A SPARKATLAS PACK FOR LITTLE EXPLORERS

The Letter M & D Pack

M is for mushroom, D is for duck. Spot them outside, trace them big and small, and sort their first sounds.



INSIDE THIS PACK

02	Grown-up guide: one minute to read
03	My giant M to trace and decorate
04	My giant D to trace and decorate
05	M and D shapes hiding outside
06	Trace M, m, D and d, then build them
07	M or D? A first-sound sort

YOU'LL NEED

- a crayon or pencil
- a few fallen sticks and a bendy twig
- leaves, pebbles or a piece of string

TIME

About 10 minutes a page

Our M & D hunt

Date _____ Where we found an M or a D _____

Today's weather · Circle one ◯ sunny ◯ cloudy ◯ rainy ◯ windy

AGES 🌱 Sprout 2–3 🌿 Seedling 3–5 🌳 Sapling 5–7 Each activity page shows its band.

WHY THIS MATTERS

Letters stick when a child can hear them, move them and find them outside. M hides in hilltops and a flying bird, D in the moon and a flat-sided stone. M is a hum and D a quick tap, both easy to hear.

Before You Start

A one-minute read for grown-ups.

How to use it (about 10 minutes a page)

1. **Say the sounds first.**
A hummed “mmm” as in mushroom and moon. A short “d” as in duck and dolphin, the tongue tapping just behind the top teeth.

2. **Start big.**
Trace the giant M with a finger: down, diagonal down, diagonal up, down. Then the giant D: down, then the curve.

3. **Take it outside.**
Hunt for M shapes (two hilltops, a flying bird) and D shapes (the moon, a flat-sided stone). Look at mushrooms, never pick them.

4. **Build, then sort.**
Build an M from 4 sticks and a D from a stick and a bendy twig, then play the M or D sound sort.

Three ways to play

Sprout 2–3

Finger-trace the giant letters and lay pebbles along them. Hum “mmm” and spot a mushroom on a walk.

Seedling 3–5

Hunt for M and D shapes, trace the dashed letters and listen for the first sound of each picture.

Sapling 5–7

Write M, m, D and d on their own, sort by first sound and think of more M and D words.

Little safety notes

Look at wild mushrooms but never pick, touch or taste them: some are very poisonous. Carry sticks pointing down. Wash hands after the walk.

Printing tips

Page 1 is the cover. To save ink, print pages 2 to 7 only. Every page works in black and white, on Letter or A4.

Wonder out loud together

- Can you make an M with your arms? What about a D?
- Whose name starts with M or D?
- Why do you think mushrooms pop up after rain?
- What shape is the moon tonight?

