



Fun Around The Year

New Words

- **New Words 1:** climb, dance, jump, play ball, run, sing, swim, walk
- **New Words 2:** basketball, gymnastics, soccer, tennis, volleyball

Getting Started

- Make a list of all the things you and your child do during the day: climb, dance, jump, and so forth. Pretend to do one of the actions. Have your child act like a mirror, moving with your action. Name each action in English. Repeat the action more quickly and have your child mirror the action faster and faster. Take turns leading the game.
- Write the name of each action on separate pieces of paper and place them in a box or bag. Draw one out, name, and do the action. Have your child do the action. Take turns.
- Use one of the sports balls to practice saying the action words in English. Toss or kick it each time you say the word while having your child show what it means. For example, toss a basketball and say, “Show how to run.”

Practice

- Combine learning the action words (New Words 1) with increasing your exercise level. Keep track of how much time you and your child spend moving each day. Try to increase the number of minutes you run, jump, climb, and so forth.
- Cut out pictures of sports equipment from advertisements. Tape or glue them onto flashcards. Write the words for the equipment on separate cards. Practice matching the words with the cards. Then turn over and mix up the cards. Play Concentration. Turn over one word card and one picture card. If they match, keep the pair. If they don't, return them back and try again. Keep playing until all words and pictures are matched.

More Fun

- When out in the community, keep track of every time you see someone running, jumping, dancing, or playing a sport. See who in the family finds the most examples.
- Choose a sport to learn about each week. Make it a family event to learn about the rules, players, teams, uniforms, or other facts about the sport. If possible, watch a competition on television, online, or in the community together.

Extra Fun(Older Children)

- *Basketball* and *volleyball* are compound words. Other compound sports words include *football*, *softball*, and *baseball*. Write each of the compound words on a piece of paper. Cut the words apart and practice putting the word parts together.

Activity

- Have races. Place word cards with the action words in a box or bag. Pull out an action word. Race using that action from a starting line to a finish line. For an alternate activity, use a stopwatch or timer. Pull out an action word. See how many times you can jump or run in place for 30 seconds. Then try to increase the number of times. Practice saying the word with each action. Increase your time to 60 seconds.



Thank you!

Lingokids

A Recipe Just for You!

Banana Berry Energy Drink

Tools

- Blender
- Cup or glass

Ingredients

- 1 ripe banana
- 1 cup fresh or frozen strawberries (may use other berries)
- 1/2 cup low fat milk
- 1/4 cup plain yogurt
- 1/2 cup ice

Steps

- Pour all the ingredients into a blender.
- Blend until mixed thoroughly.
- Pour into a glass and serve.
- Add a whole berry as a garnish.

Makes 1 serving.