



JULY 2022

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750				1 It's National Ice Cream month! Read a book about ice cream.	2 Feel different textures and shapes to help develop hand muscles.
3 Pretend you are a firework. How would you move? Where would you go?	4 Count the number of buttons on a shirt or coat.	5 Smell a fragrant flower!	6 Share a memory from your childhood and encourage talking and thinking about your child's memories.	7 Sing those ABCs. It's never too early!	8 Go outside and read a book on a beach towel.	9 Trace the letters of your child's name with their fingers in flour or sugar on a tray.
10 It's National Picnic Month! Pretend to have a picnic. What foods will you eat? Who will join you?	11 Make a map of your house together.	12 Choose an object and make observations. Is it cool or warm? Hard or soft?	13 Tell your child what quality they have that makes you proud of them.	14 Clap as you sing to introduce rhythm.	15 Read a book by Laura Numeroff.	16 Help baby touch their nose or toes to develop hand muscle control.
17 Encourage imagination by letting your child create and play on their own.	18 Compare shoes: size, color, smallest, largest, kind of shoe, etc.	19 Watch and listen to the birds in your yard or the park.	20 Tell your child how excited and happy you were when they were born or came to be a part of your family.	21 Make up a song about summer and the fun things you like to do.	22 Read a wordless picture book together. Encourage your child to make up the story.	23 Point to words while reading to show that those black lines on the page are words. This develops print awareness.
24 While outside, play a game of "I Spy". 31 Practice throwing a ball into a large box.	25 Put small items in a row and count them; rearrange them and ask how many there are.	26 Read a book with multiple animals in it. Point out the similarities and differences.	27 Talk about the things you see outside your window.	28 Sing "Head, Shoulders, Knees and Toes".	29 Choose a non-fiction topic to learn about and find a book about it.	30 Have your child make a grocery list before you go to the store together.