

## Let's Talk about Sunshine! Sample Social Media Posts



### Facebook

Dr. Gail Gross explains how getting active outside benefits your child's physical and social-emotional development.

[https://www.huffingtonpost.com/dr-gail-gross/the-power-of-outdoor-play\\_b\\_7013412.html](https://www.huffingtonpost.com/dr-gail-gross/the-power-of-outdoor-play_b_7013412.html)

Check out these tips for incorporating science into playtime outside with your little one!

<http://talkingisteaching.org/resources/stem-tipsheet-families>

Singing together can boost children's early brain and language development. Have fun singing along with your child while going on a drive or taking a walk in the sunshine! Check out the playlists we've created in partnership with Spotify: [talkingisteaching.org/spotify](http://talkingisteaching.org/spotify)

### Twitter

Talk with your child about the sunshine! As you play outside together, ask questions like "How does the sunshine feel?" or "How far away is the sun?" [Let's Talk About Sunshine" Graphic]

As the weather warms up, encourage creativity and enhance your child's fine motor skills by playing dress up with summer clothes. Ask your child to find clothes that will keep them cool and sunglasses to protect their eyes!

Take a break from the heat with an indoor art activity. Use yellow art supplies and talk about the color, shape, and size of the sun.

Be a scientist with your child! Explore how the sunshine helps nature grow by planting seeds together. Even within a small space, you can plant flowers or herbs. Your child will be excited to see how the seeds they planted with you grow each day!