TALK, READ, SING TIPS

WINTER ACTIVITIES TO HELP CHILDREN LEARN

- Draw letters in the snow
- Use marshmallows to make letters for your hot chocolate
- Create a story using gingerbread man cookies
- Go to your local library and check out winter classics like *Frosty the Snowman*
- Too cold outside? Do some yoga or play a game like Simon Says indoors



- 2 cups milk (regular, almond, coconut, oat, etc.)
- 2 tbsp cocoa powder
- 1/2 tsp vanilla extract

Healthy replacement: instead of sugar, use honey or maple syrup to sweeten the cocoa to your child's liking.

ENJOY!











