

CAN-HOPE EDUCATION CONSULTANT LLC

SCREEN-FREE MOMENTS

Everyday Learning Guide for Educators & Families

CONNECT • OBSERVE • TALK • LEARN

Small Moments. Big Learning.

Prepared by

Dr. Hope T. Cannady, EdD

Changing the World... One Teacher. One Child. One Day at a Time.

Everyday Moments Can Become Learning Moments

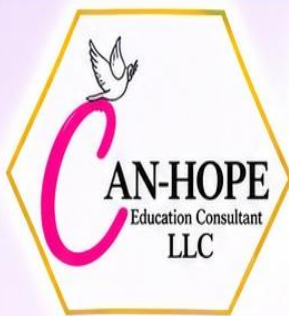
Screen-Free Moments was created to help educators and families notice the learning opportunities already present in everyday routines, waiting times, outings, and family experiences. These ideas invite children to observe, talk, count, predict, imagine, move, and connect - without needing a screen or complicated materials.

Included in this collection

- Waiting at the Doctor's Office
- Grocery Store Explorers
- Airport Adventures
- Restaurant Adventures
- Road Trip Adventures
- Laundry Adventures
- Sibling's Practice/Game
- Hair Salon/Barbershop Adventures

CAN-HOPE TIP

You do not have to turn every moment into a lesson. Choose one simple prompt or activity, follow the child's interest, and enjoy the conversation.



SCREEN-FREE MOMENTS

Small Moments. Big Learning.

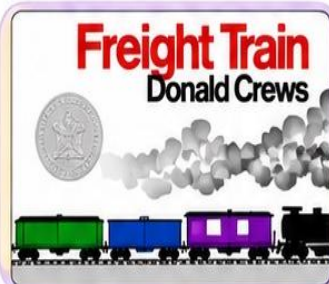


THIS WEEK'S MOMENT

Waiting at the Doctor's Office



TRY A BOOK MOMENT!



Book of the Week
Freight Train
by Donald Crews

4 Conversation Starters

- 1 What color train do you see?
- 2 Which train is your favorite?
- 3 Where do you think the train is going?
- 4 What do trains carry?

After Reading, Try These!



COLOR HUNT

Can you find something in the waiting room that is the same color as the blue train?



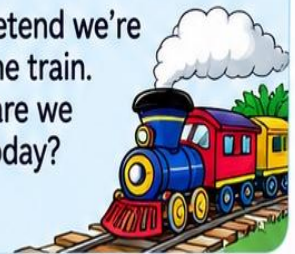
I SPY

I spy something that helps the doctor. What do you see?



PRETEND RIDING TRAIN

Let's pretend we're riding the train. Where are we going today?



What's Happening?



In just a few minutes, your child is building:



Vocabulary



Imagination



Attention



Early Literacy



Conversation Skills

Next Week:

Grocery Store Adventures



You don't need more time.
You just need to make the moment count.



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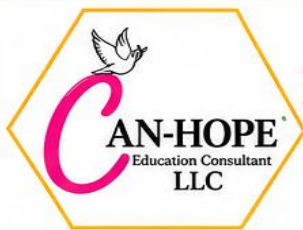
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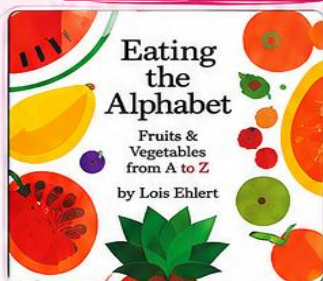
THIS WEEK'S MOMENT

Grocery Store Explorers

Turn your grocery trip into an adventure full of learning, conversation, and connection!



TRY A BOOK MOMENT!



Book of the Week

Eating the Alphabet by Lois Ehlert

A colorful way to explore fruits, vegetables, colors, and shapes!

4 CONVERSATION STARTERS

- 1 Which fruit or vegetable is your favorite?
- 2 Can you find something that is **red**? **Green**? **Yellow**?
- 3 What should we make for dinner tonight?
- 4 Which item do you think is the heaviest?



WHAT LEARNING IS HAPPENING?

In just a few minutes, your child is building:



Vocabulary
naming items and describing



Observation Skills
noticing colors, shapes, and details



Early Literacy
reading labels, signs, and logos



Mathematics
counting, comparing, sorting, and measuring



Physical Development
reaching, lifting, pushing, and carrying



Social Skills
greeting others, taking turns, and being patient



Healthy Food Awareness
learning about nutritious food choices

AFTER READING, TRY THESE!



COLOR HUNT

Find one fruit or vegetable of each color.



SHOP & COUNT

Help count how many items we need. How many apples? How many cans?



REACH & MOVE

Get items off the shelf, place them in the cart, and help unload. Great for big muscles!



