

Igniting sparks: activity checklist for parents

Activity	Done it!	Activity	Done it!
Strummed a guitar, played a piano, or beat on a drum		Painted a picture, molded something out of clay or drew a picture	
Saw a band concert, listened to an orchestra, or sung in a chorus		Attended a play or a musical	
Read or heard poetry, then wrote his/her own		Read or heard a story, then wrote his/her own	
Saw a new kind of dance, like ballet, flamenco, ballroom, or modern		Learned words in a language other than your family's main language	
Learned how to cook or bake something		Learned how to build or repair something	
Ran in a race		Tried a team sport, like soccer, basketball, or softball	
Tried an individual sport, like tennis or gymnastics		Tried to find star constellations	
Went hiking or rock climbing		Saw or participated in a parade	
Went to an art or science museum		Went to a children's museum	
Went swimming or boating		Helped with planting, weeding, and watering a garden	
Helped choose a pet to adopt and care for		Went horseback riding	
Visited a farm or a zoo		Danced to music in your own home	
Played age-appropriate games on the computer		Told a joke or put on a play	
Took photographs or made a video		Visited a synagogue, mosque, church, or other place of worship	
Volunteered to help people or animals in need		Picked up litter to make the neighborhood look nicer	
Went camping		Tried karate or tai chi	
Tried sewing or knitting		Sang or rapped	