

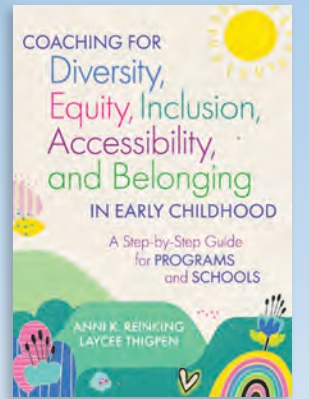
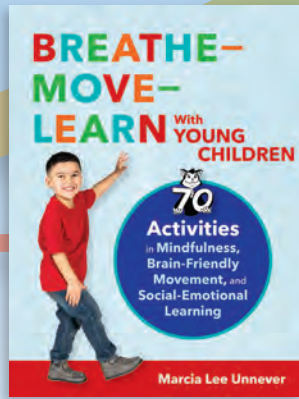
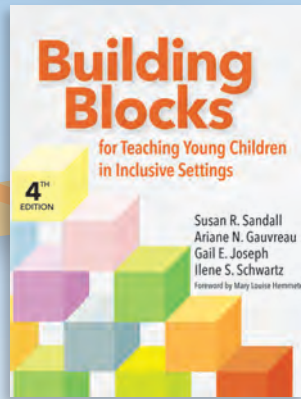
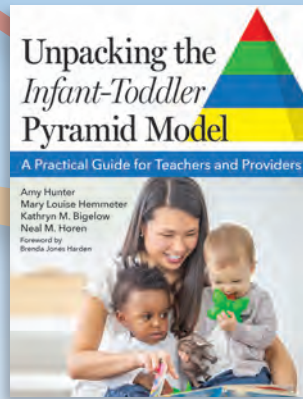
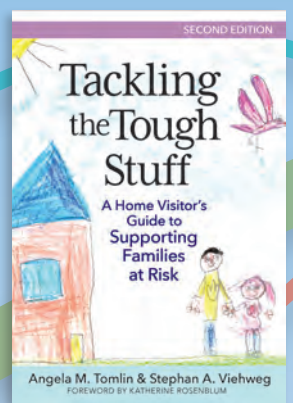
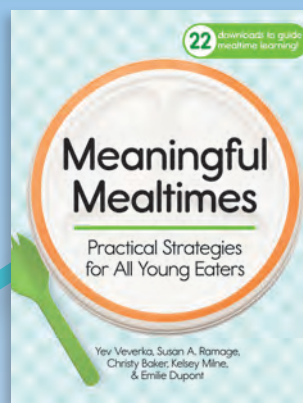
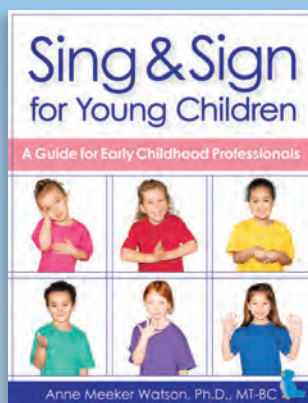
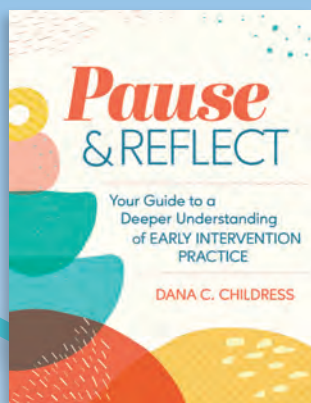
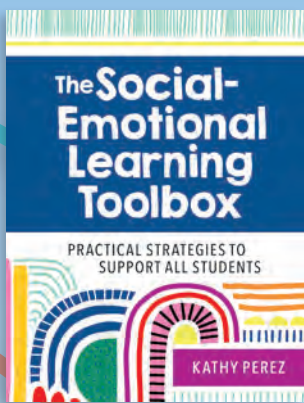
Finding Joy



2025 EARLY CHILDHOOD CALENDAR

12 Months of Tips for Promoting Positivity, Reducing Stress, and Avoiding Burnout

Explore the books featured in this calendar!



See excerpts, reviews, and more at www.brookespublishing.com/early-childhood

ACTIVATE **joy** THROUGH
SIMPLE ACTS OF
kindness



2025

01 JANUARY



9 KINDNESS QUICK STARTERS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			New Year's Day 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	Martin Luther King, Jr. Day 20	21	22	23	24	25
26	27	28	Lunar New Year 29	30	31	

Simple acts of kindness can create a ripple effect of joy and positivity.

