to Simon Says, it is where one person is designated as Simon (parent) and the others are the players (kids). Simon tells the players what to do, but the players should only obey if the commands being with the words "Simon Says." If Simon says, "Simon says tap your right foot on the floor," then the players must tap their right foot on the floor. If Simon says "clap your hands" without saying "Simon says clap your hands", the players that clap their hands are out. Rhyming' Simon Says is a little different and takes a little talent to be Simon. You start by playing a hip-hop instrumental. Now Simon raps the instructions to the beat of the song. Simon should really get into it so that the children can learn about feeling the beat as well as following instructions.</p>	<p>Music and Movement: Sit in a circle with at least two other people and sing "Row, row, row your boat". Then, since you are re the captain, shout out your child's name and say, "Kelly, overboard!" That child jumps in the middle of the circle and pretends to swim. The others in the boat throw in a pretend line and begin pulling. As we are "pulling we say "1-2-3-4-5 he is alive! The child in the middle then take his seat. We repeat this until everyone has had a turn to jump overboard.</p>	<p>Music and Movement: With Your Partner (sung to Skip to My Lou) With your partner... shake their hand, (repeat 2 more times) Shake their hand my darling. Other verses: turn around, stamp your feet, stand and bend, shake your hands, nod your head, march in place, etc., (and finish) GIVE A HUG.</p>	<p>Music and Movement: One Potato, Two Potato One potato, two potatoes, three potatoes, four. Five potatoes, six potatoes, seven potatoes more! Change the food based on their favorites. Encourage your child to hold up the number of fingers as they sing this!</p>
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Preschool Family Activities Calendar

Choose at least five activities per column to complete each day. Color the box when the activity has been completed.

Day 14	Day 15	Day 16	Day 17
<p>Question of the Day? What did you learn this year?</p>	<p>Question of the Day? Which activity did I enjoy most?</p>	<p>Question of the Day? What is your fondest memory in Pre-K?</p>	<p>Question of the Day? What will you miss most about school?</p>
<p>Language & Literacy Place several alphabet cards on the floor. Call out a letter (or letter sound) and ask your child to hop or jump to the letter.</p>	<p>Language & Literacy Have your child clap the syllables of each family member's first name while saying the name aloud. For example, Sa-man-tha would have three claps. Practice with several names.</p>	<p>Language & Literacy Play "I Spy" by saying I spy something that begins with a /b/ sound. Your child then looks around the house for something that begins with the letter b. Repeat with other letters which they are familiar. You can also let them look for pictures in a magazine that begin with the various sounds.</p>	<p>Language & Literacy Read one of your child's books to them. Ask them the following:</p> <ul style="list-style-type: none"> • What happened at the beginning of the story? • Who were the main characters? • Where did the story take place?
<p>Writing Staple several sheets of paper together to create a journal. Each day this week your child will draw a picture in their journal and try to sound out and write the words about their picture. On the first page have them draw and write about their "Favorite food in the school's cafeteria".</p>	<p>Writing Have your child to continue writing in their journal. Draw and write about "The center I liked best in pre-k".</p>	<p>Writing Have your child write about "The field trip that they enjoyed the most" in their journal.</p>	<p>Writing Today's entry in the journal is "What did you like most about Pre-K?"</p>

<p>Music & Movement Have your child to dance or move in a circle while a favorite song plays. When you stop the music, they stop moving and "freeze" in that position. When you start the music again, they start moving.</p>	<p>Music & Movement Head, Shoulders, Knees, and Toes (Touch body parts as they are mentioned in the song) Head, shoulders, knees and toes, Knees and toes. Head, shoulders, knees and toes, Knees and toes. And eyes and ears and mouthe and nose. Head, shoulders, knees and toes Knees and toes!</p>	<p>Music & Movement Old MacDonald had a Farm Old MacDonald had a farm E-I-E-I-O And on his farm he had a cow E-I-E-I-O With a moo, moo here, And a moo, moo there, Here a moo, there a moo, Everywhere a moo, moo. Old MacDonald had a farm E-I-E-I-O</p>	<p>Music & Movement If You're Happy and You Know It If you're happy and you know it, clap your hands (clap hands twice) If you're happy and you know it, clap your hands (repeat) If you're happy and you know it then your face will surely show it (point to face) If you're happy and you know it, clap your hands (clap hands twice) Additional verses:</p> <ul style="list-style-type: none"> • stomp your feet • shout hooray!
<p>Social & Emotional Play a board game with your child. Encourage them to follow the rules and take turns.</p>	<p>Social & Emotional Have your child make a collage about themselves using old magazines and newspapers. Include foods they like, their favorite color, what they want to be when they grow up, etc.</p>	<p>Social & Emotional Using paper plates or sheets of paper, have your child draw pictures of the following emotions: happy, sad, angry, and excited. Next, ask your child:</p> <ul style="list-style-type: none"> • What makes you happy? • What would you say to someone if they have done something to make you angry? 	<p>Social & Emotional Help a family member without being asked. Draw a picture of something helpful that you did.</p>
<p>Science Put several items inside a box and cover it. Have your child reach inside the box, feel the object and try to identify it by name.</p>	<p>Science Collect various items outside (rocks, sticks, leaves, etc.) and place in a container of water. Have your child predict whether the item will float or sink if</p>	<p>Science What do you observe outside to tell you that it is Spring? Draw a picture of what you observed.</p>	<p>Science Place several items on a table. Have your child name the items. Next, have them cover their eyes and turn around. Remove one item. Then ask your child to tell</p>

	placed in a container of water. Test and see if their prediction was correct.		you which item you removed. Continue several times.
Motor Skills Play "Simon Says" and see if your child follows the commands when Simon Says.	Motor Skills Ball-up sheets of newspaper into the shape of a ball. Practice throwing the paper balls in a clothes basket, box, etc.	Motor Skills Practicing passing a ball back and forth.	Motor Skills Play the jumping game by seeing how far your child can jump. Give multiple times to practice.