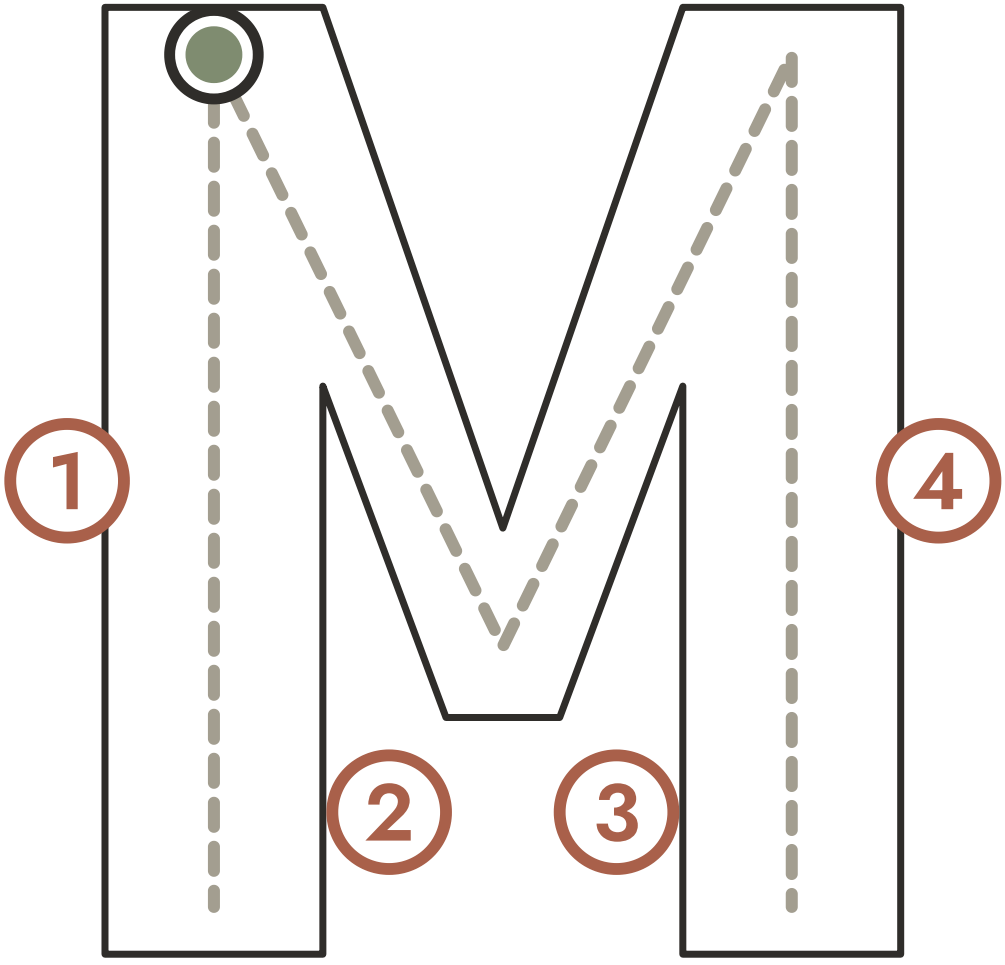
FOR GROWN-UPS

Keep it light. One page a day is plenty. Humming “mmm” and tapping “d-d-duck” is a warm-up that sticks.

My Giant M

Down, diagonal down, diagonal up, down. Trace it, then decorate.

Start at the dot with the ring. Go down: 1. Back to the dot, slide down to the middle: 2, up to the top: 3, and down: 4.



I made my M with

- crayon dots ☐
- leaves ☐
- pebbles ☐
- my own idea ☐

FOR GROWN-UPS

Hum "mmm" as you go, lips together. The M has two mountain tops with a valley in the middle.

