

BROOKES



aeps3

Finding Joy

2025 EARLY CHILDHOOD
CALENDAR

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



A woman with long dark hair, wearing a bright yellow long-sleeved shirt, is smiling broadly and high-fiving a young child. The child is wearing a black and white horizontally striped long-sleeved shirt. The background is softly blurred, suggesting an indoor setting. The overall mood is warm and joyful. The text is overlaid on the right side of the image, with a sun icon above the word 'THROUGH'.

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 | Valentine's Day 14 | 15 |
| 16 | Presidents' Day 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

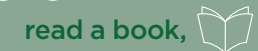
MAKE TIME FOR WHAT YOU LOVE.

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!)

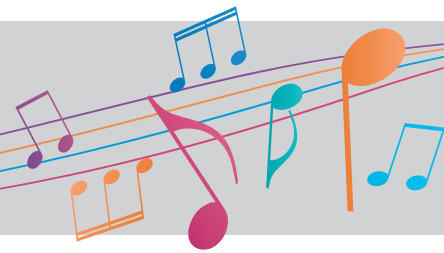


*Make
more music
with children*

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



serve up
joy & fun
during
mealtimes



2025

04 APRIL



5 Tips for Mealtime Fun

| 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 | | | |



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.

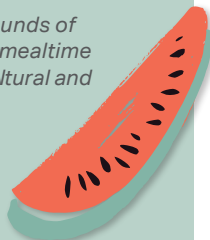


Make the most of **special interests**. For instance, if a child is interested in cars, try using (clean) toy vehicles in lieu of utensils.



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*





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 | |

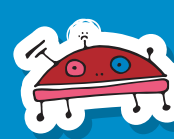
Use humor to teach + motivate.



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?





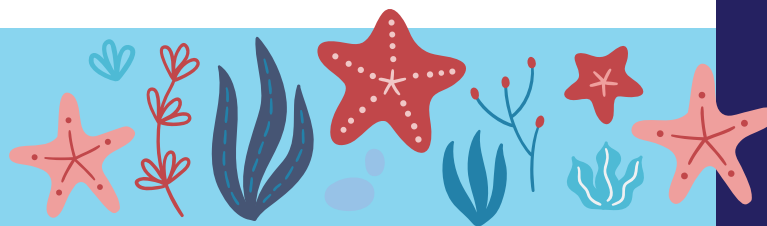
EXAMINE YOUR
work-life
BALANCE



2025

06

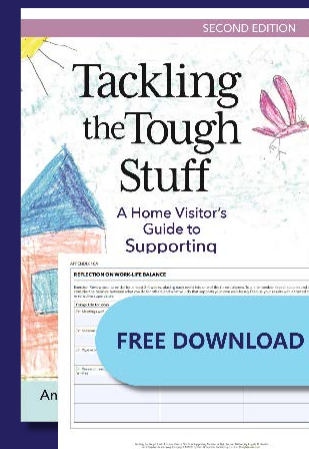
JUNE



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.

| 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 | | | | | |



FREE DOWNLOAD



bpub.fyi/work-life



LET GO

of the things that
hold you back



2025

07 JULY



4 Things to Let Go of This Year



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 | | |

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.





★ 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.



SUBTRACT THE
STRESS
FROM
TRANSITIONS

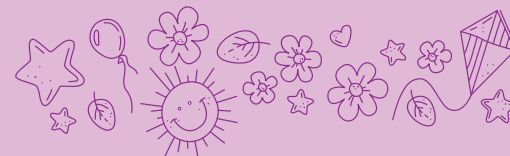


2025

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.



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



Share appreciations during meals.

| 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 |

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.

| 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 | | | |

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:



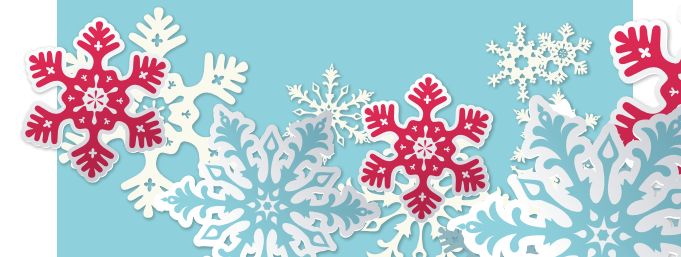
Avoid lesson plans focused on one specific holiday and its associated imagery (Elf on the Shelf, Santa, Christmas trees).



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.



