Alphabet Adventure

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Point to letter A	2 Trace uppercase A	3 Find a word with B
4 Draw a big C	5 Trace lowercase d	6 Find E in a book
7 Name a food with F	8 Draw letter G	9 Find H on a sign
10 Trace lowercase i	11 Name a word with J	12 Make K with sticks
13 Trace capital L	14 Find a word with M	15 Draw an N
16 Spot letter O	17 Trace uppercase P	18 Find Q in a book
19 Make a big R	20 Trace lowercase s	21 Find something with T
22 Write a big U	23 Draw a V	24 Find W in a story
25 Trace uppercase X	26 Say a word with Y	27 Spot letter Z
28 Match two capitals	29 Sing the ABC song	30 Write your favorite letter

Tick each card as you finish it. Adapt any task to the child's needs.

Numbers and Counting

One playful activity each day • Ages and abilities vary

🔢 **COMPLETE ONE SMALL CHALLENGE EACH DAY**

1 Count five toys	2 Trace number 1	3 Draw two stars
4 Count three steps	5 Trace number 4	6 Find number 5
7 Count six claps	8 Draw seven dots	9 Trace number 8
10 Count nine blocks	11 Show ten fingers	12 Sort 4 objects
13 Count 5 red things	14 Find number 2	15 Make a 3-dot pattern
16 Count 10 crayons	17 Trace number 6	18 Draw 8 circles
19 Count 7 hops	20 Find number 9	21 Count to 10 aloud
22 Count backward from 5	23 Compare two groups	24 Add one more block
25 Take away one toy	26 Count 10 buttons	27 Trace numbers 1-5
28 Trace numbers 6-10	29 Make a number line	30 Celebrate your counting

Tick each card as you finish it. Adapt any task to the child's needs.

Color Discovery

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Find something red	2 Color a blue circle	3 Find a yellow toy
4 Draw a green leaf	5 Spot something orange	6 Pick a purple crayon
7 Find something pink	8 Color a brown tree	9 Spot something white
10 Find a black object	11 Draw a red heart	12 Color an orange sun
13 Make a rainbow	14 Sort two colors	15 Find three green things
16 Draw a yellow star	17 Color a purple flower	18 Find blue outdoors
19 Name five colors	20 Match same-color socks	21 Color a fruit
22 Draw a colorful fish	23 Find a color pattern	24 Make a paper color wheel
25 Choose a favorite color	26 Mix two paint colors	27 Name a warm color
28 Name a cool color	29 Color your initials	30 Share your favorite hue

Tick each card as you finish it. Adapt any task to the child's needs.

Shape Explorer

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Find a circle	2 Trace a square	3 Draw a triangle
4 Find a rectangle	5 Color a star	6 Draw a heart
7 Find an oval	8 Make a circle with string	9 Find 2 round objects
10 Trace a diamond	11 Count 3 corners	12 Count 4 corners
13 Sort shapes by size	14 Draw 2 small squares	15 Draw one big circle
16 Build a triangle	17 Find shapes outdoors	18 Make a shape pattern
19 Color 3 triangles	20 Match a shadow shape	21 Create a shape picture
22 Trace a zigzag	23 Find a shape in a book	24 Use blocks to make a house
25 Sort 5 shapes	26 Draw your own pattern	27 Find two rectangles
28 Make a paper star	29 Name your favorite shape	30 Draw a shape garden

Tick each card as you finish it. Adapt any task to the child's needs.

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Animal World

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Make a lion sound	2 Draw a cat	3 Find a bird picture
4 Hop like a rabbit	5 Count a dog's legs	6 Name a farm animal
7 Color an elephant	8 Walk like a penguin	9 Find a striped animal
10 Draw a turtle	11 Name a sea animal	12 Find animal footprints
13 Pretend to be a frog	14 Draw a butterfly	15 Compare big and small
16 Name a baby animal	17 Count five fish	18 Draw a giraffe
19 Act like a monkey	20 Match animal homes	21 Find a flying animal
22 Name a pet	23 Color a zebra	24 Learn about a panda
25 Draw an animal tail	26 Find a nocturnal animal	27 Make an animal mask
28 Name 3 zoo animals	29 Tell an animal fact	30 Draw your favorite animal

Tick each card as you finish it. Adapt any task to the child's needs.

