

Dearest Reader (Who Is Inspiring Young Readers),

Summer is here! And while kids may rejoice at the prospect of sleeping in, exploring the beach, or going on a trip, the reality for parents is that changes in school and child care routines can take a toll. Lazy days are often few and far between for caregivers who are ever on call to shepherd the health, safety, and development of little ones.

To help, I've compiled a Summer Survival Kit to make it easier to ride the waves. Inside you'll find:

- Recommendations of music, audio stories, and podcasts to navigate your days
- Conversation prompts to encourage the back-and-forth exchanges kids need to build brain connections, vocabulary, and knowledge
- A list of simple, inexpensive, easy-to-find, reusable, and adaptable tools to enrich daily life and learning
- A roundup of board games that are as educational as they are fun
- A bucket list of activities to make the most of your summer

I hope these activities bring you and your family joy as you grow and learn together.

All the best,

Maya

Playlists: Kid-Friendly & '/ Parent-Approved Songs & Stories

This summer, add some fresh audio stories, podcasts, and music to your repertoire. Stellar alternatives to screen time, audio-only media can keep kids entertained and give parents much-needed breaks—or inspiration—for powering through long days with little children. The trick is to be intentional about when and how you use audio to harmonize with your family life. Here are a few ideas to get you started.

Seven Morning Songs to Set the Tone

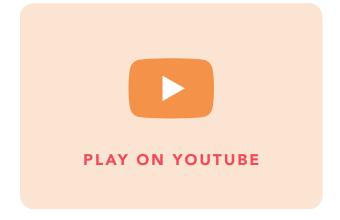
Few families with young kids would say their mornings run like clockwork. The first hours of the day are often hampered by less-than-optimal sleep, a rush to get breakfast served and teeth brushed, and pressure to get everyone and everything moving in the right direction. Fortunately, at times like these, a little music goes a long way. A go-to morning song or playlist might be just the thing you need to infuse some energy, positivity, and flexibility into the start of the day.

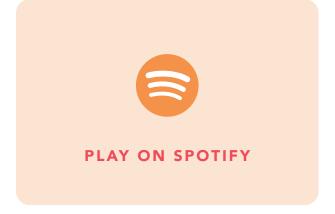
Ponder how you want to feel in the morning and the kind of music or message that might support that vision. Are you a Nina Simone Feeling Good person? Is Best Day of My Life by American Authors more your speed? Personally, I've got Mary J. Blige and H.E.R.'s Good Morning Gorgeous, John Legend's Good Morning, and Jill Scott's Blessed on repeat. Play whatever you need to help get you in a good place to start your day. Then play something to help your little one rise well too. Here are a few ideas.

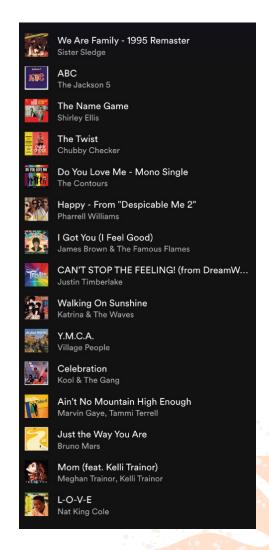
- Rise & Rhyme by Culture Queen. This sunny song encourages kids to rise, rhyme, and have a good time as they greet the day. Plus, it affirms the child with the words "I'm so glad you are here" and encourages movement with references to stretching, knee bends, clapping, and more. All lovely ways to start the day.
- Three Little Birds by Bob Marley & The Wailers. This sweet, simple song about rising with the morning sun and hearing nature's song sets a relaxing tone for the day with its gentle, repeated refrain that "every little thing is gonna be all right."
- Lovely Day by Bill Withers. This song's repetition of the words "lovely day," plus upbeat orchestration and Withers's timeless baritone, deliver an uplifting message to get your child on track.

Fifteen Family-Friendly Songs to Fuel Your Day

As you move through your day, throw on this playlist of mostly old-school songs that kids love and parents can stand. Each bop was handpicked for its ability to inspire dance, wordplay, and connection. Full of inspiration for kids to twist, jump, and move from side to side, these feel-good songs introduce fresh vocabulary while building coordination and spatial awareness, too. They also make it easy for you to bring kids' attention to the rhymes, syllables, letters, and sounds within words in a light and playful way. (You'll learn more about this when you dive into *Reading for Our Lives!*)







Three Ways to Wind Down with Intention

Just as some well-chosen ditties can get your day off to a vibrant start, lullabies, audio stories, and podcast meditations can put you to bed well, too. Here are a few to check out.

