



DECEMBER 2021



READ to RISE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750		1 Prepare your kids for what is coming next in the day by talking about it. This helps them understand how to tell a story!	2 Sing about daily routines. "This is the way we wash our hands, wash our hands, wash our hands..."	3 Read with FUN and expression in your voice!	4 Make a card for someone you love.
5 Organize sensory bins based on the alphabet with a BIG letter on the bin.	6 Play with measuring cups in the bathtub.	7 Explore outdoors - look at leaves or trees without them. Point out birds and other animals.	8 How many words can you think of that rhyme with bear?	9 Sing a song from your child's (or your) favorite musical movie.	10 Talk about written words wherever you see them - in the grocery, on signs, and more.	11 Draw a picture of yourself.
12 Every day is an adventure when you're a child - create simple games for daily tasks.	13 Count the steps between your bathroom and your bedroom.	14 Point out the weather. Is the sun shining or is it a cloudy/rainy/snowy day?	15 Look at pictures of animals. Ask your child what sound they make.	16 Sing and dance the reindeer pokey. Use words like hoof and antlers, instead of hands or head.	17 Be interactive and engage your child with questions as you read.	18 Trace shapes or letters in a shallow pan of flour, salt, or baking soda.
19 Play language games with puppets. "My name is Mark - what rhymes with Mark?"	20 Find and count five red things in your house.	21 Read non-fiction books about the child's favorite things - like dinosaurs or flowers.	22 As you drive in the car, talk about the different sounds you hear.	23 Ask your child to sing their favorite song to you. Then, sing your favorite song to them.	24 If your child can talk, ask them to repeat a word or phrase you're reading.	25 Tear up left over wrapping paper. It helps build your child's hand muscles!
26 Play "I'm thinking of a letter that sounds like mmmmmm (M)." 	27 Put together a puzzle with your child.	28 On early winter nights, point out the moon and how it changes.	29 What rhymes with the word "snow"?	30 Clap out, tap on a drum, or sing your child's name. This introduces them to syllables!	31 Read a book about winter or snow.	