



JULY 2025

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750	1 From homemade or purchased dough, make cookies together. Note the texture before and after baking.	2 At bedtime, talk about your child's day. Tell them the part you enjoyed most.	3 As you're driving in the car, turn off the radio and sing songs with your child.	4 Cozy up together and read a family favorite.	5 Draw a picture of someone you love.
6 Act out "Five Little Monkeys Jumping on the Bed".	7 Build with blocks and count as you go. Sort into shapes or colors.	8 Make a paper bag "kite" and fly it on a windy day.	9 Babies use gestures and movements for expression. Nursery rhymes provide time to pair movement with sounds.	10 Pick your favorite song. Sing it very high, very low, very fast, and very slow.	11 Even though your child isn't able to read yet, allow them to help by letting them turn the page.	12 Form letters and shapes with cold, cooked spaghetti noodles.
13 It's National Picnic Month! Pretend to have a picnic. What foods will you eat? Who will join you?	14 Have a pet or stuffed animal friend? Count their eyes, legs, toes, fingers, and anything else!	15 Place a dried bean and a damp paper towel in a zip top bag. Tape in a sunny window and watch what happens!	16 Clap the rhythm of a rhyme or word syllables.	17 Sing silly songs in the bathtub.	18 Go outside and read a book on a beach towel with sunglasses on.	19 Introduce your child to the letters in their name. Trace them with their fingers or use a writing utensil.
20 Make silly faces at each other or in front of a mirror together.	21 Make a map of your house together.	22 Play with water for a great sensory experience and to cool off on a hot day.	23 Let your child "read" you his/her favorite bedtime story.	24 Sing the ABC Song!	25 Read a book about going to school.	26 Paint dots! Use Qtips or your child's finger.
27 Play hide and seek.	28 Measure your child and write it here: _____	29 Have fun mixing primary colors to make secondary colors. Use tempera or watercolor if you have them.	30 Name as you go! Identify an item, say its name, and have your child repeat it.	31 Sing your child's favorite song from story time.		