

School Readiness Summer Activities

Safety Sunday

1. Practice your child's full name.
2. Practice your full name with your child.
3. Practice your home address and show your child where the house number is located outside. Show them the street sign too.
4. Practice your phone number with your child. Practice reciting key information.
5. Practice how to cross the street safely.
6. Practice an escape route in case of fire. Always have a meeting place.
7. Practice saying "No." Make it a game in which you take turns asking each other to do increasingly absurd things.
8. Play hide-and-go-seek to teach your child how to remain calm while looking for you.
9. Practice the buddy system (going in pairs) with your child.
10. Talk about what an emergency is and how to call 911.
11. Practice asking for help with things that are hot, sharp, dangerous or too high to reach.
12. Start swimming lessons. Use the 5 by 5 card at Denver Parks and Recreation.

Extended Idea

Traffic Light Chant

Red on Top
Red says stop, green says go
Yellow says wait even if you're late!

Safety Sign Scavenger Hunt

Create a scavenger hunt list with your child including different traffic signs, traffic lights, and pedestrian signals. Take a walk through the neighborhood and find the items on the list. Review the meaning of the sign, symbol or light and check it off your list. Ask your child what they should do when they see that sign, light, or signal.

Make Something Monday

Extended Idea

Math is all around us! Count, sort, and measure everything in your child's world.

Have your child collect items around the house to sort and match.

Collect rocks, leaves, sticks, and bark to count, sort, and measure.

13. Arrange 5 or 6 photos to make a poster or scrapbook page. You can use magazines for photos too!
14. Make mud pies.
15. Plant a seedling outdoors.
16. Dig for worms - it's a great exercise for fine motor skills and tactile defensiveness. -home the worms next to that seedling you planted.
17. Make a creation with bubbles. Can you blow a bubble on top of another?
18. Make a leaf scrapbook.
19. Color the sidewalk with chalk. it all away with water.
20. Paint using different types of paintbrushes: a fly swatter, a flower, a cotton swab, a sponge, a leaf, etc.
21. Build an obstacle course with hula hoops, lawn furniture and empty boxes.
22. Tie-dye some t-shirts.
23. Make a magic wand using all available materials.
24. Build a "fairy house" outdoors with sticks, pebbles, pine cones, bark, leaves and other natural materials found outdoors.

Time to Read Tuesday

25. Sign up at your local Denver Public Library's summer reading program.
26. Read a book under a tree.
27. Read all but the last page of a storybook and ask your children to suggest an ending.
28. Have your child dictate and illustrate a story, and read it together. 's OK if the story is 1 or 2 sentences long.
29. Make a video on your phone of your child reading a story aloud, or of you reading aloud to your child.
30. After you finish reading a book such as The Lorax, rent the movie.
31. Read some books on a specific topic, such as insects, then do a related activity such as a bug hunt or catching roly pollies or lady bugs.
32. Have your child create a summer schedule for the family and read off the schedule every morning.
33. Check out a book of simple science experiments and try some of them at home.
34. Check out a book about a historical figure and play dress-up at home.
35. Have your child write out a checklist for a scavenger hunt and find everything on the list together or use paint swatches to discover items of the same color in the world around you.
36. Swap favorite books with your friends.

Extended Idea

Act out stories, and let your child predict the endings. Find words that repeat in a story and allow your child to chant them out loud.

What's Cooking? Wednesday

Extended Idea

Help your child plan a picnic. Make a list of food, supplies and guests for the picnic.

37. Notice shapes and colors in the food you eat.
38. Ask your child about how new foods taste (crunchy, salty, sweet, sour, soft...)
39. Ask your child to describe the texture of the food (soft, hard, rough, bumpy, slippery...)
40. Ask your child to name the temperature of the food (hot, cold, freezing, warm).
41. Ask your child how the food smells (sweet, spicy, smoky, and bitter).
42. Let your child plan and choose a meal.
43. Fruit kabobs.
44. Chicken soup in the crock-pot (plug it in on the porch so that it doesn't heat up the house).
45. Make playdough. Use measuring spoons and cups.
46. Serve breakfast for dinner.
47. Make lemonade from scratch. Use measuring spoons and cups.
48. Guacamole.
49. Teach your child about their food allergy.
50. There are free summer breakfast and lunch programs!

Denver Public Schools Food and Nutrition Programs Summer Meal Program:

Any child between the ages of 1-18 will receive a meal free of charge.

Adults can purchase a meal at \$3.00. Breakfast is 8:30-9:30 a.m. and Lunch is served 11:30-12:30 p.m.

<http://foodservices.dpsk12.org/summer-meal.php> Phone: 720-423-5600

Hunger Free Program: Summer Food Service Program

Families can visit <http://kidsfoodfinder.org/> to find a nearby summer food site, using an interactive Map during the summer months. To get connected to other food resources, call the statewide, bilingual Hunger Free Hotline toll-free at (855) 855-4626 or Text 'Food' 877-877

Thoughtful Thursday

51. Wash the car together. driveway and no car? wash the toy cars.
52. Call someone just to say hello.
53. Pick some flowers (dandelions and clovers are OK) and give the bouquet to someone who isn't expecting them.
54. Write a top ten list of a person's best attributes and give the list as a gift to that person.
55. Write a thank-you letter to someone and mail it.
56. Donate clothing, books and toys to charity.
57. Teach your child to do one.
58. Give someone a homemade art project.
59. Have a lemonade stand and donate the money to charity.
60. Sing a song with someone.
61. Hug someone who needs a hug.

Extended Idea

Role play with your child. If they saw a friend who was sad, what would they do? (Substitute other emotions like lonely, happy, silly or angry).

5 by 5 Fun Friday

Extended Idea

Go on a nature walk. Bring paint chips or paint swatches to try to find matches in nature.

Draw something from your visit to the zoo or aquarium.

62. Petting farm or petting zoo.
63. A playground in a different neighborhood.
64. An art museum - check first to see when general admission is free or use 5 by 5 card.
65. Visit a park or reservoir.
66. Pick fresh fruit at a local farm or visit the farmer's market.
67. Ride a train at the children's museum or aquarium.
68. Find a carnival or a street fair.
69. Ice cream shop.
70. Waterpark or spray parks
71. Visit a friend.
72. Nature trail or the Botanic Gardens (use 5 by 5 card).
73. A skyscraper or another high place with a grand view of the world.

Social Skills Saturday

74. Tell a story from your own childhood. Have your child tell a related story from his or her life experience - yes, even if your child is nonverbal.
75. Lie in the grass and take turns looking for shapes or pictures in the clouds.
76. Go around and ask every family member at home the same silly question, and share the answers.
77. Look at some old family photos and name all the people in them.
78. Practice making emotional facial expressions on cue with your child: neutral, happy, sad, fearful, angry, disgusted, surprised. Take turns and make it fun.
79. Practice listening skills by responding only with nonverbal communication for 1 to 5 minutes - then switch roles.
80. Be someone's mirror: imitate a person's actions as if you are that person's reflection in a mirror for 1 minute. Then switch roles.
81. Play Follow the Leader. the leader's pace for as long as possible, then let a new leader take over.
82. Play the statue game: one person freezes like a statue and the other person has to make the statue laugh. Take turns.
83. Develop family traditions: sing a song together or recite a poem.

Extended Idea

Spend 10 minutes with each member in the household.