

# welcome to the born learning<sup>SM</sup> trail!

Did you know that learning is happening all the time?

For ways to learn together, just look for the *Born Learning Trail* signs. By playing and exploring you help young children get ready for success in school and in life.

Together, you can turn everyday moments into learning moments.

**Happy trails!**

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

[bornlearning.org](http://bornlearning.org)<sup>SM</sup>



# watch learn stop play

Let your child lead the way.

## Try this:

- \* Watch what your child likes to do. Is it playing with other children, looking at bugs or heading for the slide?
- \* Do the things your child likes to do.
- \* Is your child staring or pointing at something? Ask, “What do you see?”

**Trail tip:** When you follow a child’s lead, curiosity and confidence grow.

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# look learn laugh

Take time to pay attention to your child.

## Try this:

- \* Stand in the circles, looking at each other. Make each other smile or laugh.
- \* Hold hands, give your child a hug, a smile or a pat on the back.
- \* Watch, listen and learn. See what your child looks at, talks about and does.

**Trail tip:** Paying attention to children helps them to feel special and secure.

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# talk listen sing

**Talk it up while you play.**

## **Try this:**

- \* Listen to the birds. Ask, “What are they saying? Can you sing like them?”
- \* Talk with your child. Ask, “What should we do next?”
- \* Make up silly stories or songs. Sing, “Swing, swing, bo, bing ...”

**Trail tip:** Talking and singing with children teaches them words and gets them ready to read.

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say see  
point  
read

**Start your child on the road to reading.**

**Try this:**

- \* Point to the letters painted on the ground. Say the sound each letter makes.
- \* Think of words or names that start with A, B or C.
- \* Point and say, “I see a tree. What rhymes with tree?” Take turns.

**Trail tip:** Playing with letters and sounds helps children get ready to read.

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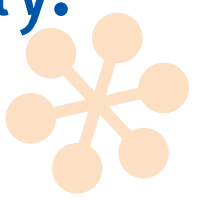


imagine  
create  
pretend

Turn any time into story time.

**Try this:**

- \* Tell stories about yourself and your family. Begin with “When I was little ...”
- \* Look around for story ideas. See a bird? Say, “Once there was a bird named ...”
- \* Have your child help tell the story. Ask, “What do you think the bird likes to do?”



**Trail tip:** Storytelling can grow a child’s ability to imagine and listen.

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# jump clap skip move

Get your child up and active.

## Try this:

- \* Pretend to move like an animal. Walk like a duck or jump like a frog.
- \* Walk backwards or skip. Can your child do the same?
- \* Ask your child to do what you do. Clap or wave your hands. Point. Smile.

**Trail tip:** Physical activity exercises a child's body and mind.

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# hop toss shake wiggle

Get up and moving with your child.

## Try this:

- \* Play hopscotch. Toss a small rock on one of the squares. Then hop over it.
- \* Wave your arms or tap your head as you hop.
- \* Call out a number and ask your child to stand on it. Take turns.

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**Trail tip:** Games like these will get children's brains and bodies moving.

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# describe compare learn

Turn simple ideas into learning games.

## Try this:

- \* Look at the shapes on the ground. How are they the same? Different?
- \* Can you find anything else in the park that is shaped like a circle or a rectangle?
- \* Ask your child to stand inside (or outside) the square.

**Trail tip:** Looking at the world in a new way helps children get ready for reading and math.

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look  
listen  
touch think

Learn about the world around you.

**Try this:**

- \* Find a flower or a tree. Touch it. Talk about it. (Is it hard or soft? Rough or smooth?)
- \* Compare things, like flowers or leaves. (Which are bigger? Smaller?)
- \* Talk about these bits of nature. (Did they fall from a tree? Grow up from the ground?)

**Trail tip:** Exploring the things around you helps children learn how to solve problems.

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