January 2022

1. Encourage your child to start a diary or journal for 2022.
2. Tonight, take a walk with your child. What sounds can you hear?
3. Brainstorm with your child about something you would both like to
   learn, such as how to play chess. Check out a how-to book.
4. Choose a number from one to 12, then have your child list all the
   things she can think of that come in that number.
5. Write an encouraging note to your child and tuck it in her lunch box or
   a school book.
6. Teach your child to take his pulse. Have him jump up and down 15
   times and take it again. Has it changed?
7. Send your child on a treasure hunt. Make a map that will lead her to a
   small treat.
8. Have your child replace adjectives on a printed ad with their opposites.
9. Together, plan your child’s recreational screen time for this week.
10. Help your child interview family and friends in career fields that
    interest him. What is a typical day like for them?
11. Have your child set a goal and write a plan to achieve it by the end of
    the school year.
12. When your child asks a question you can’t answer, write it down. Keep
    a list of questions to look up later.
13. Think of several words that start with the same letter. Can your child
    use them in a sentence that makes sense?
14. Choose a news story. Cut off the headline. Challenge your child to
    read the article and write his own headline.
15. Ask your child what she thinks are her strong skills and why.

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16. Organize something with your child, such as a closet.
17. Trace your child’s outline on paper. Then have him research and
    “map” the inside of his body.
18. Teach your child to call 911 in an emergency. Together, practice what
    to say.
19. Explain to your child how people reach compromises. Give an example.
20. Read a poem aloud. Stop to let your child guess what the next rhyming
    word will be.
21. Together, role-play a difficult situation your child may face.
22. Give family members marshmallows and uncooked spaghetti. See who
    can build the tallest tower.
23. Look for a new kind of transportation to try with your child.
24. Have your child predict the results of flipping a coin 10 times. Try it
    and see if she’s right.
25. Hold a family meeting. Discuss your family’s goals and successes.
26. Write fractions on cards. Mix them up. Have your child put them in
    order from smallest to greatest.
27. Have a family jump rope contest. How many jumps can you do in a row?
28. Make a chore chart with your child. List his chores and when they
    should be completed.
29. Talk with your child about things people use that come from plants.
30. Invent a word with your child. Help her write a definition as it would
    appear in the dictionary.
31. Have your child read the label on a food he eats. What vitamins does
    it contain? How much sugar is in it?