PLAY IT YOUR WAY

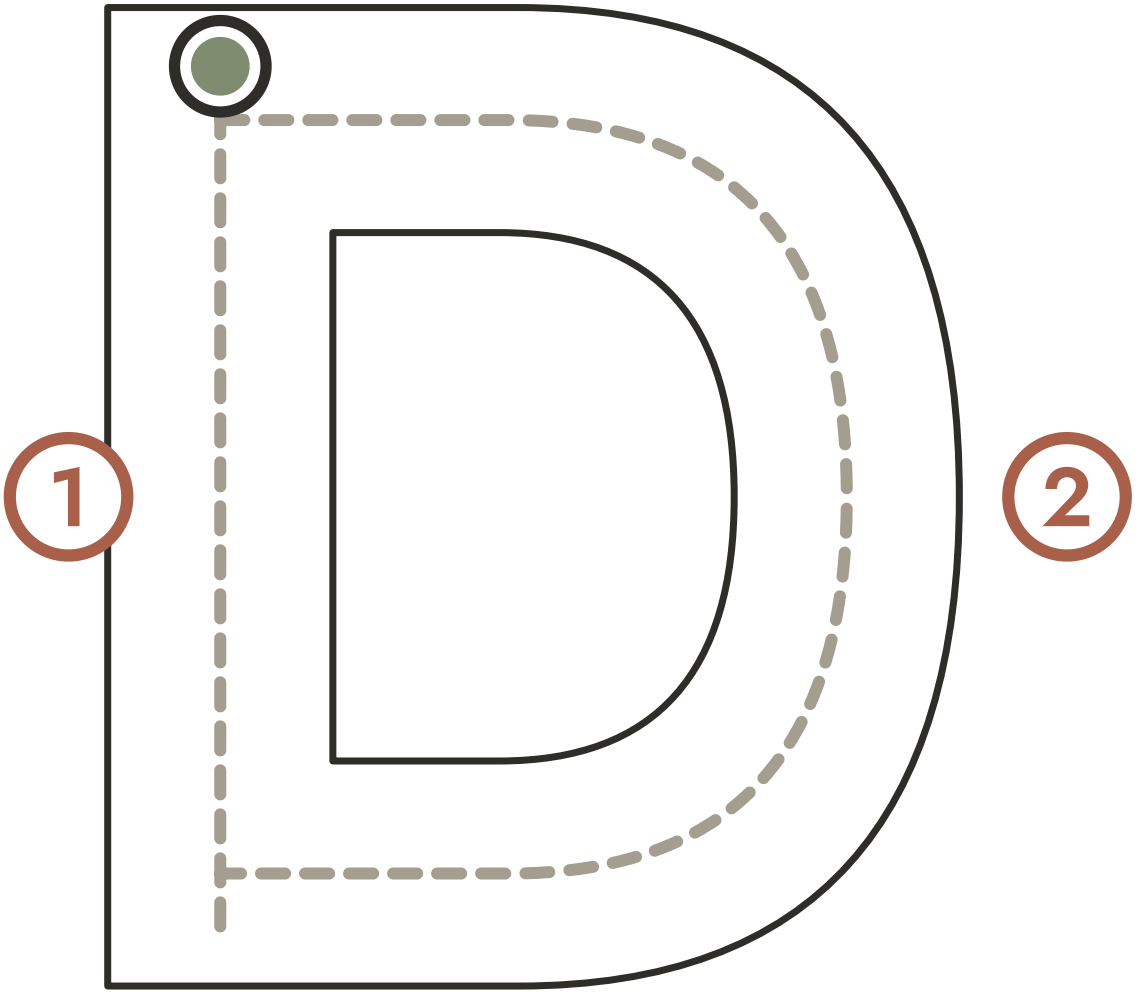
Easier: Trace the two tall lines first. Add the valley in the middle together.

Stretch: Draw tiny mushrooms or mountains inside the letter.

My Giant D

Down, then a big round curve. Trace it, then decorate.

Start at the dot with the ring. Go straight down: 1. Back to the top, then curve round to the bottom: 2.



I made my D with

- crayon dots ☐
- leaves ☐
- pebbles ☐
- my own idea ☐

FOR GROWN-UPS

Say “d, d, d” with each stroke. A D has a straight back and a round tummy.

PLAY IT YOUR WAY

Easier: Drive a toy car down the line, then round the curve.

Stretch: Draw tiny ducks or dandelions inside the letter.

M and D Are Hiding Outside

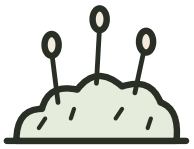
Look for mushrooms, moss, hilltops, a bird's wings, the moon and a flat-sided stone.

Tick the box when you find each one.



a mushroom: look only

☐



soft green moss

☐



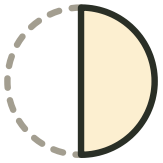
two hilltops like M

☐



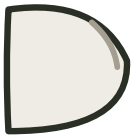
a bird with wings like M

☐



a moon shaped like D

☐



a stone with a flat side

☐

Our surprise M or D

Where else did you spot an M or a D? Draw it here.

FOR GROWN-UPS

The mushroom we see is only a small part of a fungus: most of it is thin threads hidden in soil or wood. In the northern half of the world, a D-shaped moon is growing.

PLAY IT YOUR WAY

Easier: Hunt for just two finds, like moss and a stone, or a mushroom in a book.