Nature Detectives

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Look for a leaf	2 Count five trees	3 Draw a cloud
4 Find a flower	5 Listen for a bird	6 Spot something green
7 Collect a fallen leaf	8 Trace a tree shape	9 Feel a smooth rock
10 Watch the sky	11 Find a tiny insect	12 Draw a sunshine
13 Spot a shadow	14 Count garden plants	15 Find three textures
16 Name today's weather	17 Look for a seed	18 Find a pinecone
19 Draw a butterfly	20 Notice the wind	21 Make a leaf rubbing
22 Sort leaves by size	23 Look for tree bark	24 Name a fruit tree
25 Find something round	26 Watch a plant grow	27 Spot a bird's nest
28 Draw a nature map	29 Tell one nature fact	30 Make a nature collage

Tick each card as you finish it. Adapt any task to the child's needs.

Little Hands Practice

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Trace a straight line	2 Draw five dots	3 Make a zigzag
4 Trace a wavy line	5 Draw a spiral	6 Cut a paper strip
7 Roll play dough	8 Pinch tiny clay balls	9 Color inside a circle
10 Draw a big loop	11 Trace a heart	12 Connect five dots
13 Make a bead pattern	14 Stack five blocks	15 Draw vertical lines
16 Draw horizontal lines	17 Tear small paper squares	18 Trace a square
19 Draw three stars	20 Make a paper chain	21 Trace your first name
22 Make a dotted path	23 Draw a rainbow arc	24 Use tongs to sort
25 Fold a paper square	26 Draw a checker pattern	27 Create a line maze
28 Build a shape with clay	29 Trace letters A-C	30 Draw your favorite shape

Tick each card as you finish it. Adapt any task to the child's needs.

Reading Together

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Choose a picture book	2 Look at the cover	3 Find the title
4 Point to the author	5 Name one character	6 Describe a picture
7 Predict what happens	8 Find a familiar letter	9 Read with an adult
10 Retell the beginning	11 Find a rhyming word	12 Describe the setting
13 Act out a page	14 Point to three words	15 Find a word with B
16 Tell the middle part	17 Draw a character	18 Choose a new book
19 Read with a sibling	20 Find a repeated word	21 Name a favorite page
22 Talk about feelings	23 Tell the ending	24 Find a new word
25 Make a reading nook	26 Draw your own cover	27 Ask a story question
28 Tell a silly new ending	29 Recommend a book	30 Celebrate 30 reading days

Tick each card as you finish it. Adapt any task to the child's needs.

Art and Creativity

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Draw a sun	2 Color a flower	3 Make a paper collage
4 Draw your family	5 Stamp with a sponge	6 Trace an animal
7 Draw a happy face	8 Create a color pattern	9 Paint a rainbow
10 Make a paper crown	11 Draw a big tree	12 Color five shapes
13 Paint with cotton swabs	14 Draw a rocket	15 Create a mini comic
16 Make a handprint	17 Cut and paste circles	18 Draw a butterfly
19 Build a paper house	20 Draw your favorite food	21 Create a greeting card
22 Sketch your shoes	23 Make a paper flower	24 Color a dinosaur
25 Decorate your initials	26 Draw an ocean scene	27 Create a silly monster
28 Make a shape animal	29 Show your favorite art	30 Create a gallery wall

Tick each card as you finish it. Adapt any task to the child's needs.

Music and Rhythm

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Clap to a beat	2 Sing your favorite song	3 Tap slow and fast
4 Make a shaker	5 Dance for one minute	6 Count four claps
7 Hum a melody	8 Name a loud sound	9 Name a soft sound
10 Copy a simple rhythm	11 Clap your name	12 Stomp to the beat
13 Make music with spoons	14 Sing the ABC song	15 Listen to bird sounds
16 Tap a steady beat	17 Try high and low notes	18 Play musical statues
19 Draw a musical note	20 March to music	21 Create a two-beat pattern
22 Sing a counting song	23 Shake to a rhythm	24 Find a quiet sound
25 Sing with a grown-up	26 Make a drum from a box	27 Move to slow music
28 Make a happy sound	29 Lead a family rhythm	30 Perform a mini concert

Tick each card as you finish it. Adapt any task to the child's needs.