- Peace Out by Chanel Tsang. This lovely podcast, produced by a Montessori educator, yoga teacher, and meditation guide, is perfect for bringing mindfulness and relaxed curiosity to the end of a day. Each brief episode pairs a short meditation, soothing music, visualization, and stories to foster social-emotional connection and growth in families.
- Goodnight, Goodnight Construction Site by Sherri Duskey Rinker.

 Sometimes parents feel like they're too tired to read. That's when audio stories like this one can come to the rescue. You can kick back and listen alongside your child or turn the pages in sync with the narrator if you've got a hardcopy of the book. Sometimes the rich, expressive tones of a skilled narrator, some well-timed sound effects, and a touch of music can be a pick-me-up for you and a pathway to sleep for your little.
- Modern Lullabies: Pop Songs for Babies by Baby Music from I'm in Records. From Tina Turner's Proud Mary to Cold Play's Fix You, these are the gentle, xylophone-accented renditions of popular music that you didn't know you and your child needed. You'll all be asleep in no time and pleasantly so.







Talking with your little one is among the most powerful things you can do to build brain connections, vocabulary, and knowledge. And most parents don't do it nearly as much or as well as we think. To help you remember to engage in quality conversation, use my TALK acronym.

is for taking turns.

Talk, yes. But also listen to your child, and respond to their input, from their coos and babbles as a baby to their comments and questions as they grow.

is for asking questions.

Giving kids a chance to think and attempt communication of their own is a must. And posing questions creates space for them to do so.

is for labeling and pointing.

Point to and name objects around you or on a book page. The practice brings the child's attention in line with yours and builds their word bank.

is for keeping the conversation going.

Always, always look for opportunities to extend, expand, and elaborate on whatever you're talking about.



Here are some questions to get your little one talking.

Print them out, cut them up, and keep them handy for mealtimes, travel, or anytime you want to engage your child.

What's your favorite part of summer?

What shapes do you see around you?

If you could pack the perfect summer picnic, what would be in it?

What's your favorite way to cool down?

What would you like to do more of this summer?

Who makes summer fun?

What's your favorite breakfast?

What would you do if it snowed this summer?

Would you rather stay home all summer or travel all summer? If you had a sailboat, what would you name it and why? If someone
visited you for
the summer, what
would you want
to show or share
with them?

Which superpower would you rather have: the ability to breathe underwater or to float effortlessly?

If you were bragging about your summer, what would you say?

Would you rather play in water, sand, or ice cream?

If you could do anything all day long, what would it be?

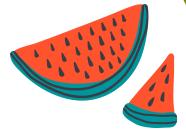
What five foods could you eat forever?



Learning Tools Checklist

Many of the best tools for helping kids learn to read are simple, inexpensive, easy to find, reusable, and adaptable in a myriad of ways. You may already have some of them around the house (though you might not associate them with reading). If not, they're easy to pick up or order online. Here's our checklist of educator-recommended items for your toolbox, so you can infuse your child's summer with playful learning.

- ☐ Craft Sticks
- ☐ Playdough
- ☐ Stacking Blocks
- ☐ Index Cards
- ☐ Letter Tiles or Magnets
- ☐ Comic Sans
- ☐ Clear Sheet Protectors/Contact Paper
- ☐ Sidewalk Chalk



Craft Sticks

You can use craft sticks, aka popsicle sticks, in so many ways to promote language learning. Combine them with playdough to make letter shapes (more on this in the activities bucket list). Hold them under the words in a book to draw attention to the text or guide a budding reader. Put letters on the ends of several sticks and swap them around to create different words. Write simple words on one side (e.g., cat or sun) and put an illustration of the word on the other side. Or paste pictures from magazines/printed clip art on the ends to create sweet storytelling puppets.

