

Be A Hero Calendar OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Each activity is worth 30 minutes per day. October calendar has a total of 15.5 hours.				1 Have your child create a “Best Dad” trophy and ask them to tell you why you are the best. Write down their answers on their drawing.	2 Sit down with your child and have them ask how old is dad, what is dad’s favorite food, what does dad do for work and why do they love you. Write down their answers.	3 Talk to your child about things that make you feel proud. Ask child to draw things that make them feel proud and tell you about each one.
4 Write down your last name in large print and ask child to help you create a collage of all your favorite things.	5 Discuss what are acts of kindness and brainstorm with your child one kind thing you can each do for your family in your household.	6 Dance with your child to music you both like. Name the song and label the movements you each are doing.	7 Have your child draw a Super Hero version of you and what your super power would be. Take a photo and share with staff.	8 Share a story with your child about your most important male role model and have child draw a picture of them.	9 Have a conversation with your child about what your favorite milestone they’ve accomplished this year is. Have child draw picture.	10 Take time to do the laundry together. Once done, sort clothes by size, color, or type and discuss your observations.
11 Have your child pick a familiar book and tell you about the story while flipping the pages. They can pretend they are the teacher and you are the student.	12 Mirror, Mirror: Stand side by side with your child and have them attempt to copy all the emotions you are making in the mirror. Take photos and share with staff.	13 Create a handprint keepsake of you and your child using paint and construction paper to document this moment in time when your child is still little.	14 Blind taste test: get three different types of fruits or veggies, blind fold child and have them guess the name of the fruit/veggie. Take photo and share with child.	15 Create a garden picture using fingerprints as flowers and handprints as leaves.	16 Ask your child to help prepare a meal with you and discuss the colors, food groups and textures. Have your child draw a menu for the evening to make meal time special.	17 Show your child pictures of different male figures in your family. Ask them to talk about each one they know and tell them about the ones they don’t know.
18 Create a pretend beach with a towel, toys, water play and beach sounds/music. Take a photo and share with teacher.	19 Play a game of balance with your child. Take turns playing the floor is lava. Explain what balance means. Take photo and share with teacher.	20 Create a father/child flag using paper, handprints, stickers, and family symbols.	21 Solid vs liquid: Use 2 small containers and fill them with water. Ask your child what will happen to water when placed on the freeze vs. fridge. Discuss results.	22 Create a card made out of popsicle sticks with your child. Ask them to share what they love about you. Write answers on a stick.	23 Take turns with your child, leading and following each other’s directions to make different movements.	24 Take a walk together and make a collage with things you found out in nature.
25 Have a conversation with your child about school routine and have them tell you a story about what they look forward to the most. Write down what they are narrating.	26 Ask your child to list things that make them feel mad and draw a picture of the feeling. Together discuss strategies they can practice to calm down when they feel mad.	27 Talk to your child about the importance of rules. Make a list of house rules your child is expected to follow.	28 Create a page with father and child’s height marks, handprints, and favorite things at the moment.	29 Create a chart of your favorite memories together for this year and share photo with teacher.	30 Talk to your child about your experience as a child and discuss things that are the same and different. Then draw a picture.	31 Have your child draw a picture of you while you pose for them. Have your child describe their drawing to you, take a photo to share with teacher.