



# FEBRUARY 2024



# READ to RISE

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| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|---|--|--|
|                               | <br>615-862-5750   |  |  | 1<br>Sing "The Itsy Bitsy Spider" and show your child the hand motions.                     | 2<br>Read a book about winter or snow.                                     | 3<br>Use magnets or cut out letters to help your child spell their name. |
| 4<br>Build a blanket tent in the living room and play "camping."   | 5<br>Roll the ball to each other and count the times you get it right.                              | 6<br>Explore a strawberry with all your senses: see, touch, smell, hear, taste.  | 7<br>Choose a long word from a book and clap out the syllables.  | 8<br>Sing your child's favorite song in a high voice. Can you sing it again in a low voice? | 9<br>Read the names of grocery items while shopping with your little one.  | 10<br>Make a card for someone you love.                                  |
| 11<br>Play house together. Pretend to visit your child's "house."  | 12<br>Have a pet or stuffed animal friend? Count their eyes, legs, toes, fingers and anything else! | 13<br>Blow up a couple of balloons. See how long you can keep them from touching the floor!                            | 14<br>While reading, describe the pictures. Then, ask where an object is and wait for your child to respond.       | 15<br>Sing a song from your child's favorite movie or TV show.                              | 16<br>Read a book by Laura Numeroff.                                       | 17<br>Paint dots! Use Qtips or your child's finger.                      |
| 18<br>Play "Jack be Nimble" and help your child jump a candlestick.  | 19<br>When singing a song with numbers in it, have your child hold up fingers and count.            | 20<br>Fill a plastic container with metal objects (like paper clips). Let your child use a magnet to move them around. | 21<br>Use specific names for things like puppy and dog. This helps your child learn new words and see differences. | 22<br>Sing your child's favorite song from story time.                                      | 23<br>Read a recipe before, during and after cooking with your little one. | 24<br>Form letters and shapes with cold, cooked spaghetti noodles.       |
| 25<br>Collect household items that you can use to create "music" and play along with your favorite rock songs. | 26<br>When preparing and sharing food, narrate what's happening – "two for me and two for you".     | 27<br>Paint a picture with your child, mixing colors as you go to make new colors.                                     | 28<br>How many words can you think of that rhyme with bear?  | 29<br>Celebrate Leap Day by singing "Five Green and Speckled Frogs."                        |  |  |