Playdough

Use playdough to make letter shapes, particularly letters that contain curves. Just create "snakes" of playdough to shape into the lines and curves that make up the letters, or use blunt knives to cut the letters out. You could even invest in some alphabet cookie cutters. Alternatively, write down a letter and ask your child to use the playdough to mold something that begins with that sound. For kids who are starting to read words, write down a word and ask them to make a playdough sculpture of it.

You can even create a phonics sensory experience. For example, to introduce the letter C, pull out toy cars and let your child play with cars and playdough. Create homes for the cars or make car tracks on playdough roads. As you play, just bring up the sound of the target letter or ask questions about other words that start with that sound. It's play infused with phonics at its most simple and subtle.

Stacking Blocks

Stacking blocks are ones that can connect to one another, like Legos, Mega Bloks, or Unifix cubes. You can tape or write letters on the blocks and then connect them together to make words (horizontally or vertically). This mirrors the way teachers and parents have long used wooden blocks, but the letters stay together and you can manipulate the words afterwards.

You can use alphabet stacking blocks in any number of creative ways. For example, tape the letters of your child's name to the blocks and have them stack those together. With other sets of blocks, create more names. You can write "mama," "papa," "daddy," and the names or nicknames of family members, pets, or friends. Then help your child notice which names share letters or similar sounds, or act out scenes with these "characters."

Index Cards

Index cards are so useful and probably have the most versatility. You can ditch the overpriced store-bought flash cards and make your own homemade ones instead, to practice letter sounds, sight words, new vocabulary, spelling words, etc. (Check out the activities bucket list section for a letter-sound adaption of the card game "War" that you can play with index cards.)

You can also write individual letters on the cards and then combine them to practice spelling and reading, like we've done in the activities above, or stick them to things around the house that begin with that letter. Finally, you can ask your child to practice writing on them. For some reason, kids just love writing and illustrating on these sturdy, pint-sized papers. Then hang their writing on the fridge. Or stick a stack of index cards and a pencil or crayon in a go-bag for them during car rides and see what they come up with!

Letter Tiles or Magnets

Letter tiles are durable, versatile, and regiftable. You can grab them from board games like Scrabble, Bananagrams, or Gnu, or purchase a whole bucket for as little as \$6. The ubiquitous letter magnets can also be used in the same ways—and you can treat them as letter blocks even when you're not near the fridge. After all the ideas we've shared above, you'll find plenty of creative ways to teach reading with your tiles or magnets. And you can hang on to them for years to come. Use them to reinforce spelling skills (an easily overlooked skill that parents really should teach at home) later on, as your child blossoms from budding reader to bonafide bibliophile.

Comic Sans

This font gets a bad rap, but it was actually created with children in mind, so they could read it easily. Take a look: The letters are probably pretty similar to how you write, unlike other fonts that can be confusing, with hooded lowercase As or closed-loop Gs. Set your font to Comic Sans any time you let your child type on your computer or you print something out for them. Use it to make signs that your child can hang around the house, such as their name to put on their door or over their bed, and labels for toy bins or shelves. This gets them used to associating print with objects and provides opportunities for reading practice.



Clear Sheet Protectors/Contact Paper

Clear sheet protectors, contact paper, or self-laminating sheets are fun for preserving and displaying your child's early drawing and writing—which encourages them to keep at it. But they're also useful in so many other ways to encourage early literacy skills. Write a letter or a word on paper and stick it in your sheet protector or contact paper to create an easy tracing activity. Just give your child a dry-erase marker and let them trace onto the plastic. It will wipe off easily.

You can also print a page of letters (uppercase and/or lowercase) and go through them with your child. If they can identify the letter or the sound it makes, they get to cross it off. They circle the ones they don't know yet. Then let them try again the next day to see if they can cross more off. As their skills progress, you can upgrade this activity to simple words. You can also use contact paper or self-laminating sheets to make a cute DIY bookmark. Simply cut out a bookmark shape from any plain or patterned paper. Let your child decorate it with markers or hole punches in cute shapes. Then stick it into the contact paper and trim the edges.

Sidewalk Chalk

Take sidewalk chalk outside or bring it along on outings to add a little reading practice to outdoor play. For example, play alphabet hopscotch at the park (more on this in the activities section), write words or messages together, or encourage your child to draw pictures of words that begin with a certain letter sound. Kids love a challenge, and asking how many items they can draw that start with a given sound may spark their interest. You can even draw an alphabet bingo card on the ground and get them to see how many items they can find around the park that start with the letters on the card!