Move and Play

One playful activity each day • Ages and abilities vary



COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Hop five times	2 Stretch your arms	3 March in place
4 Stand on one foot	5 Roll a soft ball	6 Jump over a line
7 Walk like a crab	8 Reach for the sky	9 Do five toe taps
10 Balance a beanbag	11 Kick a soft ball	12 Walk a zigzag path
13 Dance for a minute	14 Make five big circles	15 Tiptoe across a room
16 Crawl through a tunnel	17 Throw into a basket	18 Stretch like a cat
19 Walk backward safely	20 Try five gentle jumps	21 Pass a ball
22 Do three star jumps	23 Pretend to swim	24 Play freeze dance
25 Balance for 5 seconds	26 Try animal yoga	27 Run on the spot
28 Make an obstacle course	29 Teach someone a move	30 Celebrate with a dance

Tick each card as you finish it. Adapt any task to the child's needs.

Feelings and Calm

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Name how you feel	2 Draw a happy face	3 Take 3 slow breaths
4 Find a cozy spot	5 Name a kind word	6 Make a calm jar
7 Draw a heart	8 Say one thing you like	9 Stretch slowly
10 Notice a quiet sound	11 Make a feeling face	12 Talk about being excited
13 Find a comfort item	14 Count five breaths	15 Listen to calm music
16 Think of a happy memory	17 Draw your safe place	18 Practice asking for help
19 Tell someone thank you	20 Try a five-senses game	21 Say what makes you smile
22 Name an angry feeling	23 Choose a calming tool	24 Draw a peaceful scene
25 Make a kindness card	26 Notice your body	27 Give yourself praise
28 Share a hopeful thought	29 Help a friend feel welcome	30 Celebrate learning feelings

Tick each card as you finish it. Adapt any task to the child's needs.

Kindness Challenge

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Say good morning	2 Give a kind compliment	3 Help put toys away
4 Share a favorite book	5 Say thank you	6 Hold a door safely
7 Help set the table	8 Listen to a friend	9 Make a thank-you card
10 Share your crayons	11 Help someone clean up	12 Smile at a neighbor
13 Say please politely	14 Ask someone how they are	15 Take turns in a game
16 Pick up paper litter	17 Draw a kind picture	18 Comfort someone gently
19 Tell a loved one thanks	20 Share a helpful idea	21 Let someone go first
22 Use a caring voice	23 Help water a plant	24 Praise someone's effort
25 Invite someone to play	26 Ask before borrowing	27 Apologize if needed
28 Celebrate a friend	29 Write or trace LOVE	30 Name three kind actions

Tick each card as you finish it. Adapt any task to the child's needs.

Space Mission

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Count five stars	2 Draw a rocket	3 Find the moon
4 Trace a star shape	5 Make a paper planet	6 Count down from 10
7 Draw Earth	8 Name the Sun	9 Make a foil moon
10 Color a telescope	11 Build a block rocket	12 Draw an astronaut
13 Trace a curved orbit	14 Find something silver	15 Make a star pattern
16 Create an alien face	17 Draw Saturn rings	18 Point to the night sky
19 Learn about the Moon	20 Color a space helmet	21 Count ten planets dots
22 Draw a comet	23 Make a space collage	24 Play gravity pretend
25 Spot the letter S	26 Trace the word STAR	27 Draw an asteroid
28 Build a moon base	29 Name a space fact	30 Celebrate your mission

Tick each card as you finish it. Adapt any task to the child's needs.

Ocean Adventure

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Count five fish	2 Draw a wave	3 Color a turtle
4 Name an ocean animal	5 Make a paper boat	6 Trace a shell
7 Pretend to swim	8 Draw a dolphin	9 Spot something blue
10 Count three crabs	11 Create a jellyfish	12 Draw a starfish
13 Make an ocean collage	14 Trace a curvy path	15 Find a whale picture
16 Draw a coral reef	17 Practice fish patterns	18 Color an octopus
19 Name a beach item	20 Learn about sea safety	21 Make bubbles
22 Draw a submarine	23 Count ten sea dots	24 Create a paper fish
25 Find a shark picture	26 Draw a lighthouse	27 Sort blue and green
28 Make a sea animal mask	29 Share an ocean fact	30 Draw your own ocean

Tick each card as you finish it. Adapt any task to the child's needs.