This year, try these kindness "quick starters" with children:

- Let young learners know how happy you are to see them in the morning.
- Laugh at children's jokes. Take time to listen to their stories.
- Publicly acknowledge every kindness you witness during the day.
- Compliment children for a specific accomplishment.
- Have children decorate a thank you poster for program staff.
- Call a few parents just to tell them something wonderful their child did that day.
- Invite families to join in special events and have the kids create invitations.
- Tell parent volunteers what a difference they make!



TAKE 20 MINUTES FOR YOURSELF EVERY DAY

2025 02 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	Presidents' Day	17	18	19	20	21
22						
23	24	25	26	27	28	

MAKE TIME FOR WHAT YOU LOVE.

Find at least 20 minutes each day to do something for yourself, to downshift or re-center.

What these 20 minutes look like will be completely up to you and may differ day to day. Use this time to

-  exercise,
-  read a book,
-  listen to music or a podcast,
-  write in your journal,
-  walk or play with your dog,
-  relax in a hammock,
-  meditate,
-  take a bath,
-  snuggle with your kids,
-  work on a puzzle,
-  drink a cup of tea,
-  knit, call a friend,
- 
- or simply do nothing at all.

Figure out what recharges your soul and brings you joy, and make time for it every day. (You might want to use this calendar to jot down what you did with your daily 20 minutes!)

Adapted from **Pause and Reflect** by Dana C. Childress



Make
more music
with children

2025
03 MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Ramadan starts 1
2	3	4	5	6	7	8
Daylight Saving Time starts 9	10	11	12	13 Holi	14	15
16 St. Patrick's Day	17	18	19	20	21	22
23	24					
30	Eid al-Fitr 31	25	26	27	28	29

GET KIDS
singing AND
signing

"I like to think of myself as a specialist in Early Childhood Joy," says Anne Meeker Watson, the expert behind the book *Sing & Sign for Young Children*. Anne believes singing fun songs and teaching sign language fundamentals at the same time can support a wide range of early learning skills—and also infuse early childhood settings with joy. She says: "The best measure of my success as a 'fun-ologist' is when we complete a song and at least one child exclaims, Again!"

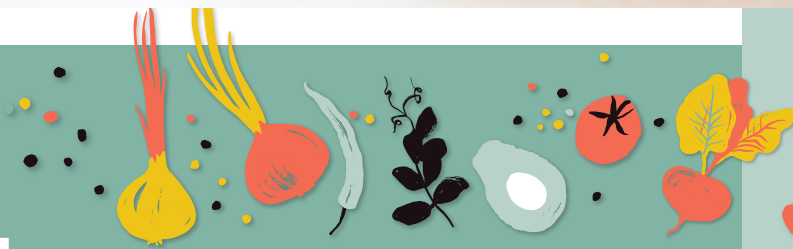
Watch this webinar with Anne to learn how to give your classroom a joy infusion through singing and signing!

bpub.fyi/SingandSign



2025

04 APRIL



5 Tips for Mealtime Fun



Have children conduct a **"treasure hunt"** in their soup to find different foods to interact with.



Encourage children to arrange food into **fun shapes** or arrange ingredients into a smiley face on their plate.



Talk about the **colors, flavors, and origins** of different foods to pique children's curiosity.

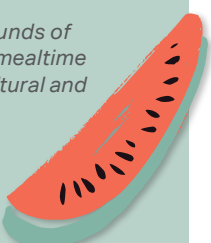


Make the most of **special interests**. For instance, if a child is interested in cars, try using (clean) toy vehicles in lieu of utensils.



Use **familiar items** to transform the way children perceive and interact with food. For example, use a toothpick to pick up small fruit pieces or a cup as a cookie cutter.