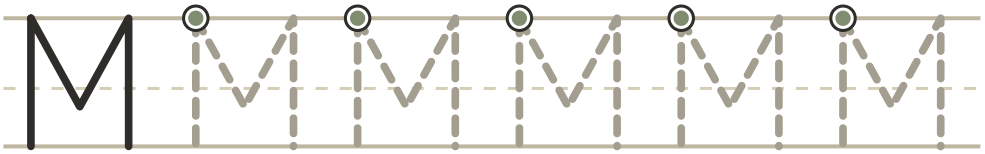
Stretch: Look at the moon a few nights in a row. Is it a D, an O or a C?

Trace M, m, D and d

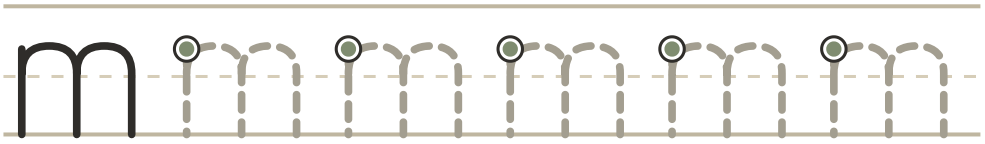
Big and little letters make the same sound.

Start at the dot with the ring and follow the dashes.

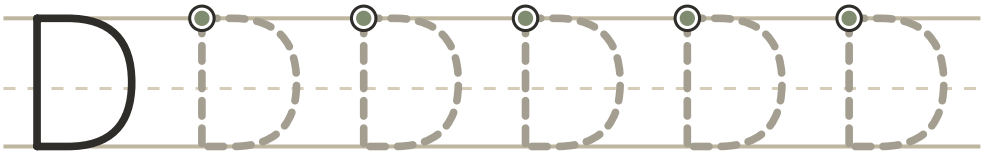
Big M: down, down to the middle, up, down



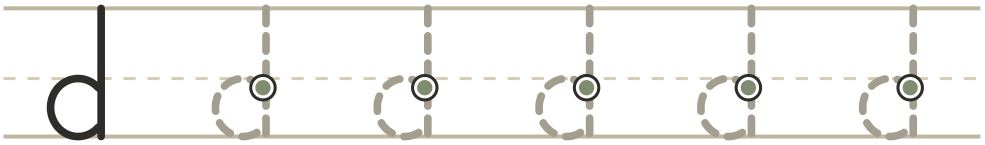
Little m: down, back up, then two humps



Big D: down, then a big curve

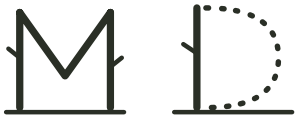


Little d: a round c, then a tall line



Your turn: write them on your own

M m D d



Build an M and a D

M: 4 sticks. D: 1 straight stick and a bendy twig, a string or a curve of pebbles.

Which one was trickier to build, M or D? Why?

☐

FOR GROWN-UPS

Say the sound as you trace. Little d starts like a c, then the tall line comes down.

PLAY IT YOUR WAY

Easier: Trace just the big M and big D with a finger, then a crayon. Build the stick letters together.

Stretch: Write a word with M and D in it, like "mud", or your own name.

M or D? Sound Sort

Listen for the very first sound.

Say each name slowly. Circle M or D.

Then find one real M thing and one real D thing and draw them below.



mushroom

M D



duck

M D



moon

M D



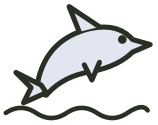
dandelion

M D



mouse

M D



dolphin

M D

M One more M thing

D One more D thing

FOR GROWN-UPS

Stretch the first sound: “mmm-mushroom”, “d-d-duck”. Hearing first sounds comes before reading letters.

PLAY IT YOUR WAY

Easier: Do two pictures, one M and one D, and say them together.

Stretch: Find a word that starts with M and ends with D, like “mud” or “mad”.