



PLAYING OUR WAY TO LITERACY

Read

Write

Talk

Sing

Play

MONDAY

Place letters A-Z inside plastic eggs and hide them around your house. Ask your child to find them all.

TUESDAY

Gather toys or puzzle pieces that have interesting shapes. Trace the toys onto a piece of paper and ask your child to match them up like a puzzle.

WEDNESDAY

Use a straw to blow a toy car across the floor. Tape off a finish line and race the cars by blowing on them with a straw.

THURSDAY

Write each member of your family's name on multiple strips of paper. Mix them all up and then have each child find their name in the pile.

FRIDAY

Help your child come up with a list of things you can do to be a good friend. Do one of those things for a friend today.

SATURDAY

Try learning a new yoga pose with your child today.

SUNDAY

Put together a 'quiet bin' for your child using silent toys like play-doh, crayons, and puzzles. Having 15-30 minutes of quiet time is a great mindfulness activity.

LITERACY TIP:

Practicing mindfulness with children increases self-esteem, improves body image, increases positivity and decreases anxiety.