**Keep in mind the diverse backgrounds of families! The perception of play in mealtime experiences can vary based on cultural and personal values and histories*

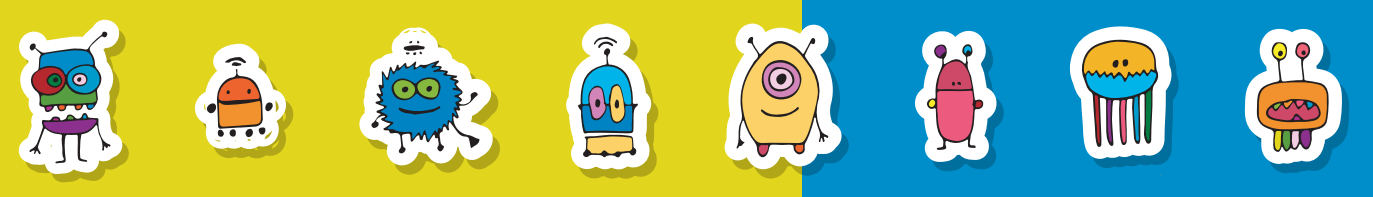


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						5
6	7	8	9	10	11	Passover starts 12
13	14	15	16	17	Good Friday 18	19
Easter & Orthodox Easter 20	21	Earth Day 22	23	24	25	26
27	28	29	30			



Infuse every day with humor

2025
05 MAY

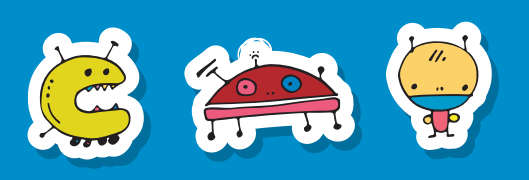


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Mother's Day 11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Memorial Day	26	27	28	29	30	31

Use humor to teach + motivate.

Invite toddlers to be silly with you when you want them to gather in one place, when they need to wait with you, or when it's time to pick up toys. When you're tempted to issue a command, pause and think, "Is there a way I can use humor to motivate them instead?"

For preschoolers, challenge yourself to bring the worlds of humor and learning together. For example, if a few children have been giggling about "bathroom words," is there a way to turn their fascination into an opportunity to practice skills in science, math, and writing?





EXAMINE YOUR
work-life
BALANCE

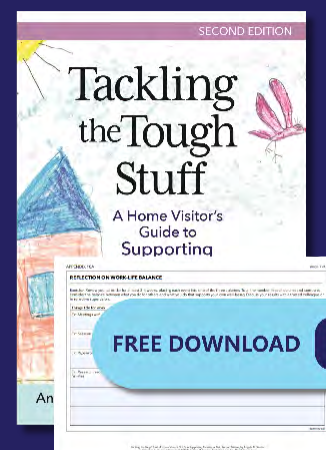
2025
06 JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	Eid al-Adha 7
8	9	10	11	12	13	Flag Day 14
Father's Day 15	16	17	18	Juneteenth 19	20	First Day of Summer 21
22	23	24	25	26	27	28
29	30					

TRY THIS
helpful
EXERCISE

Finding joy is tough when you're stressed and overextended. As summer starts, take time to examine your work and life activities and consider whether you've been striking a good balance this year. Download this exercise from the new edition of *Tackling the Tough Stuff* to reflect on aspects of your work-life balance and pinpoint areas that might need adjusting.



bpub.fyi/work-life



LET GO

of the things that hold you back

2025
07 JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	Independence Day 4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4 Things to Let Go of This Year

- LET GO OF PAST CRITICISMS.**
Think about the things you're doing right now that are positive and life affirming—like helping children learn and grow.
- LET GO OF PERFECTIONISM.**
Forgive yourself when things go wrong. Remind yourself that all lives are made of difficult days, wonderful days, and in-between days.
- LET GO OF TENSION.**
Symbolically “fling out” stress by shaking each arm outward and visualize tense feelings soaring away from you.
- LET GO OF NEGATIVITY.**
Set aside time every day to focus on the beauty of the world around you. Have a long talk with an empathetic friend. Keep a journal to process difficult emotions. Refresh and uplift yourself by doing something you know you excel at.

Adapted from **Little Kids, Big Worries**, by Alice Sterling Honig



GET A BETTER *night's sleep*

2025
08 AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24						
31	25	26	27	28	29	30

FINDING JOY IS EASIER WHEN YOU'RE RESTED.