Activities Work Space:

Day 1: Five Little Birds Fingerplay – Say each line and have your child repeat what you say.

Five Little Birds in a nest in a tree (hold up one hand)

Are as hungry as can be.

"Tweet" said baby bird number one (wiggle one finger)

Mommy bird promised she would come.

"Tweet, tweet" said baby bird number two (wiggle 2nd finger)

If she doesn't, what shall we do?

"Tweet, tweet, tweet" said baby bird number three (wiggle 3rd finger)

I hope that she can find our tree.

"Tweet, tweet, tweet, tweet" said baby bird number four (wiggle 4th finger)

She has never been this late before.

"Tweet, tweet, tweet, tweet, tweet" said baby bird number five (wiggle 5th finger)

Will our Mommy EVER arrive?

Ooooooh! Look! Here she comes to feed her family (use other hand to "fly" to baby bird hand)

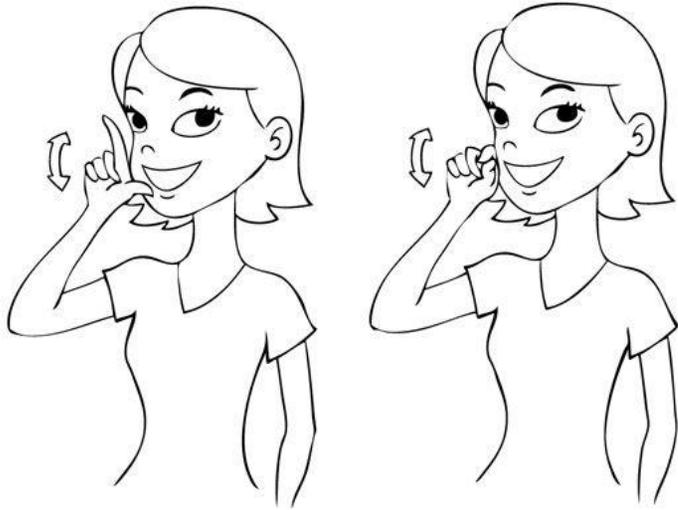
And all the baby birds were as happy as could be!

Draw a nest with circles:

Day 2:

Draw a picture of a bird. Write *bird* under it.

Sign for bird.



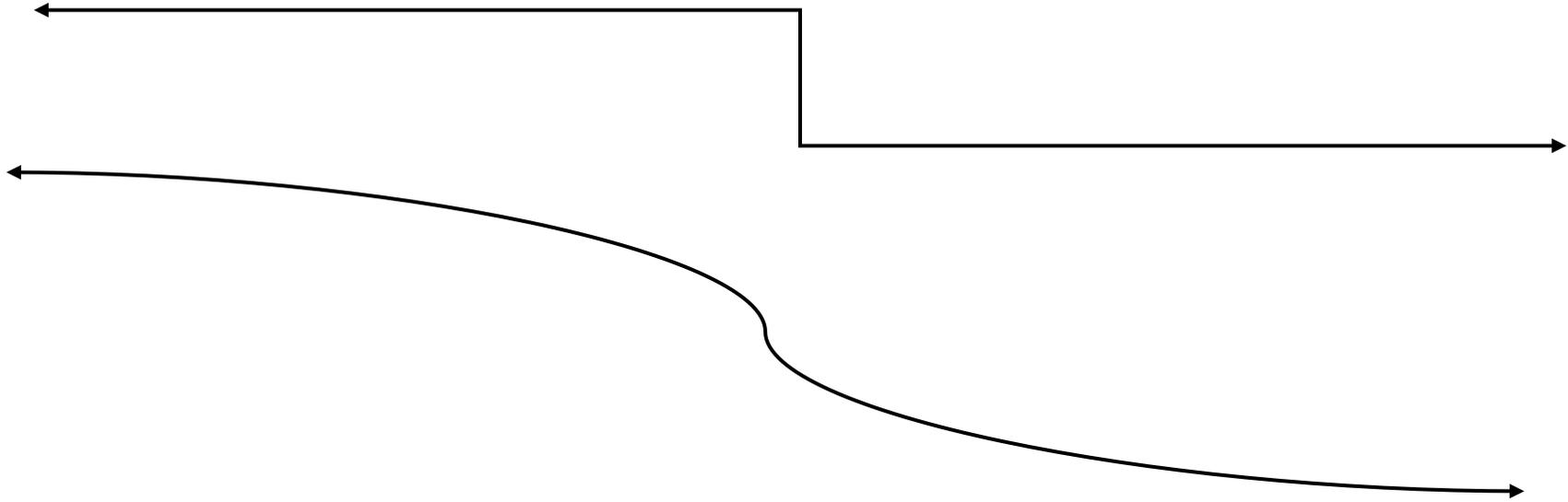
Day 3: Draw a nest and bird together.

Day 4: Write the word *bird*.

Day 6: Write your name and trace it twice.

Write the number of steps you took from room to room in the boxes below. (Your child may need you to write the number first for him/her to trace).

Day 7: Trace the lines with a crayon then cover them using small items such as beans, rice, buttons, or other materials you have in the house.



Draw a shape in each box. Cut out each shape.

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Day 10: Trace the ABC's. You can use a pencil or crayon.

