

TALKING IS TEACHING: TALK, READ, SING  
INDOOR ACTIVITIES KIT



# HI PARENTS AND CAREGIVERS,



Are you inside with the kids today?  
Someone's sick? Raining outside?  
Something else keeping you inside?

This booklet provides 10 ways you can talk, read, sing, and play your way through the day—just with things you might already have indoors.

Pick and choose the ideas that work best for your child's age and interests. And follow your child's lead on other ways they want to play!

LOOK OUT FOR THE "LET'S TALK!" SUGGESTIONS ON EACH PAGE FOR WORDS AND PHRASES YOU CAN USE TO BUILD YOUR CHILD'S VOCABULARY, TOO.



For more ideas, please visit [www.TalkingisTeaching.org](http://www.TalkingisTeaching.org).

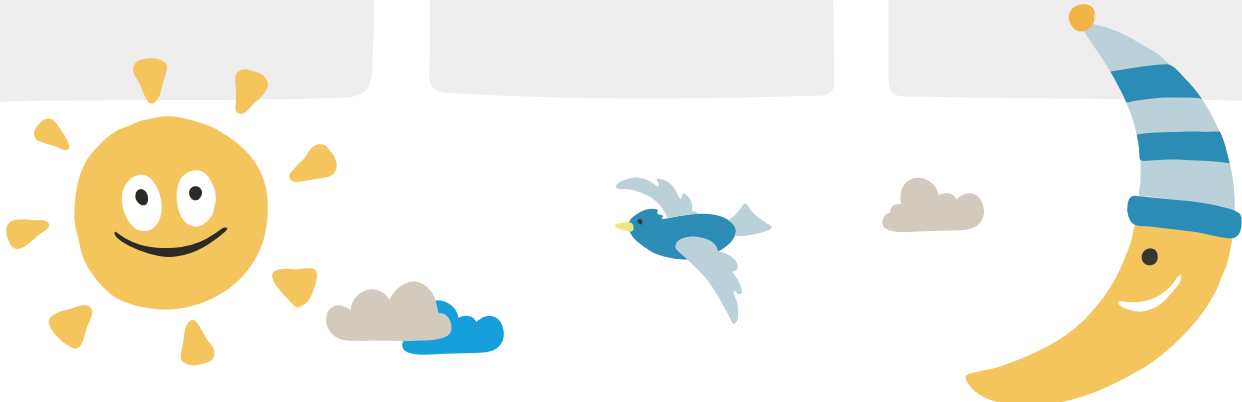
Check out our Instagram page @2smalltofail. Share your indoor activity photos and ideas using #HomeWithKids.



# OUR INDOOR SCHEDULE: PLANNING AHEAD

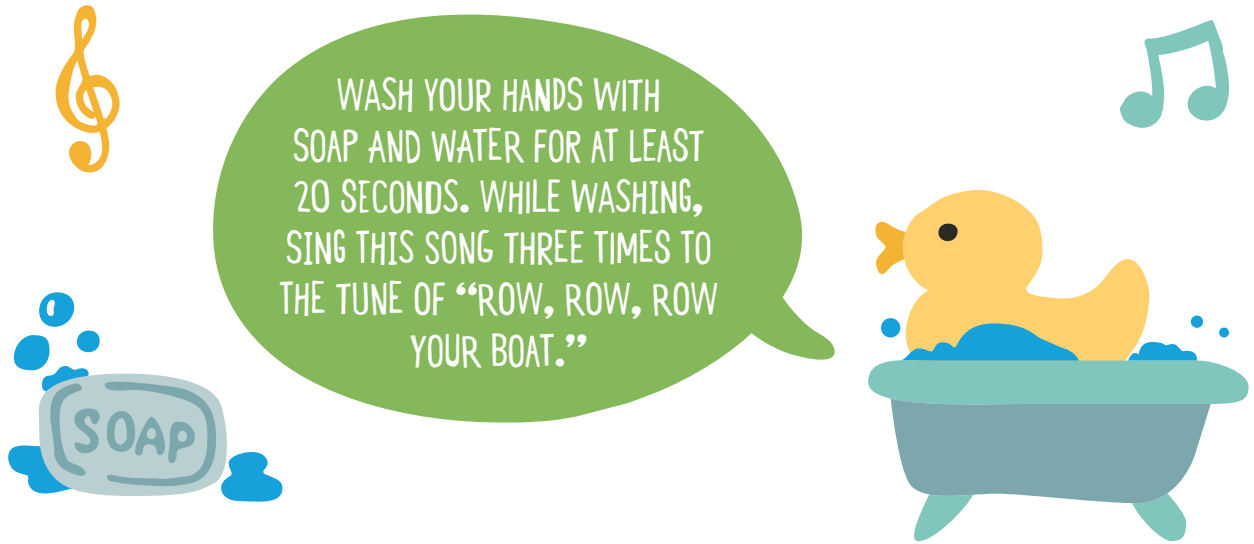
Planning for the day can make it easier to create a routine for your child. It can also build excitement for all the fun activities ahead! Use this chart to write down your schedule with activities in this booklet. Depending on your child's age, you can also talk about and create your plan together!

