



# JULY 2023

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# READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750					1 Use pinch-style clothespins and clip them onto a bowl or box.
2 Exercise by playing tag or jump rope. If your child is a baby, bounce them on your knees while singing a song.	3 Count the petals on a wildflower.	4 Lie together on a blanket and observe the clouds (or the stars, if it's nighttime).	5 Talk about the pictures you see in a book or on a walk. Ask your child what they see.	6 Sing the same song at bedtime or clean up time. Repetition emphasizes what's going to happen next.	7 Ask your child to repeat words and phrases you read while you point at the words.	8 Write together; allow your child to hold the marker, crayon, etc. all on their own.
9 Learn traffic signals by playing "Red Light, Green Light". (Green = walk fast or run, yellow = go slow, red = stop)	10 Start early with shape recognition, which will later help with letter recognition.	11 Rolls balls and cylinders back and forth. (You're learning about force and motion!)	12 Retell a favorite story or nursery rhyme using props or toys from around the house.	13 Sing "One little, two little, three little fingers" while helping your child hold up fingers to count.	14 While reading, point out smiles, tears, and more and how those feel.	15 Encourage "pick up" games, where children use their fingers and thumb, with items like dry cereal.
16 Go outside and blow bubbles!	17 Sort toys, socks, and other items by color.	18 Taste test lollipops. What taste is red, yellow, blue, etc.?	19 Talk about the different types of jobs people do. (Grab a book or two from the library, too!)	20 Singing is a natural way to learn about language. So, sing your favorite song today!	21 Build vocabulary by choosing books with different words and talk about their meaning.	22 Draw or color your favorite character from a book.
23 Play peek-a-boo or hide-and-seek.	24 Point out numbers as you go about your day.	25 Exercise your sense of hearing. Encourage your child to imitate the sounds you make.	26 Label items in your house. Practice saying the words together.	27 Clap out, tap on a drum, or sing your child's name. This introduces them to syllables!	28 Go outside and read a book with sunglasses.	29 Draw letters and shapes with chalk.
30 Pretend you are a fish. How would you move? Where would you go?	31 Walk around your house and ask your child to name all the red things they see.					