CASHIER HELPER

Hand the cashier the money or tap the card. Don't forget to say, "Thank you!"



LIFE SKILLS IN ACTION!



Help choose healthy foods



Compare sizes



Practice manners



Make simple choices



Work together

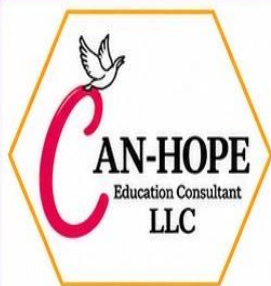
CAN-HOPE TIP



The grocery store isn't just a place to shop—it's a place to count, compare, communicate, move, and learn together.

Small Moments. Big Learning.





SCREEN-FREE MOMENTS

Small Moments. Big Learning.



THIS WEEK'S MOMENT

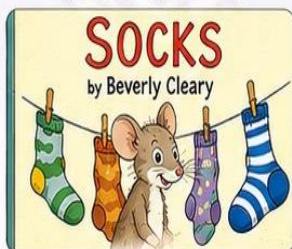
Laundry Adventures

Turn a routine task into quality time, learning, and connection—one load at a time!



TRY A BOOK MOMENT!

Book of the Week



Read, Look & Talk

Read a book about clothes, families, or helping out.
Look at the pictures and talk about what's happening!



5 CONVERSATION STARTERS

- 1 What do you think we need to do laundry?
- 2 Where do you think we put the wet clothes and the dry clothes after we wash them? Why?
- 3 Where should we put our dirty clothes when they need to be washed?
- 4 What colors do you see in our laundry today?
- 5 What is your favorite thing to wear? Why?



CAN-HOPE TIP

Involve your child in small ways that are safe and age-appropriate. It builds independence, responsibility, and strong bonds. Routine times can become learning times when we're together.

Small Moments. Big Learning.

WHILE YOU DO LAUNDRY, TRY THESE!



I SPY COLORS

Can you find something red, blue, yellow, or striped?



SORT & MATCH

Sort socks by color or size. Match the pairs!



SING & MOVE

Sing your favorite songs while you fold or dance between loads!



SIZE HUNT

Find something big, something small, and something in between!



LAUNDRY VOCABULARY

Talk about words like: clean, dirty, wet, dry, soft, heavy, light, big, small, full, empty.



FUN FOR EVERY AGE!



2-3 YEARS

WASH DAY HELPERS

Put clothes in the basket. Hand a sock to you. Help push the buttons.



Builds: Motor Skills, Independence, Bonding

4-5 YEARS

MATCH & MEASURE

Match socks. Count how many shirts. Which pile is bigger?



Builds: Counting, Matching, Early Math, Observation

6-10 YEARS

LAUNDRY CHALLENGES

Fold a pile. Sort by color or type. Help read labels or follow instructions.



Builds: Responsibility, Following Directions, Organization

10+ YEARS

LAUNDRY LIFE SKILLS

Plan the laundry routine. Measure detergent. Learn about fabric care and saving energy.



Builds: Life Skills, Critical Thinking, Problem Solving



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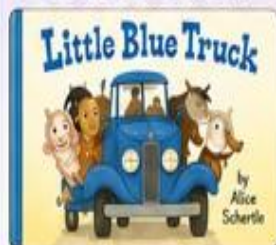
Road Trip Adventures

Turn travel time into memory-making, learning, and connection—one mile at a time!



TRY A BOOK MOMENT!

Book of the Week



Look, Listen, & Learn Together

Read a book, look out the window, and find the things you see in the story!



4 CONVERSATION STARTERS

- 1 What do you think we'll see on our trip today?
- 2 If you could go anywhere, where would you go?
- 3 What's your favorite thing about being in the car together?
- 4 What do you think that road sign means?



CAN-HOPE TIP

The journey is just as important as the destination. Use travel time to talk, laugh, learn, and build stronger bonds. Small moments today = big memories tomorrow.

Small Moments. Big Learning.

WHILE YOU RIDE, TRY THESE!



I SPY CHALLENGE

Find something red, round, moving, tall, or with four wheels!



COUNT ON THE GO

Count cars, trucks, houses, mailboxes, or even cows! See how high you can go.



SING & MOVE

Sing your favorite songs, make up new ones, or do simple stretches together.



WOULD YOU RATHER?

Mountains or beach? Pizza or tacos? City or the country? Ask silly, fun questions!



MEMORY SNAP

Look around for 30 seconds. Close your eyes. What can you remember?



FUN FOR EVERY AGE!



2-3 YEARS

STUFFY & STORY TIME

Cuddle your favorite stuffed friend, read a book, and name what you see.



Builds: Language, Bonding, Comfort

4-5 YEARS

COLOR, COUNT & I SPY

Color a picture, count items you see, or play I Spy.



