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This trail was brought together through partnerships with:



United Way
of York County



Welcome to the Born Learning Trail

Did you know that learning is happening all the time?

By playing and exploring you help young children get ready for success in school and in life.

This pamphlet contains interactive activities based on the trail system for you to continue learning at home.

Together, you can turn everyday moments into learning moments!

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hop wiggle toss

Find games like hopscotch that will get children's brains and bodies moving.

- Get outside and active! Draw hopscotch with chalk.
- Toss a rock or object at the numbered squares. Make up a counting game by having them say the numbers as they hop or add them up at the end.
- Other great games: Red Light, Green Light, Simon Says, & Mother May I.

Jump clap
skip move

Physical activity exercises a child's mind and body.

- Pretend to move like an animal (walk like a duck or jump like a frog).
- Get moving across the yard or room. Try walking backwards, skipping, crab walk or roll.
- Can your child imitate your motions? Clap, Wave, Smile, Point...

Your Child and Play...

Play is one of the primary ways your child discovers his/her world. It allows them to explore and express themselves everyday!

Best of all, play is opportunity for you to spend time and have fun with your child.

Research shows that the most important factors of a child's early learning is a loving, nurturing relationship with an adult in their life.

Playing together is a great way to nurture that bond. So remember have fun! Any day and place is the perfect time to help your child learn and play!



Born Learning is a public engagement campaign helping parents, caregivers, and communities create early learning opportunities for young children.

~ bornlearning.org

see say
point read

Playing with letters and sounds helps children get ready to read.

- Write out letters of the alphabet together. Say the sound each letter makes.
- See if your child can make the letters with their body (Take pictures—make a new alphabet book)
- Help your child find objects that start with the letters.
- Play with food. Make letters out of different kinds (noodles, pretzel sticks, carrots).

Have Fun!
Hope You Enjoy
the Trail!!



look listen
think touch

Explore the things that help your child learn how to solve problems..

- Go on a scavenger hunt.
- Find items that are different (soft, hard, different shapes and sizes).
- Talk about what you have found. Compare!
- Where did the object come from? What does it feel like? Is it heavy or small?

watch learn
stop play

When you follow a child's lead, curiosity and confidence grow.

- Watch what your child likes to do. Is it playing with other children, looking at bugs, or heading for the slide.
- Join in on the fun! Do the things your child likes to do.
- Build conversations— Ask your child what they are looking at? What they want to do that day?

imagine create pretend

Storytelling can grow your child's ability to imagine and listen.

- Tell stories about yourself and your family (use old photos or letters)
- Start a story. Ask your child to add the next detail/part.
- Look around for story ideas: a group of toys, items at meal times, or general surroundings (inside and out).
- Need ideas?? Try going on a walk!

talk listen sing

Talk and sing with your child. It teaches them words and gets them ready to read.

- Make up songs with rhyming words. Let your child use an object to pick the theme.
- Sing a familiar song. Have them continue to sing or hum the rest.
- Sing and talk about your surroundings.

look learn laugh

Paying attention to your children makes them feel special and secure.

- Make circles (with chalk, jump ropes), look at each other and make each other laugh or smile.
- Hold hands, give your child a hug, a smile.
- Watch, listen and learn. Look around and talk about something you see.

describe compare learn

Looking at the world in new ways helps your child get ready for reading and math.

- Look around your surroundings or room. Find things that are shaped like a circle, square, and rectangle.
- Talk about the shapes. How are they alike? How are they different?
- Challenge your child to find something else similar in shape or smaller/larger.
- Draw the shapes together.