MORNING	AFTERNOON	EVENING



# LET'S WASH OUR HANDS!

It's important to stay clean and wash our hands often throughout the day, especially before eating, and after playing and using the bathroom. Here's a way to make handwashing fun through singing!



WASH, WASH, WASH YOUR HANDS  
WASH THEM EVERY DAY  
SCRUB IN AND OUT AND ALL AROUND  
KEEP DIRTY GERMS AWAY!



## LET'S TALK!

Scrub the top of our hands, under fingernails, the inside of our palms, and in between our fingers.

Let's lather our hands by rubbing them together with soap and water!

Let's scrub our hands and make lots of bubbles!

# LET'S USE OUR IMAGINATION!



## MAKE A FORT

Use chairs and a big bedsheet or blanket to make a fort. Let your child fill it with favorite toys and pretend you're on a camping trip, in a cave, or in a secret hideout!



## NOT JUST A BOX

Use all those extra cardboard boxes (and some strong tape) to build just about anything. Can you build a castle? A rocket ship? A boat? What else?



## DRESS-UP TIME

Pick out some costumes or different-sized clothes from the closet. Imagine you're a superhero going on an adventure together!

## LET'S TALK!

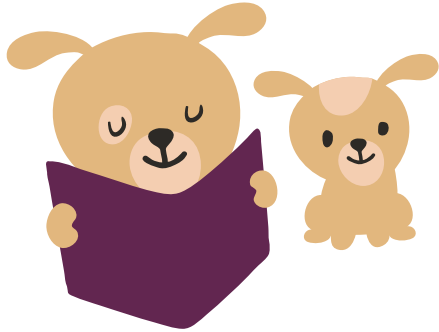
Let's build something tall. How about something humongous?

Let's pretend we are going to...

Let's imagine we're superheroes. Who are we going to save today?

# READ TOGETHER ANYTIME!

Reading together is a wonderful way to bond, learn new words, and bring your child's imagination to life. Cuddle up and enjoy a book during any part of the day together!



## ENJOY BOOKS TOGETHER

Allow your child to pick a favorite book to read. It's okay for them to choose the same book over and over again—this helps them learn and build their vocabulary!

## WHO, WHAT, WHEN, WHERE, WHY

Between pages, pause often to ask a lot of open-ended questions.



## LET'S ACT OUT A STORY

After reading a book together, have fun acting out the story. Talk together about which character you each want to be, what's happening in the story, and where you are!

## LET'S TALK!

Let's pick a book to read.  
Why did you pick this book?

Who is this character?  
Why does she look happy?  
Where are they?

Let's make up a story!

# CREATE KITCHEN CHEMISTRY!

## LET'S TALK ABOUT FOOD

As you prepare a snack or meal together, talk about the colors, tastes, textures, and smells of the foods you eat. What happens when you mix ingredients together?

## HOMEMADE PLAY DOUGH

With your child, mix 1 cup flour, 1 cup salt, 1 cup water, and 1 tablespoon of oil (canola or vegetable). Stir over medium heat. When it starts to stick together, your homemade play dough is ready!