Builds: Counting, Observation, Fine Motor Skills

6-10 YEARS

TRAVEL GAMES

Play travel checkers, tic-tac-toe, license plate game, or create a story together.



Builds: Strategy, Creativity, Teamwork

10+ YEARS

TRIP PLANNER CHALLENGE

Plan a dream trip—where would you go, what would you do, and what's your budget?



Builds: Critical Thinking, Math, Problem Solving



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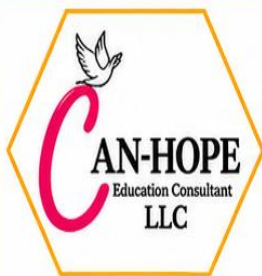


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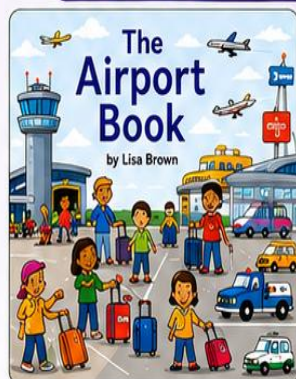
THIS WEEK'S MOMENT

Airport Adventures

Turn waiting for your flight into an adventure full of learning, conversation, and imagination!



TRY A BOOK MOMENT!



Book of the Week The Airport Book by Lisa Brown

A fun and engaging book that introduces children to all the exciting things happening at the airport!

4 CONVERSATION STARTERS

- 1 Where do you think that airplane is going?
- 2 If you could fly anywhere in the world, where would you go?
- 3 What do you think people pack in their suitcase?
- 4 What jobs do you see people doing at the airport?



CAN-HOPE TIP

An airport isn't just a place to catch a flight. It's a place to ask questions, practice patience, discover new places, and inspire curiosity about the world.

Small Moments. Big Learning.

WHILE YOU WAIT, TRY THESE!



AIRPLANE HUNT

How many airplanes can you spot?



COLOR & COUNT

Can you count red suitcases, blue backpacks, coffee shops, or a color of shoes?



GATE NUMBER SEARCH

Can you find Gate 12?
What number comes after 12?
Can you find a bigger number?



PRETEND PLAY

Pretend you're the pilot, flight attendant, or traveler!
Where are we flying today?



WHAT LEARNING IS HAPPENING?



In just a few minutes, your child is building:



Vocabulary

Read *The Airport Book* together. Point to pictures, spell simple words, and invite your child to repeat new vocabulary like **airport, pilot, luggage, gate, boarding, and airplane.**



Mathematics

Count red suitcases, blue backpacks, coffee shops, airplanes, or gate numbers. Compare which group has more, fewer, bigger, or smaller.



Observation Skills

Become an airport detective! Look for different colors, uniforms, transportation vehicles, airline logos, signs, and symbols.



Physical Development

Walk through the terminal, pull a small suitcase, carry a backpack, or help push luggage while practicing balance, coordination, and strength.



Early Literacy

Recognize letters, gate numbers, airport signs, symbols, and destination names. Point out familiar letters, especially those in your child's name.



Social Skills

Practice waiting patiently, following directions, greeting airport staff, using polite manners, and taking turns.



Geography & Cultural Awareness

Talk about where airplanes are traveling. Look at maps, discuss countries and cities, notice different languages, and celebrate the diversity of people traveling.



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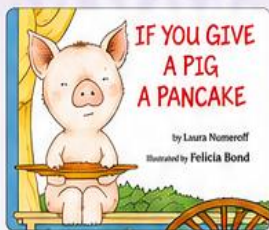
Restaurant Adventures

Turn waiting for your food into an adventure full of learning, conversation, and connection!



TRY A BOOK MOMENT!

Book of the Week



If You Give a Pig a Pancake by Laura Numeroff

A fun and silly story about choices, scenes in a restaurant, and the adventures that follow!

4 CONVERSATION STARTERS

- 1 What do you think the chef is making right now?
- 2 Which food do you think is the healthiest? Why?
- 3 If you could create your own restaurant, what would you serve?
- 4 What jobs do you see people doing in the restaurant?



CAN-HOPE TIP

The best conversations happen when we slow down and truly listen. Use these moments to connect, build confidence, and help your child see the world in a new way.

Small Moments. Big Learning.

WHILE YOU WAIT, TRY THESE!



OBSERVATION CHALLENGE

Can you find 5 different shapes, 3 red objects, something made of metal, a plant, and a clock?



MENU DETECTIVE

Can you find a vegetable, a fruit, something made with milk, a protein, and something made from grain?



STORY BUILDER

Pick something on the table (a napkin, spoon, or ketchup bottle). Can we make up a story about it?



MEMORY CHALLENGE

Look around for 30 seconds. Now close your eyes. What can you remember?



ALPHABET HUNT

Find letters from your name. Find the first letter of "pizza." Can you find a word longer than 5 letters?



FUN FOR EVERY AGE!



