



OFFICE OF FAMILY & COMMUNITY ENGAGEMENT TODAY'S FAMILY LEARNING TIP



Educating & Empowering Families

June

- 1 Give your children a budget and have them create a menu plan for the week. Shop with them and make sure they include fruits and healthy snacks in their purchases!
- 2 When was the last time you visited Fell's Point? Check out the neighborhood's Art Loop, a free art gallery, with your family this evening! For more information, go to www.fellspointmainstreet.org.
- 3 What does Federal Hill Park have to do with the Constitution? Find out by visiting this historic site with your family today! For more information, visit www.bcrp.baltimorecity.gov/parks/federal-hill.
- 4 Talk to your child about dealing with stress. Teach and show them healthy ways to relax and release anxiety. Use www.kidshealth.org/en/parents/stress-coping.html as a resource.
- 5 Today is World Environment Day. Last year's theme was "Go Wild for Life." Look up this year's theme with your child and then brainstorm ways to get involved with the cause!
- 6 Have your children count the number of steps it takes to walk to school or the bus stop. Then, ask them to estimate how many steps they take a day.
- 7 A terrarium is a small ecosystem that can survive on its own. Help your children create one they can watch grow all summer by following the instructions at www.fun.familyeducation.com/activity/plants/39476.html.
- 8 Healthy foods give your child more energy! This season, try replacing unhealthy summer favorites, like ice cream and soda, with healthier alternatives, such as popsicles made from fruit and water, in your child's diet.
- 9 Know your numbers! Help your children memorize your phone number. Then, add, subtract, multiply, or divide them!
- 10 Francis Scott Key wrote the words for the national anthem near Fort McHenry, but what else makes the place so special? Find out by taking your family there today! For more information, go to www.nps.gov/fomc/index.htm.
- 11 Did you know that there are no rhyming words for orange, purple, or silver? It's true! Use words that rhyme – or ones that don't! – to create a poem with your child!
- 12 The end of the school year is coming up! Help your child prepare for finals by reviewing the study tips at www.kidshealth.org/en/kids/studying.html together.



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- 13 Talk to your child about dental hygiene. Effective brushing should last 2-3 minutes. Why is it important?
- 14 Flag Day honors the adoption of the U.S. flag in 1777. Does your child know how the flag's design has changed over time? Learn how together at www.ushistory.org/betsy/flagfact.html!
- 15 Positive praise, love, and appreciation will take your child far. Learn how to say "I'm proud of you" in another language.
- 16 Does your family like music? Then check out Belvedere Square's "Summer Sounds at the Square"! It's a free concert series held every Friday night. Learn more at www.belvederesquare.com.
- 17 Learn to conserve! If you turn off the water while you brush your teeth, you could save 100 gallons of water per month! Can your child calculate how many gallons your family could save each day?
- 18 It's Father's Day! Moms, help your children make Dad a special breakfast or a sweet card to show how much you all care about him!
- 19 Who's ready for a scavenger hunt? Make a list of objects commonly found outside during the summer. Then, gather your family, visit a local park, and start looking for them!
- 20 French painter Claude Monet was known as the father of what style of art? Ask your children to research the answer and then paint a landscape in that style!
- 21 Happy first day of summer, also known as the summer solstice! Ask your child to research the science behind the summer solstice and then describe it to a family member.
- 22 Is your family hungry for some fresh fruits and vegetables? Visit the farmer's market with your kids. They can learn about new foods, pick out some to try, and help you calculate the cost!
- 23 Are your children ready for some hands-on learning? Take them to the Inner Harbor to explore the four ships at Historic Ships in Baltimore! For more information, go to www.historicships.org.
- 24 The Bel Air Downtown Alliance's Summer Movie Nights offer more than just kid-friendly films. They also have popcorn and face painting! Go to www.belairmaryland.org/events-2/summer-movies to plan your family's visit.
- 25 School might be out for the summer, but you and your child can still play school at home. Pretend to be a student and let your child teach you what he or she learned in school this year.
- 26 Eid al-Fitr marks the end of the month-long Ramadan fast and the first day of Shawwal. Ask your child to research some of the many ways that Muslims celebrate this important day.



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- 27 Have you heard about Regal movie theater's Summer Movie Express? Admission is only \$1, and the films are kid-friendly. Check it out with your family or go to www.regmovies.com/movies/summer-movie-express to learn more.
- 28 Play historical "Who Am I?" by picking a character from a history lesson and inviting your family to guess who you are.
- 29 Is your family going to the beach this summer? Talk to your children about sand – what it is, where it comes from, and how to keep it from sticking to your feet! Use www.scienceforkidsclub.com/beaches.html as a resource.
- 30 Introduce your children to engineering concepts. Identify a problem and encourage them to design and implement a solution.