

MAY 2026

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750				1 Check out a book about weather.	2 Talk about the first letter of your child's name and then practice writing it.
3 Build a tower out of boxes and knock them down!	4 Find 5 objects around your house that are shaped like a square.	5 Take a walk. How many bugs can you find?	6 Talk about what you're going to do today while you're getting dressed.	7 Sing "The Wheels on the Bus."	8 Ask your child to "read" you their favorite book.	9 Put your child in an empty bathtub with pudding or washable paint. Let them write and fingerprint in the tub!
10 Set up a pretend store and let your child be the shopkeeper.	11 Measure your child and write their height here: _____	12 Let your child paint on a warm sidewalk with water. Where does the water go?	13 Tell your child a story about when you were a child.	14 Sing "The Wheels on the Bus" but add animals on the bus. "The cows on the bus go moo, moo, moo."	15 Discover a nursery rhyme that's new to you and your child.	16 Practice drawing horizontal and vertical lines.
17 Pretend you are a cheetah. How fast can you run?	18 Walk around your house and ask your child to find blue objects.	19 Make binoculars with 2 toilet paper rolls and some tape. Go on a safari!	20 What words rhyme with dog?	21 Have a singing and dancing party to your child's favorite songs.	22 Read a book by Brian Pinkney.	23 Draw a picture of someone you love.
24 Play hide and seek	25 Organize your crayons or markers by color.	26 Gather up your favorite toys and see if they float or sink in water.	27 Talk about your favorite foods and ask your child about their favorites.	28 Sing along with "The Yellow Submarine" by The Beatles.	29 Read your shopping list out loud while you're showing. Show your child that you mark things off when you get them.	30 Let your child help you cook. Kneading and stirring develop motor skills for writing.
31 Practice hopping on one foot!						