Educational Board Games

There are many board games out there that help teach reading skills the fun way, and we've narrowed them down to five favorites. These are great for getting in some laughs and quality time during family vacations or free time, while also preparing your little ones for school. Take this shopping list to your toy store or even your library—many have games available to check out.

- Tall Tales
- Sequence Letters
- Boggle Jr.
- Happy Hats Beginning Reading Game
- ☐ Zingo Word Builder



Tall Tales

Tall Tales is a storytelling game recommended for ages three and up. There's no reading required in this game, but it helps kids build language skills by fostering imagination, comprehension, vocabulary, and overall oral language ability. From a young age, most children appreciate the wonder of stories and love to make up their own. This game leverages and encourages that love.

Sequence Letters

Sequence Letters is a letter matching game for kids aged about four to seven. One letter of the alphabet is on each card in both uppercase and lowercase, and the child playing matches the letter with the beginning sound of a picture. This is a great way for kids to practice letter sounds and making connections between images and words.

Boggle Jr.

Love Boggle? Kids under five can join the fun, too, by playing Boggle Jr. This game for children three and up grows with your child, thanks to two different skill levels. Younger kids can play with the letter cubes and practice matching them to pictures. When they're ready for more of a challenge, they can work on matching and memorizing the game pieces.

Happy Hats Beginning Reading Game

This game is designed for beginning readers ages four and up, and is made by the creators of Bob Books, a popular learning-to-read series featuring sparse illustrations and simple, decodable words. This game is highly rated by parents and allows the player to create more than 160 words.

Zingo Word Builder

Zingo Word Builder is a good game for children who are starting to read. It challenges them to create three-letter words, developing their reading and writing skills, as well as their vocabulary. There are two levels of play for this game, which makes it adaptable for beginning and more-skilled readers.





Summer Activities Bucket List

Easy does it with summer learning so it's great to have a few go-to games and activities ready for long days with little children. Here's our checklist of summertime hits to help keep conversation and playfulness going all season long.

- ☐ Go on a letter scavenger hunt
- ☐ Do some neighborhood bird watching
- ☐ Play alphabet hopscotch
- ☐ Play cards: ABC "War"
- ☐ Make letters out of playdough & craft sticks
- Go on a nature walk story time & picnic
- ☐ Play letter-sound soccer
- ☐ Go to the library
- ☐ Play storytelling games



Go on a letter scavenger hunt

To set kids up for success in school, it's crucial to teach the ABCs at home—including letter sounds. This last bit is often forgotten, as busy parents start and stop with singing the ABCs or maybe a few letter-tracing workbooks. Teach the letter sounds every time you show your child a letter, and they'll be well on the way to literacy. And a simple, free, fun, and effective way to do this is to hold a letter scavenger hunt.

All you need is a paper, pencil, and a little time. On your paper, note down some letters to look for. This could be the full alphabet, the letters of your child's name, or certain letters your child is struggling with. Then head to wherever you want to go with your child. Take a walk around the neighborhood, go on a nature hike, stroll around a shopping center, or hunt for letters as you shop for groceries together. You can even do a letter scavenger hunt in your home.

Just search for items that start with the letter sound (or, for more challenge, that end with the sound or contain it somewhere). You can also adapt this to focus on letter shapes, by searching for the letters themselves on signs, boxes, books, labels, etc. In this case, show some love to lowercase letters alongside uppercase, and consider emphasizing the letters' sounds at the same time.

Tip: To keep kids busy in the car, at a restaurant, or in a waiting room, hand them an ABC scavenger hunt paper to see what they can mark off.

Do some neighborhood bird watching

Talking is the foundation for later reading and writing. When parents chat and respond to children, they accelerate kids' language development, building their vocabularies and comprehension. Going on a bird walk together is a sweet way to engage, foster language, and gently encourage focus. And a simple walk around the block becomes a bird walk when you observe a pigeon fly by or notice a starling on a streetlight.

