



FEBRUARY 2022



READ to RISE

library.nashville.org/readtorise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750	1 Paint a picture with your child, mixing colors as you go to make new colors.	2 How many words can you think of that rhyme with bear?	3 Sing silly songs in the bathtub.	4 Read <i>Polar Bear, What Do You Hear?</i> by Bill Martin, Jr.	5 Use magnets or cut out letters to help your child spell their name.
6 Build a blanket tent in the living room and play "camping."	7 Roll the ball to each other and count the times you get it right.	8 Explore a strawberry with all your senses: see, touch, smell, hear, taste.	9 Choose a long word from a book and clap out the syllables.	10 Sing your child's favorite song in a high voice. Can you sing it again in a low voice?	11 Read the names of grocery items while shopping with your little one.	12 Make a card for someone you love.
13 Play house together. Pretend to visit your child's "house."	14 Have a pet or stuffed animal friend? Count their eyes, legs, toes, fingers and anything else!	15 Blow up a couple of balloons. See how long you can keep them from touching the floor!	16 While reading, describe the pictures. Then, ask where an object is and wait for your child to respond.	17 Sing a song from your child's favorite animated movie (or TV show).	18 Read a book by Laura Numeroff.	19 Paint dots! Use Qtips or your child's finger.
20 Play "Jack be Nimble" and help your child jump a candlestick.	21 When singing a song with numbers in it, have your child hold up fingers and count.	22 Fill a plastic container with metal objects (like paper clips). Let your child use a magnet to move them around.	23 Use specific names for things, like puppy and dog. This helps your child learn new words and see differences.	24 Sing your child's favorite song from story time.	25 Read a recipe before, during and after cooking with your little one.	26 Form letters and shapes with cold, cooked spaghetti noodles.
27 Collect household items that you can use to create "music" and play along with your favorite rock songs.	28 When preparing and sharing food, narrate what's happening – "two for me and two for you".					