



July 2020

and emotional

MAKE SOCIAL[^] LEARNING STICK **TODAY**

Theme of the Month: Sensory and Body Breaks

Caring for your body and mind with a daily dose of movement, sensory breaks and healthy habits for you and your child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>(C) MakeSocialLearningStick.com</div> <div></div>			1 Stretch your body from head to toe.	2 Encourage sensory play with play dough, clay or foam.	3 Shake your body for 1 minute.	4 Have a parade with signs of peace & kindness. Stomp, jump, skip.
5 Notice how much water you & your child drink today. How did it feel?	6 Rub your hands together, then place them over your closed eyes.	7 Take time to rest & relax today. Do nothing for 15 minutes.	8 Teach your child how to do a wall push up.	9 Get out in nature, find a place to sit & notice the surroundings.	10 Focus on eating healthy meals & snacks today.	11 Lie down & relax each body part one by one.
12 Make sure to get enough sleep tonight. Notice how it feels the next day.	13 Before getting out of bed, ask yourself how your body is feeling and what it needs.	14 Have a relay race with your child.	15 Design and develop a calming corner with your child.	16 Have a dance party break today.	17 Give yourself or someone else a big hug.	18 Jump, skip, run, or hop instead of walking somewhere today.
19 Take a nap today.	20 Roll around on the floor or grass & move your body like a snake.	21 Go for a walk with your child today and feel your feet on the ground.	22 Rub your temples, ears or other pressure points.	23 Teach your child your favorite yoga pose.	24 Put your hand on your belly & focus on your breathing.	25 Encourage your child to take three sensory or calming breaks today.
26 Make an obstacle course with your child.	27 Squeeze your fists together, hold, then relax.	28 Make a stress ball or find a rock to squeeze to help you relax today.	29 Listen to a favorite song & hum or sing aloud.	30 Eat something crunchy.	31 Pick a favorite activity from the month and do it with your child today.	