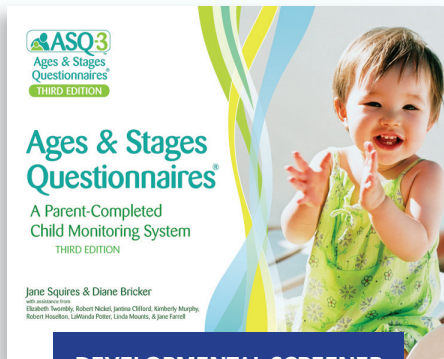
Let families know that by not planning lessons around specific holidays, we are creating a more inclusive environment, which will create a safe and welcoming place for all children and families.



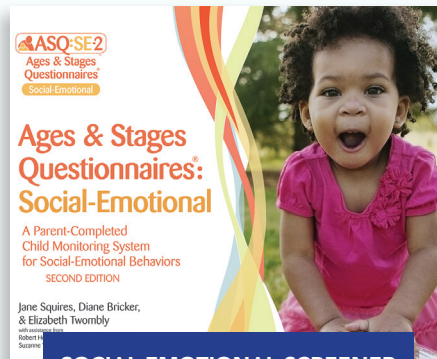
TRUSTED TOOLS TO SUPPORT HEALTHY CHILD DEVELOPMENT



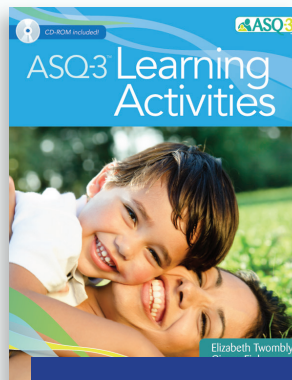
CHECK MILESTONES AND CATCH
POTENTIAL DELAYS EARLY



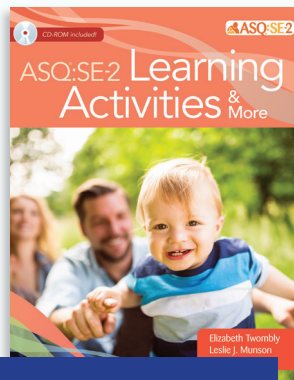
DEVELOPMENTAL SCREENER



SOCIAL-EMOTIONAL SCREENER



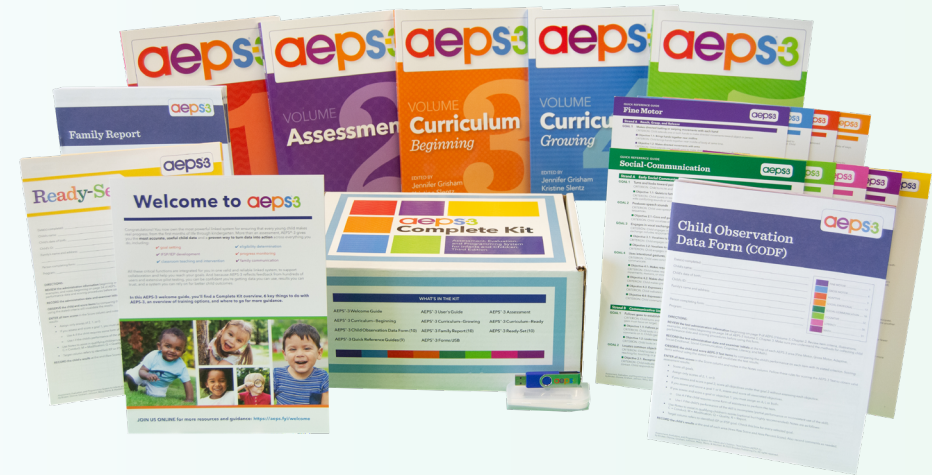
ENGAGING ACTIVITIES TO SHARE WITH PARENTS



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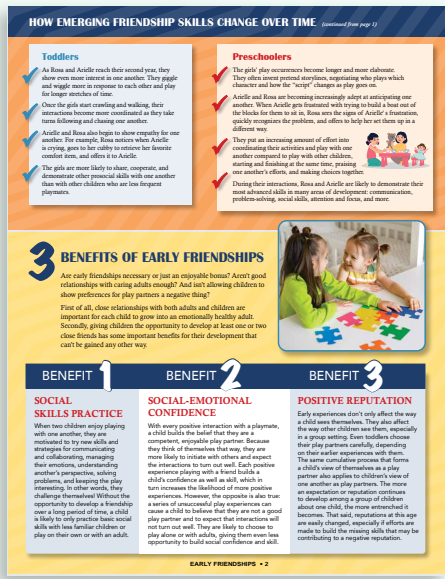
- School Readiness
- Early Language: First Sounds and Words
- Becoming a Writer
- Understanding Numbers
- Curiosity and Scientific Thinking
- Growing As Thinkers
- Memory
- Pretend Play
- Temperament and Behavior
- Early Friendships
- Belonging
- Doing the Right Thing
- Creativity
- Humor
- Mealtime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

Quick Reference Guides for Early Childhood Best Practices

By Kathy L. Reschke, Ph.D.

