

FEBRUARY 2023



READ to RISE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Talk about an experience you shared with your child/family	2 Sing and dance the "Hokey Pokey".	3 Enjoy one of the many stories of Anansi the Spider.	4 Draw a picture of yourself.
5 Practice sharing by giving your child a pile of items and encouraging them to give one to you and one to themselves.	6 Count how many items of clothing you put on to go outside.	7 Drop small items, like buttons, into a glass or bowl of water. Will they sink or float?	8 Talk about the people who are important in the child's life.	9 Clap, tap on a drum, or sing your child's name. This introduces them to syllables!	10 Read Jane Cabrera's <i>If You're Happy and You Know It</i> .	11 Make a card for someone you love.
12 Roll socks into "balls" and have your child toss them into a basket or bucket.	13 Play with measuring cups in the bathtub.	14 Paint a picture with your child. Mix the colors to make new ones.	15 Praise your little one's efforts to communicate.	16 Pick your favorite song. Sing it very high, very low, very fast, and very slow.	17 Read Jerry Pinkney's picture book <i>The Lion and the Mouse</i> .	18 Trace shapes or letters in a shallow pan of flour, salt, or baking soda.
19 Play peek-a-boo or hide and seek.	20 Introduce basic addition. Give your child one item and then another. Count how many you have. Repeat.	21 Explore an avocado with all your senses. Describe what you see, touch, smell, hear, and taste.	22 Talk about the weather—yesterday, today and tomorrow.	23 Sing "If You're Happy and You Know It".	24 Read <i>Parker Looks Up: An Extraordinary Moment</i> by Parker Curry.	25 Make a dot painting. Your child can use their fingers or cotton swab dipped in paint.
26 Pretend you are a fish. How would you move? Where would you go?	27 Find things shaped like an oval around your house and outside.	28 Talk about shadows. Then, find and make them.				 615-862-5750