



## Activities for Pre-Readers

### Write

- Build finger dexterity by giving your baby toys to squeeze or your little one paper to crumble or tear.
- Make colorful scribble pictures.
- Put corn starch or sand on a baking sheet and have your child draw or practice letters with their fingers.
- Sing "finger play" songs! Songs like Twinkle Twinkle Little Star, Pat-a-Cake, and Itsy Bitsy Spider help children develop muscle strength and finger coordination.
- Touch new textures! Have your child touch lace, grass, corduroy, tree trunks, velvet, and others and talk about what they feel like.
- Use toy cars to make marks in shaving cream. Making marks like lines and circles is the first step in learning how to write letters.

### Talk

- Check out a wordless picture book and have your child "read" it to you, Create new words and vocabulary as you go!
- If your child is nonverbal and uses an alternative communication system, such as a picture board or a speech-generating device, you can encourage them to speak by entering into their world with motivating people or objects, labeling feelings as they occur (for instance, if your child is reaching for food, say "You are hungry.") and modeling your language with your child's communication system.
- Find five different objects and tell a story that uses all five!
- If your child is nonverbal and uses an alternative communication system, such as a picture board or a speech-generating device, you can encourage them to speak by entering into their world with motivating people or objects, labeling feelings as they occur (for instance, if your child is reaching for food, say "You are hungry.") and modeling your language with your child's communication system.
- In the bath or while getting dressed, name parts of the body on your child. "Where's your nose? Where's your knee? Who's got a cute bellybutton?" Do they know where their ankle and wrist are?
- Talk about feelings and chat about whether your child is happy or sad. Use words to describe your child's emotions. This can help your child understand how others feel too.
- Talk with your child about the things you are doing and seeing!

## Sing

- Learn a song from Storytime and sing it together at home. It's fun to change the lyrics as well! Change the name to the child's or have it about an activity you do together! Ex: Sing Flip Flap Jack, but use the child's name instead of Jack and use their favorite foods as body parts. It's even more fun when you act like you will eat them or tickle them!
- Make music with things you have in the house – pots, pans, spoons, boxes, cups. Crawl around on the floor with your child to the beat of the music.
- Make up a new song for each room of your house and see how many words you can rhyme, or how many tunes you can sing.
- Sing the same quiet song at bedtime. Repetition and routine is good for young children and they will know it's time for sleep.
- Try singing the alphabet backwards together.
- Your body can make a lot of different noises--try using your body as an instrument! Use your stomach to play the drums, use your hands to clap, use your mouth to whistle, or use any other part of your body to make whatever noise you want.

## Play

- Have a Teddy Bear Picnic.
- Gather objects from your yard or kitchen and invent a new game with them.
- Play "I Spy" and describe things to your child.
- Roll a ball with your baby or play catch with your toddler. This will help them work on motor skills.
- Rhyming games help children learn beginning, middle and ending sounds. You can play rhyming games anywhere - in the car, while shopping, at the dinner table.
- Use your voice and make animal noises! Your child loves the sound effects and will soon start to imitate you.

## Read

- Attend a storytime at the library!
- Create a photo album of loved ones that your child can leaf through. Don't forget to include pictures of themselves! As you "read" the photo album, talk about the people who are in in.
- Do an alphabet scavenger hunt - try to find things that begin with the different letters of the alphabet.
- Find a book with few or no words and read the pictures with your child. "What is happening in this picture? Who is that? What are they doing? What will happen next?"
- Find books about real-life objects your child expresses interest in! If your child is excited when they see dogs, balls, construction vehicles or more, there will be a picture book about that subject.
- Make a grocery list with your child and read each item as you pick it up at the store.

## Activities for Readers

- Attend a library program for kids aged 5-11 or Tween Time (9-11).
- Commit a random act of kindness.
- Try a new food you read about in book. Or, if the food doesn't exist, try making it!
- Play games outside like Freeze Tag, Hide and Seek or Hopscotch with your friends or family.
- Choose a letter and, all through the day, try to find items that begin with that letter.
- Read a book that focuses on diversity and inclusion. Ask your librarian to help you find one!
- Make a poster of your favorite things. Cut out images from a magazine to put on your poster.
- Learn to juggle. Start learning with a bean bag instead of a bouncy ball so you won't have to run after them!
- Go outside at dark and stargaze. How many stars can you count? Are some brighter than others?
- Play 20 questions. Think of a person or thing and see if someone can guess what it is by asking 20 yes or no questions – but they only get to ask 20 questions!

## Activities for Teens

- Use the library's culture passes to visit a museum.
- For a whole day, give each person you interact with a little compliment or a word of encouragement.
- Attend a library program.
- Read a book with a main character that is different from yourself.
- Play retro outdoor games. From hide-and-seek to kick the can, enjoy outdoor fun with your friends.
- Watch a classic movie. From *Ferris Bueller's Day Off* to *Breakfast at Tiffany's* to *Singing in the Rain*, there are so many great choices to pick from!
- Create a craft using Creative Bug. [Boulder Public Library | Creativebug](#)
- Lay in the grass and watch the clouds float by. What shape can you find in the clouds?
- Create a playlist of your life. What songs describe you best?
- Visit a local trail and hike with a friend.

## Activities for Adults

- Use the library's culture passes to visit a museum.
- Walk around Boulder and take a mural tour.
- Listen to an oral history. What did you hear or learn?
- Watch a documentary about something you're curious about.
- Head outside at night and stargaze. Can you find the Big Dipper? The North Star? Do you see any planets?
- Organize your closet. Clear your space – and your mind – and donate gently used items you do not need anymore.
- Do a puzzle. Whether it be 100 pieces or 1,000 pieces, a puzzle is a relaxing way to engage your brain.
- Listen to a podcast. Podcasts are an easy way to engage your mind when doing household chores or commuting. Do you enjoy true crime, parenting, or language learning podcasts?
- Meditate. Find your inner peace and banish negative or stressful feelings.
- Visit a local trail and hike with a friend.
- Read a book from a genre you are unfamiliar with. Do you generally read Mysteries? Try a lived experience book. (Staff Picks suggestions are a good starting point!)