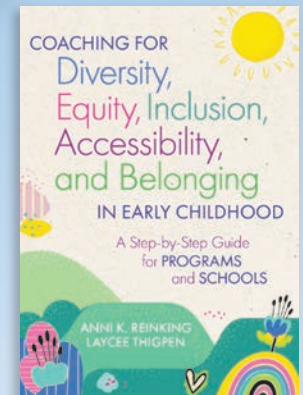
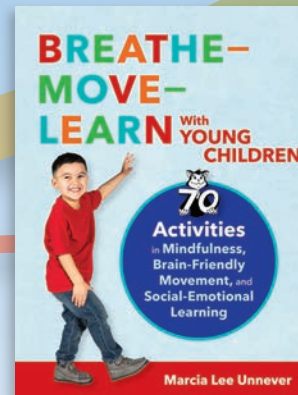
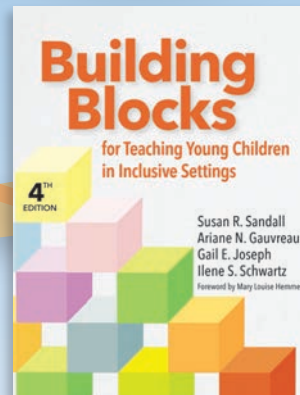
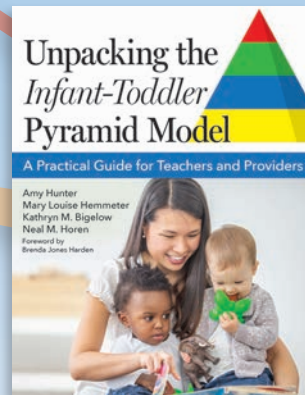
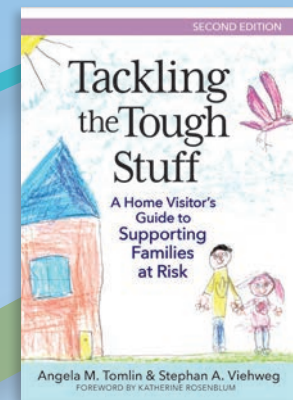
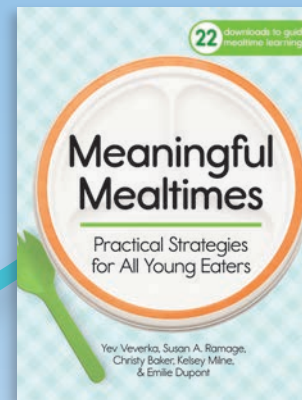
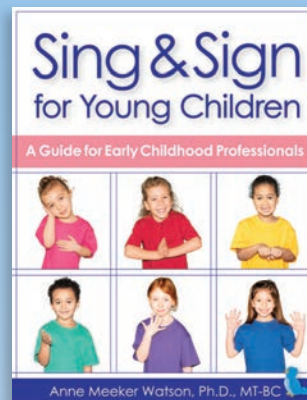
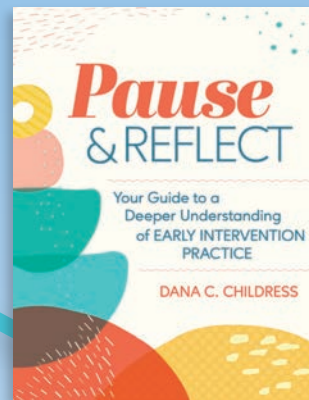
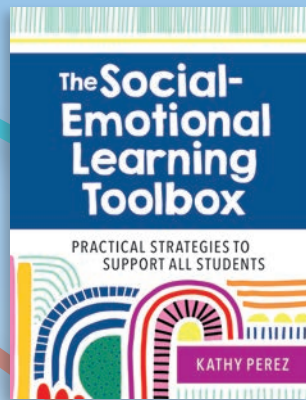
Perfect for professional learning, these 16 Quick Reference Guides will put practical knowledge and ready-to-use strategies in the hands of every educator in your early childhood program. Developed by an early childhood expert with more than 40 years of experience, these laminated, six-page guides cover topics with explicit links to core developmental domains: cognitive, physical, socio-emotional, communication, and adaptive. Teachers will get tips they can trust on developmentally appropriate practices—not only within developmental domains, but in other key areas with a broad effect on a child’s life.

ORDER at bpub.fyi/EC-QRG
Available in convenient packs of 5 or individually



Colorful illustrations, lists, tips, and infographics instantly engage educators and give an at-a-glance understanding of developmentally appropriate practices.

Explore the books featured in this calendar!



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