



MAY 2025

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750			1 Have a singing and dancing party with your child's favorite songs.	2 Choose books that YOU - the caregiver - enjoy because kids can pick up on your feelings.	3 Do you have a favorite zoo animal? Draw a picture.
4 Build together using blocks, sticks, boxes, or whatever you have on hand.	5 Build with blocks while counting them. How tall can you go?	6 Play a game and blow up a couple of balloons. See how long you can keep them from touching the floor!	7 Share a new word with your child and explain what it means.	8 Sing a lullaby at bedtime.	9 Go outdoors and read a book while sitting under a tree.	10 Draw circles and turn them into suns by adding lines.
11 Have unstructured play time. It builds imaginations!	12 Count the trucks and cars that pass by your house or whatever else catches your child's eye.	13 Choose an object and make observations. Is it cool or warm? Hard or soft?	14 Take a walk or drive around your neighborhood. Talk about what you see.	15 Sing "I'm a Little Teapot."	16 Read a biography together.	17 Draw shapes for your child and allow them to color them in.
18 Place food into a grocery bag and describe it. Ask your child to guess what it is. Give lots of hints and make it fun!	19 Find things shaped like a square outside or inside your house.	20 Explore a strawberry with all your sense: see, touch, smell, hear, taste.	21 Talk about what you see today that goes fast and slow.	22 Check out a book of nursery rhymes from the library and sing some of them!	23 Read a book by Salina Yoon.	24 Label the furnishings in your child's room.
25 Practice standing or hopping on one foot.	26 Give your child a bowl and ask them to fill it with toys. How many toys will fill it up?	27 Gather up your favorite toys and see if they float or sink in water.	28 Tell your child a memory or story from your childhood.	29 Sing a familiar song slowly. Then, sing it faster!	30 Read a recipe before, during, and after cooking with your little one.	31 Let your child help you cook. Kneading and stirring develop motor skills for writing.