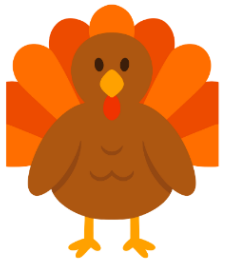


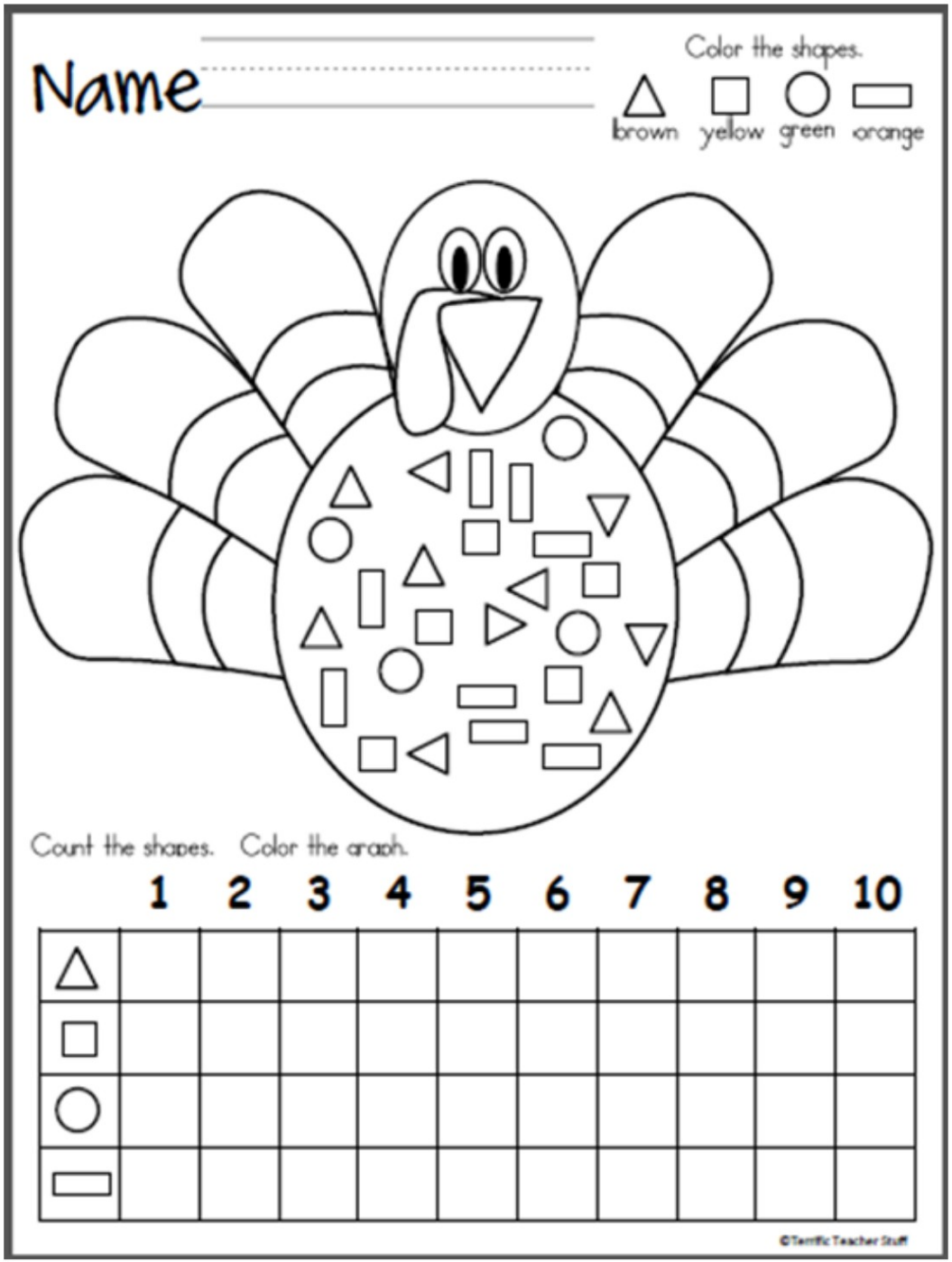
LEWIS COUTNY HEAD START

Family Together Calendar

November 2026



Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 Take abath in colored water!	**2** Help fold laundry.	**3** Play “Hide and Seek”.	**4** Look for blue objects around your house.	**5** Draw a picture of your family.	**6** Walk in the Fallleaves and name the color.	**7** Call someone and tell them how your day was.
8 Play eye spy with my little eye...	**9** Make a tent with chairs and blankets.	**10** Help was dishes.	**11** Bake cookies with a grown up friend.	**12** Play dress up.	**13** Clean your room.	**14** Teach your child 5 new words.
15 Sing “Twinkle, Twinkle, Little Star”.	**16** Tell a story and have an adult write it down. Then draw a picture.	**17** Have a conversation about right choices that make you smile.	**18** Count to 20!	**19** Read your favorite book.	**20** Go for a nature walk.	**21** Help cook dinner.
22 Have a movie night and enjoy popcorn together.	**23** Open the windows and let the fresh air in.	**24** Trace your hand and color it like a turkey.	**25** Listen to the wind blow through the trees.	**26** Happy Thanksgiving Day!	**27** Sing and dance with your child to some favorite tunes.	**28** Read a holiday book.
29 Tell someone to “have a great day”.	**30** Make hot chocolate.					





Spend Time Together as a Family

Children need love, time and attention. Setting time aside to be with your child produces a stronger bond, making them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge their mental health benefits.