

FEBRUARY 2026

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Build a blanket tent in the living room and play "camping."	2 Roll the ball to each other and count the time you "catch" it.	3 Paint a picture with your child, mixing colors as you go to make new colors.	4 How many words can you think of that rhyme with bear?	5 Sing silly songs in the bathtub.	6 Read <i>Polar Bear, Polar Bear</i> by Bill Martin, Jr.	7 Use magnets or cut out letters to help your child spell their name.
8 Play house together. Pretend to visit your child's "house."	9 Have a pet or stuffed animal friend? Count their eyes, legs, toes, fingers, and anything else.	10 Explore a strawberry with all your sense: see, touch, smell, hear, taste.	11 Choose a long word from a book and clap out the syllables.	12 Sing your child's favorite song in a high voice. Sing it again in a low voice!	13 Read a book about Valentine's Day.	14 Make a card for someone you love.
15 Play "Jack Be Nimble" and help your child jump over something.	16 When singing a song with numbers in it, have your child hold up fingers and count.	17 Blow up a couple of balloons. See how long you can keep them from touching the floor!	18 While reading, describe the pictures. Then ask where an object is and wait for your child to respond.	19 Sing a song from your child's favorite animated movie or TV show.	20 Read the names of grocery items while shopping with your little one.	21 Paint dots! Use Qtips or your child's finger.
22 Collect household items you can use to create "music" and play along with your child.	23 When preparing and sharing food, narrate what's happening - "two for me and two for you."	24 Fill a plastic container with metal objects (like paper clips). Use a magnet to move them around.	25 Use specific names for things, like puppy or dog. This helps your child learn new words and see differences.	26 Sing your child's favorite song from story time.	27 Read a recipe before, during, and after cooking with your little one.	21 Form letters and shapes with cold, cooked spaghetti noodles.
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