Farm Fun

One playful activity each day • Ages and abilities vary



COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Name a farm animal	2 Draw a barn	3 Count five eggs
4 Color a tractor	5 Make a chicken sound	6 Find a carrot
7 Draw a corn cob	8 Trace a farm fence	9 Match baby animals
10 Pretend to milk a cow	11 Draw a sheep	12 Count ten seeds
13 Find a red apple	14 Color a horse	15 Make a paper chick
16 Draw a sunflower	17 Sort farm vegetables	18 Name a farm machine
19 Trace a muddy path	20 Pretend to plant seeds	21 Draw a pig
22 Count three ducks	23 Make a field pattern	24 Learn a goat sound
25 Find farm tools	26 Draw a farmhouse	27 Read a farm story
28 Make an animal mask	29 Share a farm fact	30 Draw your favorite farm

Tick each card as you finish it. Adapt any task to the child's needs.

Dinosaur Days

One playful activity each day • Ages and abilities vary



COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Draw a dinosaur	2 Trace a footprint	3 Count five dino eggs
4 Color a volcano	5 Name a dinosaur	6 Roar like a T-rex
7 Draw a long neck	8 Make paper fossils	9 Find something green
10 Build a dinosaur cave	11 Draw giant footprints	12 Compare big and small
13 Color a dino tail	14 Make a paper egg	15 Count ten rocks
16 Trace a dino path	17 Draw prehistoric trees	18 Make a dino mask
19 Learn a dino fact	20 Create a dino pattern	21 Build a dinosaur world
22 Draw a flying reptile	23 Trace zigzag teeth	24 Count three claws
25 Make dino handprints	26 Draw a dino family	27 Find a fossil picture
28 Move like a dinosaur	29 Create a dino story	30 Earn a dino expert badge

Tick each card as you finish it. Adapt any task to the child's needs.

Seasons and Weather

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Look at the sky	2 Name today's weather	3 Draw a sun
4 Draw a rain cloud	5 Find something warm	6 Find something cool
7 Trace a raindrop	8 Count five leaves	9 Draw a snowflake
10 Make a wind spinner	11 Color a rainbow	12 Listen for rain
13 Draw a spring flower	14 Find a summer item	15 Spot an autumn color
16 Draw a winter hat	17 Make a weather chart	18 Name a cloudy day
19 Trace a lightning zigzag	20 Find a puddle safely	21 Draw a sunny beach
22 Count four seasons	23 Sort weather pictures	24 Learn a weather word
25 Make paper snow	26 Spot a moving cloud	27 Draw an umbrella
28 Create a leaf collage	29 Share a weather report	30 Draw your favorite season

Tick each card as you finish it. Adapt any task to the child's needs.

Little Scientists

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Ask a curious question	2 Predict what will happen	3 Sort five objects
4 Try a sink-or-float test	5 Watch ice melt	6 Mix two safe colors
7 Make a paper bridge	8 Compare heavy and light	9 Build a block tower
10 Count ten drops	11 Watch a plant	12 Make a shadow
13 Explore magnets safely	14 Find rough and smooth	15 Draw what you observe
16 Roll a toy down a ramp	17 Sort things by color	18 Test a paper plane
19 Compare two leaves	20 Make a simple pattern	21 Look through a magnifier
22 Count how many roll	23 Watch bubbles rise	24 Make a prediction chart
25 Build with recycled boxes	26 Find something transparent	27 Test two ramps
28 Draw an experiment	29 Explain what you noticed	30 Celebrate your discoveries

Tick each card as you finish it. Adapt any task to the child's needs.

Family Fun

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Play a board game	2 Read a story together	3 Draw a family portrait
4 Count ten household items	5 Cook a simple snack	6 Build a blanket fort
7 Have a family dance	8 Make paper airplanes	9 Sort a toy basket
10 Water a plant together	11 Share a favorite memory	12 Do a puzzle together
13 Make a gratitude jar	14 Draw a silly animal	15 Have a no-screen hour
16 Play pretend shop	17 Take a nature walk	18 Make a homemade card
19 Teach a simple game	20 Build a block city	21 Help prepare lunch
22 Make a family pattern	23 Have a story circle	24 Try a new fruit
25 Plan a kindness act	26 Look at old photos	27 Make a paper chain
28 Sing a family song	29 Celebrate small wins	30 Share your favorite day

Tick each card as you finish it. Adapt any task to the child's needs.