

This pamphlet was created by the Idaho State Department of Education.



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For additional resources and supporting materials for this pamphlet please visit:

[Mindful Minutes: Helping Your Child Learn Through Everyday Moments](#)

Mindful Minutes: Helping Your Child Learn Through Everyday Moments

*Parents can use everyday time together
as an opportunity for learning.*



CHECKING THE LIST

Building Vocabulary Through Conversation

Resources to Support Everyday Reading

You can support your student with reading needs by downloading an app, reading a book, or visiting a website to learn more. It only takes a moment!

APPS & ASSISTIVE TECHNOLOGY (AT)



[Peg and Pog](#)

Learn new words and how they sound, as you build beautiful, animated scenes full of characters, animals, and objects. (PK-Grade 1)

BOOKS



"Llama Llama Mad at Mama" by Anna Dewdney (PK-K)

"Chicken Butt's Back!" by Erica S. Perl (K-Grade 2)

"Eating the Alphabet" by Lois Ehlert (PK-Grade 1)

WEBSITES



[Simple Interactions](#)

www.simpleinteractions.org

[Reading Rockets: Grocery Store Literacy](#)

www.readingrockets.org

MINDFUL MINUTE



Checking the List: Building Vocabulary Through Conversation

[Checking the List](#)

Three Steps to Build Vocabulary

1. TALK



Talk about what you are doing during everyday tasks.

We need produce to make a salad.

We need some small grape tomatoes.

2. ANSWER



Answer questions your child has about everyday activities such as grocery shopping.

What kind of tomatoes do we need?

Why do we call it produce?

3. SUPPORT



Activities like grocery shopping can be an opportunity for parents to support learning.

Farmers grow food and call it produce because they produce it.