Start Here: 10 Minutes a Day

A quick guide for grown-ups. Short, playful, and led by what your child loves.

The 10-minute rhythm

1. **2 min · Warm up:** sing, rhyme, or play a sound game out loud (no paper).
2. **5 min · One page or one activity:** pick ONE: strokes, a letter page, or the sound sort. Doing half a page is fine.
3. **3 min · Take it outside or into play:** hunt for the sound, then let them show you something.
4. **Stop early:** end while they still want more. That is the goal, not finishing.

Which level? Look for the tag at the bottom of each page.

Sprout (2–3)

Finger-trace, point, name things, carry finds. Big strokes and silly sounds. No pencil needed.

Seedling (3–5)

Chunky crayon tracing, beginning sounds, sorting pictures, spotting letters in their name.

Sapling (5–7)

Writing letters on their own, sounding out short words, telling and drawing little stories.

Say the sound, not the name

Say /s/ (a hiss) instead of "ess", and /p/ (a quiet puff) instead of "pee". Keep it short: /p/, not "puh". This makes sounding out words much easier later.

Notice, don't test

- Which activity do they ask for again?
- What do they wander off from? (That's useful too.)
- Do they spot the sound in their own name or favourite things?

No printer today? Try these out loud

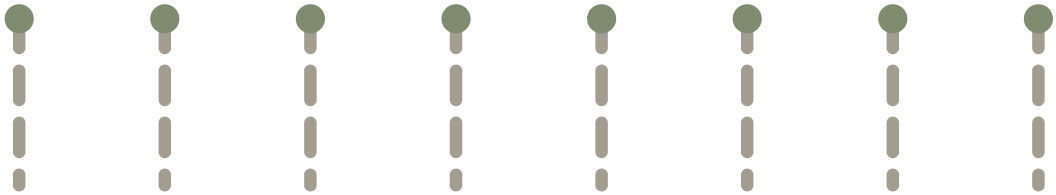
- I spy something that starts with /s/…
- Silly name rhymes: Sam, Bam, Fam!
- Draw the letter in the air, on a back, or in sand or dirt.

Two kids? Give the older one the page and the younger one the job of finding, fetching, and finger-tracing. Everyone joins the hunt.

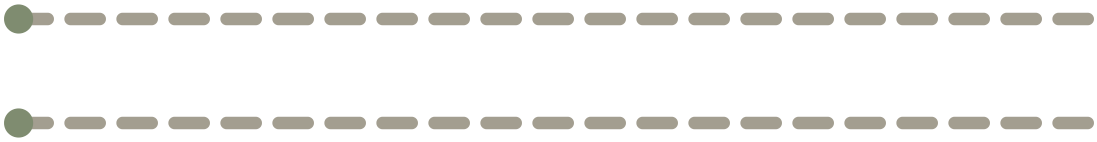
Lines in Nature

Big pre-writing strokes. Start at the green dot. Fingers, crayons, or toy cars all count.

rain



logs



pebbles



hills



river



Grown-up tip: Add the sound effects: “drip, drip” going down, “roll” across, “round and round.” Little ones can trace with a finger first. Using the whole arm is the point, not neatness.

S is for Snail

03

S s

Trace, hunt, and notice. Say the sound /sss/ like a little snake.

1. Trace the letters (start at the dot)

S S S s s s

Now try your own:

2. Circle the things that start with /s/



sun



snail



leaf



stick

(Leaf is the sneaky one. It starts with /l/!)

3. Outside hunt: tick what you find

☐ a stick ☐ a smooth stone ☐ something soft ☐ a seed

Draw or stick your favourite find:

Grown-up tip: Snails go slowly, so trace the S slowly too. Sprouts can roll a playdough snake into an S.

P is for Pinecone

04

P p

Trace, hunt, and notice. /p/ is a tiny puff of air. Feel it on your hand!

1. Trace the letters (start at the dot)

P P P p p p

Now try your own:

2. Circle the things that start with /p/



pinecone



feather



puddle



pea pod

(Feather is the sneaky one. It starts with /f/!)

3. Outside hunt: tick what you find

☐ a pinecone ☐ a puddle ☐ a petal ☐ a pebble

Draw or stick your favourite find:

Grown-up tip: Hold a hand in front of your mouths and say /p/: you can feel the puff. Lowercase p dips below the line, like roots.

Sound Sort: S or P?

Cut out the cards, say each word, then put it in the right basket.

S s

/sss/ like snail

P p

/p/ like pinecone

Cut along the dashed lines

 sun	 pinecone	 snail	 puddle
 pea pod	 stick	 petal	 stone

Grown-up tip: No scissors? Just point and say "S basket or P basket?" Stretch the first sound: "sssun." Sprouts can match each card to the real thing outside.