

This week's Abound Parenting ABRSD news:

- **We are in week 1 of our *SPORTS & PLAY* theme.**
- **The academic word **PHYSICAL** is the focus of this week.** Try these examples to work even more exposures to the word **PHYSICAL** into your child's days -- or make up your own!
 - Some families don't let children get too **PHYSICAL** in the house. Why do you think they have those rules for being **PHYSICAL**, like jumping and throwing and racing around?
 - "A lot of schools called gym class **PE** for **PHYSICAL** Exercise class. Is there any other time at school when you get to do **PHYSICAL** things, using your body more than your mind?
 - Remind your child that **PHYSICAL** is having to do with your body, rather than your mind.
- **Here are a few of our favorite questions from various age groups this week.**
 - Let's make up the name of a sports team where one word is a color and the other an animal and both have the same beginning sound -- like the *Purple Puppies*. How many can we think of?
 - Basketball players score by throwing a ball into a basket high up on a pole. Soccer players score by kicking a ball into a net on the ground. Which do you think is more difficult?
 - Sometimes people get mad when they're playing a game and they lose. How do you feel when you lose? What do you do?
- **Look for the BookOut speaker icon to get read-aloud links for this week's books!**

Feeling guilty because you're just too tired to read to them?

We've all been there. Take a shortcut on occasion and feel good about it! Kids need to build up vocabulary & knowledge in order to successfully read books in the years ahead. (That's why we organized Abound around two-week themes.) If you're too tired to read, click on the read-aloud link in BookOut while you're getting dinner on the table; your child can watch the book read aloud while you get something done. You're still building up knowledge and exposing your child to the language of text, and you can do your part just by talking about it afterwards together!

If you haven't yet signed up, go to [https:// partners.aboundparenting.com/](https://partners.aboundparenting.com/)

Use code **ABParent** & follow instructions to download app. Questions? Write to sue@aboundparenting.com