



# DECEMBER 2024



# READ to RISE

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| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|---|--|--|--|
| 1<br>Practice walking backwards.   | 2<br>Play with measuring cups in the bathtub.  | 3<br>From homemade or purchased dough, make cookies together. Note the texture before and after baking.        | 4<br>What is your favorite food? Why?   | 5<br>Sing "Do You Know the Muffin Man" and add verses like "the cookie man," etc.                | 6<br>Read books about everyday experience. Your child will identify as characters dress, eat, nap, and play. | 7<br>Help with finger dexterity by stringing O-shaped cereal. Hang the string on a bush or tree for the birds. |
| 8<br>Build and CRASH!<br>Set up blocks or plastic cups and say UP. Then, crash them down and say DOWN! | 9<br>Find things shaped like a rectangle.  | 10<br>Put a quarter of a cup of water into a sandwich bag, seal it and tape it to a window. Observe the water! | 11<br>Take a walk or drive around your neighborhood. Talk about what you see. | 12<br>Sing "Where is (name)" to the tune of "Thumbkin" when playing peek-a-boo or hide and seek. | 13<br>Pause to let your toddler finish a repeated phrase or chant a refrain.                                 | 14<br>Make holiday cards for friends and family.   |
| 15<br>Play an old fashioned game of hopscotch – child sized!   | 16<br>Find objects around the house and compare their length. Which one is longer?   | 17<br>Paint a picture with your child. Mix the colors to create new ones!                                      | 18<br>Choose a word of the day and use it throughout the day.                 | 19<br>Sing a favorite holiday song together.   | 20<br>Toddlers need to move. Read stories that invite them to participate with their body.                   | 21<br>Play an easy game of "match" with objects from around the house.   |
| 22<br>Create a "prop box" to inspire imaginative play.   | 23<br>While grocery shopping, have your child count the number of cans in your cart. | 24<br>Take a nature walk and observe the plant and animal life.  | 25<br>Share your favorite memories of 2024 as a family.                       | 26<br>Sing "Do You Want to Build a Snowman?"   | 27<br>Cozy up and read a family favorite.  | 28<br>Have fun scrunching up any holiday wrapping paper when you are done with it.                             |
| 29<br>Fingerpaint to expose older infants and toddlers to texture and color.                           | 30<br>Measure your child and write it here:<br><br>_____                             | 31<br>Have fun with gravity! What item falls faster when dropped to the floor?                                 |   |  |                         | <br>615-862-5750          |