

A Week of Gentle Writing



Caregiver Guide

A Week of Gentle Writing

Simple Daily Activities for Ages 3–9

If writing feels stressful in your home—or you’re not sure how to begin—this guide is for you.

You do not need teaching experience.

You do not need worksheets.

You do not need your child to sit still or write neatly.

You only need a few minutes a day and a willingness to keep things light.

This guide shows you exactly what to do for one gentle week of writing—broken down by age.

How to Use This Guide (Read This First)

- Spend 5–15 minutes per day
- Stop *before* your child gets tired or frustrated
- You may repeat a day or skip a day—this is not a schedule to “keep up with”
- There is no correct outcome to look for

If your child enjoys an activity, you’re doing it right.



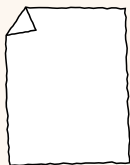
Ages 3-5

Writing Before Letters



At this age, **children are not expected to write.** Everything here builds the foundational skills that make writing easier later.

What You'll Need for the Whole Week



Blank paper



Coloring utensils



Your voice

That's it.

Day 1

Tell a Short Story

What to do

- Tell a short story out loud (1–3 minutes)
- It can be about an animal, the seasons, or something simple like a walk in the woods

What to say

"Once there was a little rabbit who loved to explore..."

That's it.

No questions, no follow-up.



Day 2

Act it Out

What to do

- Retell yesterday's story while moving your body
- Walk, crawl, stretch, or pretend together

What to say

"Let's move like the rabbit did."



Day 3

Draw from the story

What to do

- Offer paper and crayons
- Invite your child to draw anything they remember from the story

What to say

"You can draw any part you liked."



Do not ask them to explain the drawing.

Day 4

Make up a story together

What to do

- Start a sentence
- Let your child finish it

What to say

"One day, something surprising happened..."



Accept whatever they say.

Day 5

Play with sounds

What to do

- Say silly rhymes or repeat fun sounds

What to say

"Can you think of words that sound like cat?" "What are some words that start with Mmmm?"



Laugh. Be Playful. Stop Early.



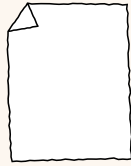
Ages 5-7



Early Writing Without Pressure

Children in this stage are learning that **spoken** words can become **written** words.

What You'll Need for the Whole Week



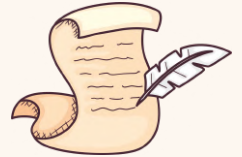
Paper



Pencil



Coloring utensils



A short poem, verse, or story

Day 1

Story + Picture

What to do

- Read or tell a short story
- Ask your child to draw one part

Optional

- You write one sentence describing the picture



Day 2

Copy One Beautiful Line

What to do

- Choose one short sentence or verse
- Your child copies **as much or as little as they want**

What matters

- Care, not speed
- One word is enough



Day 3

Retell the Story

What to do

- Ask your child to tell the story from Day 1 back to you
- You write down exactly what they say

What to say

"Tell me the story your way."



Day 4

Draw → Sentence

What to do

- Invite a drawing - it does not have to be connected to the story
- Ask one question

What to say

"What's happening here?" Then write their sentence exactly how they say it.

Day 5

Choose Your Own Writing

Offer one option

- A short note
- A label for a drawing
- A list (animals, foods, ideas)

Stop while it still feels good.





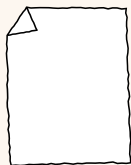
Ages 7-9



Growing Independence in Writing

Children at this age can write independently, but still benefit from clear structure, modeling, and short lessons. Keep writing calm, brief, and predictable.

What You'll Need for the Whole Week



Paper



Pencil



A short story or picture book



A calm, unrushed time of day (10-15 minutes)

Day 1

Write Together

What to do

- You write one short paragraph first (2-4 sentences)
- Your child writes one or two sentences

What to say

"I'll write first. Then you can write one or two sentences."



Day 2

Copywork With Care

What to do

- Choose a meaningful sentence or quotation
- Write it neatly at the top of the page for your child to copy

What to say

"Write this slowly and carefully."



Day 3

Add to a Story

What to do

- Read the beginning of a short story
- Ask questions to prompt your child to add on, "What happened next?"
"What was the character thinking?"

Limit writing to a short amount.

Day 4

Real-Life Writing

Choose one

- A short note (ex. a note to a friend or relative)
- A list (grocery list, packing list, etc.)
- Simple instructions (ex. how to care for a pet)

What to say

"Let's write something useful."



Day 5

Reflect Together

Sit together and ask:

- "What did you like writing this week?"
- "What felt tricky?"

If they want to read something they've written aloud, listen quietly.

Say, "Thank you for sharing that with me."