## LET'S GET COOKING

Find a recipe online to bake cookies, bread, or muffins. Work together to measure, count, and mix ingredients.



## LET'S TALK!

What does the food taste like? Smell like? What color is it? Is it crunchy? Smooth? Sour? Creamy?

How does the play dough feel? Is it squishy? Is it soft?

Let's count the eggs. One, two, three!

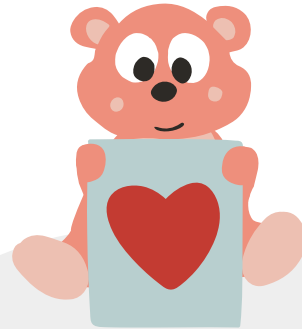
# SHARE KINDNESS!

We can spread kindness from wherever we are! Use some of these activities to encourage your child to show appreciation and care for others.



## CARING NOTES

Provide paper and crayons/markers to draw a picture or write a letter to someone your child cares about. This could be a friend, family member, or a teacher.

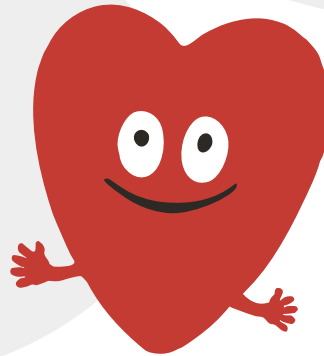


## PROMOTE POSITIVITY

Write and color kind messages on sheets of paper and tape them on your windows or doors. Brighten up the days of those who walk by!

## COMPLIMENT GAME

Sit in a circle with your family. Go around and take turns using words to say something nice about the person next to you. Make sure to say thank you!



## LET'S TALK!

Who do you care about?  
Let's write or draw something nice to send to them.

What pictures can we draw to make other people feel happy?

Let's share compliments!  
I love how you are so...



# LET'S MAKE MUSIC!

We can make music anytime, anywhere by using toilet paper rolls to kitchen utensils! Have fun singing with your child, too! Visit [www.talkingisteaching.org/spotify](http://www.talkingisteaching.org/spotify) to access our free family-friendly playlists.



## ROCKIN' FAMILY KITCHEN BAND

Use plastic containers and wooden spoons to make music. Put on a concert with your child as the lead drummer. Using paper and markers/crayons, your child can also make "tickets" to the show!

## MAKE YOUR OWN RAIN STICK

Use tape to shut one end of a paper towel tube. Fill it with a pinch of rice or beans and tape the other end. Decorate it with pictures or stickers. Shake, twirl, and dance!



## YOU SING, I SING

Make up lyrics or sounds ("shalala", "badaba") and sing them in any melody. Take turns copying each other's sounds!

## LET'S TALK!

Can you drum fast? Can you drum slowly?

Let's make a loud sound!  
Now, a quiet sound.

What's your favorite song to sing?

# BE A HANDY HELPER!

Here are some fun ways you can encourage your child to be handy helpers at home!

## CLEAN UP GAME

Pretend you are vacuum cleaners that need to pick up toys, clothing, or other things. Put on a timer and make a game out of putting the items away. On your mark...get set...GO!



## FAMILY BINGO

Create a bingo card of chores (clear the table, make your bed, put toys and clothes away, sweep the floor...). When your child gets BINGO (3 in a row), he or she "wins" the game!

## SHARING IS CARING

Together, go through your closet or bins for clothes and toys that are no longer used. Name each item as you fill a bag to donate to a local shelter or share with friends.



## LET'S TALK!

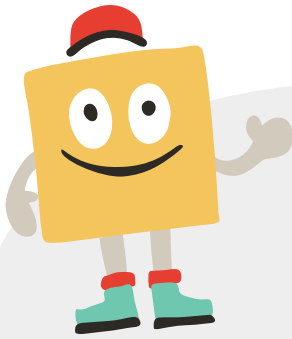
Let's look for toys and put them where they belong!

Let's play BINGO! How many more chores until we win? One? Two? Three?

