

# my **BIG** little adventure



## Every Day is a Big Little Adventure

Building on the natural curiosity, deep passion, and busy habits of young children, **My Big Little Adventure** offers a continually updated roadmap of activities, events, and resources designed especially for children ages 0-5 and their families and caregivers.

**My Big Little Adventure invites adults and kids to read, play, and explore together.**

Everyday moments become teachable ones through the power of play and exploration.

Engaging parents as their child's "first teacher," this learning experience helps create better understanding by adults about what it means to be "kindergarten ready" and gain confidence in nurturing and extending learning with their children in everyday environments.

**New activities will be revealed every few months for the entire family.**

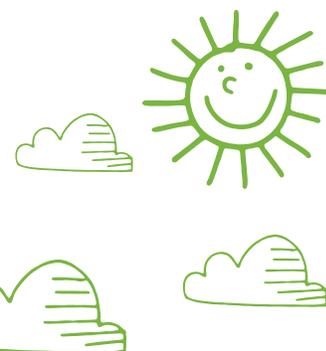
**September/October – Living with Change**

**November/December – Making it Great**

**February/March – Our Wider World**

**April/May – Another Point of View**

**Launching in September!**  
**MyBigLittleAdventure.org**



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# Track your GROWTH

Goal: How tall do you think you will grow in a year?  
Find out by creating your own growth chart!

**Amount of Time:** 30 min.

**Mess level:** 

**Cost:** 

**Difficulty:** Beginner

**Materials:**

- 5-8 pieces of paper
- Tape
- Ruler
- Markers

**Test and Discuss:**

- Mark your growth predictions on the chart. Each month, measure how much you have grown.
- When you have reached your predicted height, mark the date. Were your predictions correct? How long did it take for you to grow?

1.) Measure enough paper to make your growth chart. Be sure to leave room to grow in the future!

2.) Decorate your growth chart and tape it to a wall.

## Did you Know?

*Every time you go to the doctor, they will figure out how tall you are and how much you weigh. All of us grow at different rates because we are all different!*

*How quickly are you growing?*



<https://www.cdc.gov/growthcharts/>