To begin with, make some DIY "binoculars" to promote attention and focus. Just tape together two toilet paper tubes, then add a string through



holes punched in the sides. Next, prepare your child for what they might see. Tell them you're going to look for birds and that you may see them in the sky, in trees, or on

telephone wires. Explain that you may need to be quiet or keep your distance to avoid scaring the animals.

To encourage observation, ask your child to help count how many birds you see. With an older child, invite them to observe what the birds are doing. Are they eating, traveling, resting? Share that scientists study birds to help protect them and the places they live. Consider bringing a little notebook to note any birds you see or details about your observations. If your child is interested, they could try drawing a picture of what they see. Your focus should be on deeply engaging your child with the world.

If you have a baby or pre-verbal toddler, simply describe the nature you see and react to their contributions, whether it's vocalizations, pointing, or just looking in a certain direction. Responding seriously to their early attempts at communication paves the way for future literacy. On your walk, point to the birds you see and describe them: The duck is swimming in the water A white bird flew over our heads.

Tip: If birds are hard to find, expand your gaze to include plants or other animals. There's plenty to observe and chat about when you look for it.

Play alphabet hopscotch

Grab some chalk and head outside to the sidewalk, park, or anywhere with pavement. Draw a hopscotch court and write letters in each square. Choose letters that will reinforce and expand your child's knowledge. For new alphabet-learners, start with their own first initial or the letters of their name, plus easier-to-learn letters like O, A, B, C, and X. And keep in mind that you don't have to stick to uppercase letters—kids will encounter lowercase letters more often than uppercase when they start reading.

Then call out one of the letters on the hopscotch court and ask your child to jump to that letter. Continue through all the letters in the court. (You may want to take turns jumping to make the game more interactive.) For round two, call out



the sounds of the letters. You can also call out names of family, friends, or objects and ask them to try to jump to the starting sound. As your child's skills grow, you can adapt this game to include letter combinations, like CH or PL, and words.

Play cards: ABC "War"

Did you play the card game "War" as a child? Kids just love this simple game. Two players split a deck of cards between them, then hold their cards face down and each flip over their top card. Whoever has the stronger card takes both and adds them to the bottom of their deck. They continue until one has all the cards (or they run out of steam).



You can turn this classic game into a literacy activity by using DIY flash cards in place of regular cards. Just grab some index cards and write letters on them. Start with some your child has a chance of knowing—the letters of their name plus a few others mixed in, for example—or the whole alphabet if they're ready. Include uppercase and lowercase (Aa, Bb) if they can handle it.

Then shuffle and divide the deck. Play "War." When you flip your cards, have your child identify the letter name or sound (or both). If they can, they take both cards. If not, you get the cards. Try to keep playing until your child has all the cards. They'll feel like a winner, and you'll know they've learned a lot. But the key is to keep it light, fun, and encouraging, so rubber-band your decks and take a pause if your child gets frustrated.

This game can grow with your child over the years. Play it with simple words, spelling lists, math facts, or Spanish vocab—whatever they could use a little extra practice with.

Make letters out of playdough & craft sticks

When kids begin trying to make letters, they start paying more attention to the features that distinguish one from another. This is a huge step towards really mastering the 52 uppercase and lowercase letters. For this reason, encouraging your child to practice writing is important, but there are also many other ways they can form letters, even if they lack the motor skills to write easily.

In this activity, you just write large letters on pieces of regular paper—one letter per page. It's best to use uppercase letters, but you can experiment with lowercase down the line, if you like. Choose letters from your child's name or other familiar letters to start with, then expand as their knowledge and confidence grows.

Stick the papers into clear plastic sheet protectors, contact paper/self-laminating sheets, or even just gallon-sized ziplock bags. Then show your child how to form the letters on top of the plastic, following the written lines. Use craft sticks for straight lines (e.g., A or H), playdough for curves (e.g., C or O), and a combination for mixed letters (e.g., B or D). As you play, chat with your child about the letters' sounds and words that start with those sounds.



Go on a nature walk story time & picnic

Studies have found that spending time outdoors in natural green spaces can have a plethora of mental, physical, and social-emotional benefits. Green-space exposure may promote memory, self-discipline, and attention, as well as reducing stress. It can even improve behavior and increase learning.

