1. Cut out pictures of people from a newspaper. Ask your child to make up a story about each picture.
2. Visit the library with your child. Check out a book about science.
3. Post a list on your refrigerator of contact numbers your child should call in an emergency. Role-play what to say.
4. Have a contest with your child. Who can name the most parts of the body? (Organs count, too.)
5. At breakfast, find an interesting word in the dictionary. Challenge family members to use it three times during the day.
6. Save the seeds from a fruit you’ve eaten. Help your child plant them in a paper cup and place it on the windowsill. Water and see if they grow.
7. Use math to give your child instructions. For example, ask him to pick up 3 + 2 + 1 toys.
8. Have your child put a leafy stalk of celery into colored water. Watch the color rise into the stalk over the next week.
9. Ask a librarian to recommend some award-winning books.
10. Bake cookies with your child. If you’re doubling a recipe, have your child do the math.
11. Trace around your child on a big piece of paper. Have her research and draw what her insides look like.
12. Ask your child to estimate how many times he blinks in a minute. Then, check to see!
13. With your child, think of examples of onomatopoeia (words that sound like what they mean), such as buzz, smash, hiss and thump.
14. Talk with your child about healthy ways to handle stress.
15. Teach your child to make paper snowflakes. Decorate your windows.

16. Spend some one-on-one time with your child today.
17. Enjoy some physical activity as a family.
18. Assign a letter to each day of the week. With your child, plan daily menus featuring foods that start with that day’s letter.
19. Pay your child a specific compliment today.
20. Ask your child to measure the dimensions of objects in your home.
21. Tonight is the longest night of the year. Give everyone in the family a flashlight so they can read in bed.
22. Do a craft project with your child. Perhaps she can give it as a gift.
23. Ask your child to help you make dinner.
24. Read a book that you and your child can both enjoy.
25. Have your child talk to older relatives about their childhood days.
26. Talk to your child about the importance of writing thank-you notes.
27. Encourage your child to talk with a student who is home from college about what college is like.
28. Play Concentration together using math flash cards. Problems with the same answer (9 x 2, 15 + 3) make a pair.
29. Help your child write and mail a letter to a friend.
30. Notice trees with your child. Which are evergreen? Which are deciduous (trees that shed their leaves)?
31. Help your child make a timeline of the past year.