Getting quality sleep is an important part of maintaining emotional well-being. As summer winds down, make a "better sleep" plan with these tips in mind:

- 
BE CONSISTENT.
 Go to bed and wake up at the same time each day.
- 
BUILD A BETTER SLEEP ENVIRONMENT.
 Darkness, quiet, and a comfortable temperature promote relaxation.
- 
AVOID SCREENS BEFORE BED.
 Try reading or meditation instead.
- 
REDUCE CAFFEINE AND ALCOHOL.
 Drink water before sleeping.
- 
ENGAGE IN MORE PHYSICAL ACTIVITY.
 Movement during the day can help with falling asleep at bedtime.

Adapted from **Unpacking the Infant-Toddler Pyramid Model**, by Amy Hunter, Mary Louise Hemmeter, Kathryn M. Bigelow, and Neal M. Horen



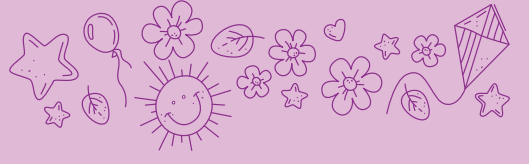
SUBTRACT THE STRESS FROM TRANSITIONS




2025 09 SEPTEMBER


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labor Day 1	2	3	4	5	6
Grandparents Day 7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	First Day of Autumn 22	Rosh Hashanah 23	24	25	26	27
28	29	30				


TRY THESE FUN TRANSITION TIPS




Transitions are one area that can introduce stress during your day. Here are some tips to use when one or more children find transitions tough:

 Give a **silly transition cue**, such as using a novel musical instrument or asking children to stop and do a specific action (e.g., pretend to eat an ice cream cone, roar like a lion).

 Put a child's **name and photo on a mat** before circle time starts. Encourage the child to find their name and picture.

 Make a **picture schedule**. Have the child turn over the card after each activity is finished.

 Let the **child's favorite person** (teacher or a peer) tell them to come to the line and hold hands while the child is waiting or walking to the playground.

Adapted from **Building Blocks for Teaching Young Children in Inclusive Settings, Fourth Edition**, by Susan R. Sandall, Ariane N. Gauvreau, Gail E. Joseph, & Ilene S. Schwartz



BREATHE—MOVE—LEARN

WITH CHILDREN



2025
10 OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Yom Kippur	2	3	4
5	6	7	8	9	10	11
12 Indigenous Peoples' Day	13	14	15	16	17	18
19 Diwali	20	21	22	23	24	25
26	27	28	29	30 Halloween	31	

GREAT FOR **KIDS** GREAT FOR **YOU**

Take a few minutes every day to support mindfulness, social-emotional development, and readiness for learning. **Breathe—Move—Learn With Young Children**, Marcia Lee Unnever's unique collection of 70 quick activities, will help kids wake up, calm down, focus, and soothe anxious feelings in a minutes a day—and the activities are a great pick-me-up for you, too!

Download some sample activities here:
bpub.fyi/BMLactivities





Take time for
gratitude
 and model it for kids

2025

11 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Daylight Saving Time ends 2	3	Election Day 4	5	6	7	8
9	10	Veterans Day 11	12	13	14	15
16	17	18	19	20	21	22
23						
30	24	25	26	Thanksgiving 27	28	29

Share
appreciations
 during meals.

Whether it's a family dinner or snacktime in a classroom setting, meals provide a great opportunity to share joy and kindness along with good food. During mealtime, have each child in your class or each family member say something kind or give thanks to another person at the table. You can talk about the word appreciation and give an example:

"Tommy, I appreciated how you picked up those toys today. Thanks so much."

Model gratitude so that children learn to appreciate the people and things in their lives.

HONOR DIVERSITY TO HELP EVERY CHILD FEEL SAFE AND WELCOME



2025

12

DECEMBER



MAKE THE HOLIDAYS MORE INCLUSIVE.

Holiday seasons can be joyful without excluding children who don't celebrate (think snowflakes instead of Santa!). Here are some tips for diverse and inclusive classrooms:



Avoid lesson plans focused on one specific holiday and its associated imagery (Elf on the Shelf, Santa, Christmas trees).