Sharing is caring! What can we find to share with others?

# GO ON A SCAVENGER HUNT!

There's so much to see and find—right at home. Here are ways to turn each room of the house into a fun adventure land!



## SHAPE ADVENTURE

Have fun looking for shapes all around the house.

Take turns naming different shapes and finding objects that match them.



## LETTER AND NUMBER HUNT

Write letters and numbers on small pieces of paper. Say a letter or number out loud and have your child search around for it!

## I SPY WITH MY LITTLE EYE

Take pictures of small areas in your home, like the corner of your shower curtain. Show these pictures to your child, and have them look for where the pictures were taken!



## LET'S TALK!

Let's talk about shapes! A circle is round. A square has four equal sides.

What sound does each letter make?

I spy a square-shaped window. What do you spy?

# ENJOY WATER PLAY!

Playing with water can be both fun and calming for your child. It's also a great way to keep your child engaged for a good chunk of time!

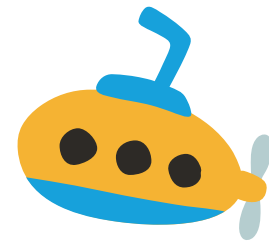


## SPLISH, SPLASH, LET'S TAKE A BATH

Let your child enjoy a fun bubble bath with toys and bubble wands. Use words like nose, hair, and ear as you place bubbles on each of these parts.

## FLOAT OR SINK EXPERIMENT

Place different objects in the bath or a big container of water. Ask your child to predict whether he or she thinks it will float or sink.



## BATH TIME FOR OUR TOYS

Give your child a sponge or a cleaning brush to clean her toys with soap and water in the bath or a big bowl. Use words to describe each part of the toy as they scrub.

## LET'S TALK!

I see bubbles on your nose, your ears, and now your hair!

Let's predict. Will this float or sink? Why do you think so?

Which of our toys need a bath today?

# LET'S GET MOVING!

When you're stuck indoors, moving and dancing can help get everyone's wiggles out. It's also a great way to keep our bodies healthy and strong!

## FAMILY DANCE PARTY

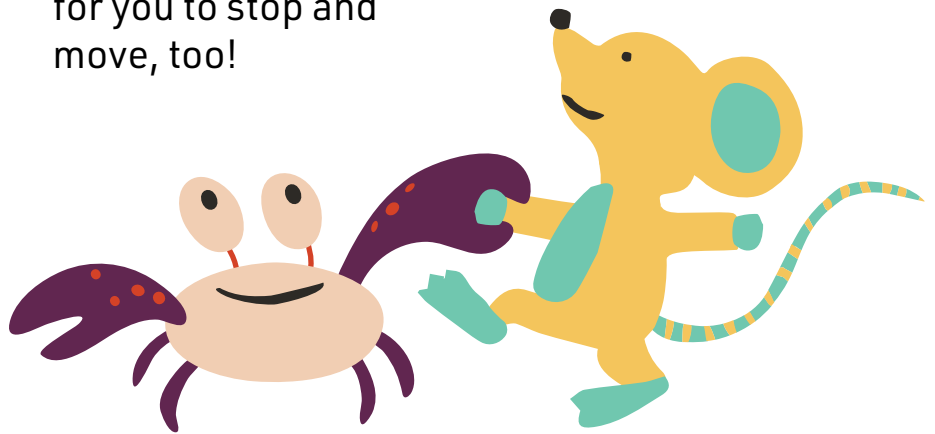
Turn on some music and have fun dancing together. You can even dance from room-to-room in a conga line. Stop the music every once in a while to play "Freeze Dance!"

## RED LIGHT, GREEN LIGHT

Find an open area. When you say "green light," your child has to run fast, then stop when you say "red light." Allow your child to say "red light, green light" for you to stop and move, too!

## ANIMAL MOVES AND GROOVES

Take turns pretending to move like different animals and guess which animals they are!



## LET'S TALK!

Let's twist, turn, jump, wave, and wiggle all around!

Let's run super fast! Let's move super sloooooowly.

Can you slither like a snake? Hop like a bunny? Leap like a frog?