Leverage these benefits, and spend some relaxing time together, by taking your child on a nature walk story time. Pack up a picnic blanket, snacks, and a few picture books. If you want to build on the experience, consider books about nature, science, animals, weather, or the environment, but anything your child will enjoy is best. If they love stories about characters, bring those. If they like learning about facts and figures, bring some nonfiction. Focus on engagement and enjoyment—both theirs and yours!

As you walk, look for chances to engage your child in conversation, building their vocabulary and understanding. Point out bugs, plants, spiderwebs, and leaves. Slow down and take time to feel the leaves, observe the critters close up, or collect pretty stones. Conversation is one of the best ways to build pre-literacy skills, so engage your child's questions and enjoy their wonder at all they see. Above all, respond to them. Reply to their questions (even if just by saying "I wonder" when you don't know the answer), follow their interests, and pause when they're curious or need a break. Tip: You don't need to walk far! The point is to create an engaging and fun experience.

When your child is ready for a snack or a rest, find a pretty spot to lay out your blanket. Snuggle up and enjoy the stories and picnic together. Point to the words as you read and chat about the story. Don't worry if your child interrupts. Their interjections offer a chance to bond and deepen the conversation.

Play letter-sound soccer

Ready to get active? You can add learning to ball games by writing letters on an old soccer ball or other large ball (like a beach ball or kick ball) with a permanent marker.

Then play ball! For the smallest kids, sit on the ground facing one another with your legs open in a V and roll it. With older children, toss or kick it back and forth. When you get the ball, read out the letter facing you, then invite your



child to do the same on their turn. If they don't know it, no problem—they can just roll, toss, or kick it back and try again next time.

Adapt the game by focusing on letter sounds or by expanding the letters into words. Make it silly by reading out the words you each catch and turning them into a goofy sentence. Riff on it and make up a silly story together for lots of laughs and learning. Have fun!

Go to the library

Make reading a special event by setting a recurring date to visit public libraries or Free Little Libraries (those small, wooden houses perched in front lawns) in your neck of the woods. Public libraries can be incredible partners in summer learning because of the range of resources and programming they offer. Beyond lending books, they often provide grab-and-go activity bags and kits, in-person and digital story time, scavenger hunts, and performances.

Searching online to find new libraries can introduce you to new community treasures, add an element of adventure to weekly book trips, and of course give you some new reading material. Print out or pick up a map of your area and help your little one to mark the spots you've visited to elevate library visits to library quest status.

Follow these three tips for successful trips to the library:

• Try different libraries in your area and pick the ones that are most welcoming and engaging for kids for repeat visits. See lots of "Keep quiet!" signs? Opt for a different branch!

- Let your child choose books. You may have some titles in mind, and that's great. But let them add books to the stack too, even if you can hardly bear to take home more books about trucks or Disney princesses. It will keep them on board, and you can always shift your picks to the top of the pile at home.
- Short visits are fine! If your child grows restless or bored, head out. The idea is to keep them exposed to many and varied books, and to instill a library habit for the long term. Stay for hours if your child's engaged and you can spare the time, or just drop in for five minutes to snag some new reads. It's all fine.

Play storytelling games

Telling and sharing stories is a tradition so ancient and universal that some say that it's what makes us human. It's also an incredibly powerful tool for engaging children and building literacy. In fact, some teacher training suggests that storytelling supports all areas of literacy learning—listening skills, imagination and creativity, language use and story structure, and more—as well as improving cultural connection.



Spinning a tale, whether tall or true, is one of the best ways to spend time with our little ones. However, turning the tables can be great too, and not just because it gives tired parents a break: Encouraging kids to invent stories builds their fluency and their confidence as future writers. And sparking storytelling can be as simple as playing a story game during a car ride or around the campfire. Get the ball rolling with a sentence opening, such as "Once, a little child had a special secret . . . ," and then take turns adding sentences or even just words.

You can also up the ante by crafting some adorable story prompts that kids love. Start by collecting pictures of some fun, random characters and objects. You can cut them from magazines, print them from the internet, or draw them with your child. Then attach them to the ends of craft sticks to create simple puppets to use in inventing and acting out stories. Or paste the pictures onto index cards to create DIY storytelling cards. Then flip them over, mix them up, and deal them out one by one. Make up a story as you go, based on the pictures that appear, then invite your child to take a turn.