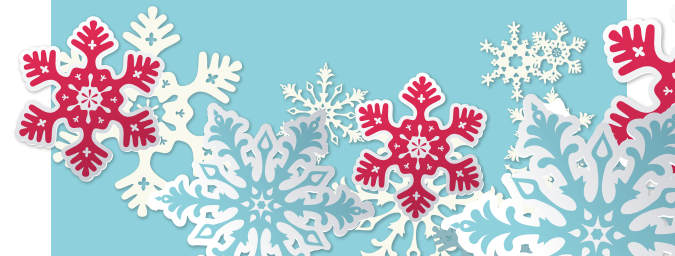


When interest is child led, talk about all types of holidays and traditions that occur throughout the year. It's great to share your traditions and things you enjoy doing with your family. Be sure to not assume, through your language, that everyone does the same thing or celebrates the same holidays.



Let families know that by not planning lessons around specific holidays, we are creating a more inclusive environment, which will create a safe and welcoming place for all children and families.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
First Day of Winter 21	22	23	24	Christmas First Day of Hanukkah 25	First Day of Kwanzaa 26	27
28	29	30	New Year's Eve 31			



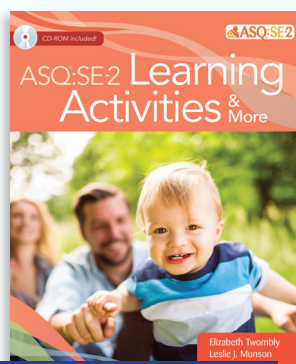
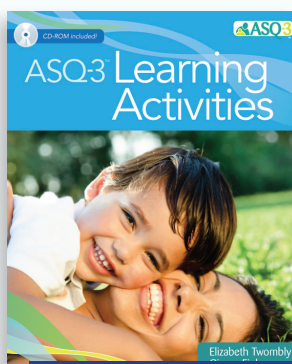
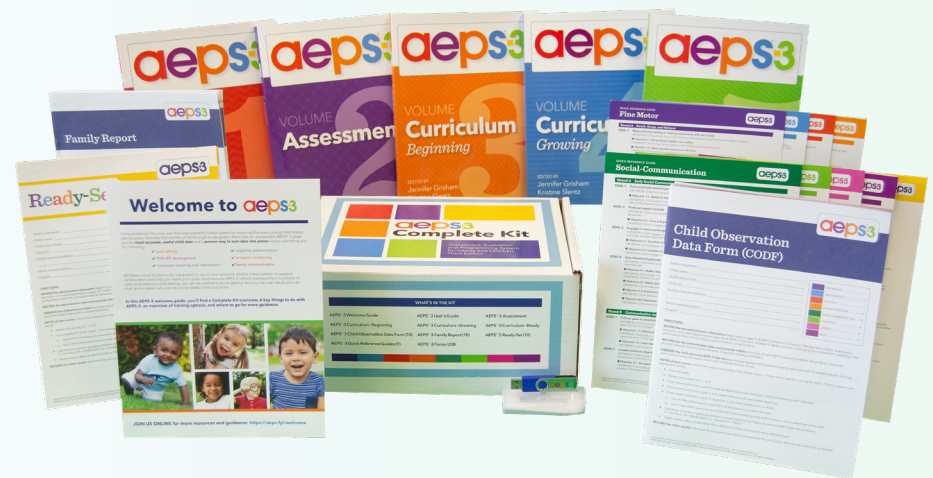
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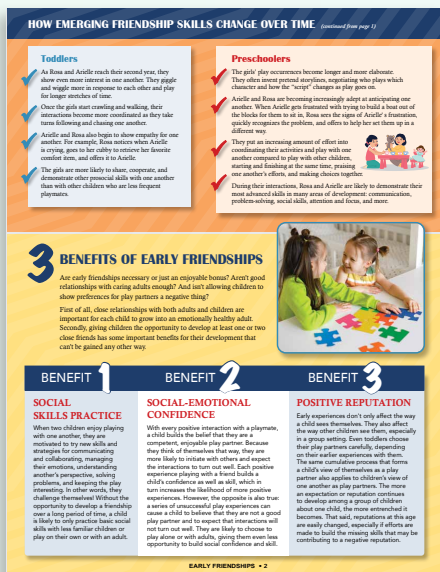
TOPICS:

- School Readiness
- Early Language: First Sounds and Words
- Becoming a Writer
- Understanding Numbers
- Curiosity and Scientific Thinking
- Growing As Thinkers
- Memory
- Pretend Play
- Temperament and Behavior
- Early Friendships
- Belonging
- Doing the Right Thing
- Creativity
- Humor
- Mealtime and Eating
- Made to Move

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By Kathy L. Reschke, Ph.D.

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