2-3 YEARS

I SPY

I spy something red.
I spy something round.



Builds: Vocabulary, Attention, Observation

4-5 YEARS

WHAT'S YOUR FAVORITE?

What is your favorite food? Why?



Builds: Language, Expression, Thinking

6-10 YEARS

MENU MATH

You have \$20. Can you order a meal, drink, tax, and tip without going over?



Builds: Math Skills, Problem Solving

10+ YEARS

RESTAURANT DESIGNER

Design your own restaurant! What's on the menu? How much will it cost?



Builds: Creativity, Planning, Real-World Skills



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THIS WEEK'S MOMENT

Sibling's Practice/Game

One child is participating... but the other child can be learning too!



BASKETBALL



SOCCER



DANCE



GYMNASTICS



BASEBALL



CHEER AND MORE!

Any practice. Any game. Any activity!

WHILE YOU WATCH, TRY THESE!



COLOR & NUMBER HUNT

Find a jersey, uniform, ball, sign, or equipment in different colors. Can you spot any numbers?



COUNT IT!

Count baskets, goals, kicks, jumps, passes, laps—or even whistles!



MAKE A PREDICTION

What do you think will happen next? Who might score? What move might they practice again?



MOVE WITH THEM

During a safe break, imitate a movement you saw: stretch, balance, jump, march, or practice footwork.



BE THE COACH

What did you notice someone doing really well? What advice would you give the team or performer?



5 CONVERSATION STARTERS

- 1 What do you think they are practicing today?
- 2 What did you see your brother/sister or another player do really well?
- 3 What do you think will happen next? Why?
- 4 What colors or numbers can you find on the uniforms, equipment, or signs?
- 5 If you could join the practice or game, what would you want to try?



CAN-HOPE TIP

Being the sibling on the sidelines doesn't have to mean sitting with a screen. Invite children to observe, predict, count, move, and cheer. **They aren't just** passing time—they're learning to pay attention to the world around them.

Small Moments. Big Learning.

FUN FOR EVERY AGE!

2-3 YEARS

I SPY

- "Can you find the ball?"
- "Where is your brother/sister?"
- "What color do you see?"



Builds: Vocabulary, Attention, Observation

4-5 YEARS

COUNT IT

Count passes, jumps, baskets, kicks, or other movements.



Builds: Counting, One-to-One Correspondence, Observation

6-10 YEARS

SCOREKEEPER

Keep track of points, successful shots, laps, routines, or another part of the activity.



Builds: Math, Attention, Memory, Organization

10+ YEARS

COACH'S EYE

Choose one player or performer. Identify one strength and one thing they could improve. Explain why.



Builds: Critical Thinking, Analysis, Communication



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THIS WEEK'S MOMENT

Hair Salon/Barbershop Adventures

While someone else gets their hair done, waiting can become a moment to observe, talk, count, and learn!



COMBS



SCISSORS



MIRRORS



CHAIRS



DRYERS



BRUSHES



CLIPPERS



& MORE!

WHILE YOU WAIT, TRY THESE!



SALON I SPY

Can you find a comb, brush, mirror, cape, chair, or hair dryer?



COUNT IT!

How many chairs can you count? How many mirrors? How many people are getting their hair done?



TOOL DETECTIVE

Choose a salon/barbershop tool. What do you think it is used for? (Look, don't touch!)



STYLE SPOTTER

What different hairstyles do you notice? Long, short, curly, straight, braids, locs, ponytails, fades, etc.



MAKE A PREDICTION

What do you think the stylist/barber will do next?



5 CONVERSATION STARTERS

- 1 What tools do you see the stylist or barber using?
- 2 What do you think that tool is used for?
- 3 What different hairstyles do you notice?
- 4 Why do you think we need to take care of our hair?
- 5 If you could create your own hairstyle, what would it look like?



CAN-HOPE TIP

A salon or barbershop isn't just a place to get your hair done. Children can observe community helpers at work, learn new vocabulary, practice math, and even begin thinking about entrepreneurship—all while they wait.

Small Moments. Big Learning.



FUN FOR EVERY AGE!



2-3 YEARS

I SPY

Find a mirror, chair, comb, or cape. Name colors.



Builds: Vocabulary, Attention, Observation

4-5 YEARS

COUNT & COMPARE

Count chairs, mirrors, brushes, or people. Which group has more or fewer?



Builds: Math, Comparison, Observation

6-10 YEARS

SALON DETECTIVE

Choose three tools. Watch how they're used and explain what each one does.



Builds: Vocabulary, Reasoning, Sequencing

10+ YEARS

DESIGN A SALON/BARBERSHOP

Imagine you own the business. What services would you offer? What would you name it? What would you charge? How would you attract customers?



Builds: Entrepreneurship, Financial Literacy, Creativity, Critical Thinking



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