Mama Mimi

FREE STARTER KIT

Learning & Development Starter Kit

Play-Based Learning Strategies for Children (Ages 6–9+)

"Learning happens everywhere — not just in classrooms."

By Mama Mimi

ASL Expert · 688K YouTube Families · mamamimi.com

In This Kit You'll Learn:

- How to turn any subject into a game your child loves
- Movement-based learning that boosts memory retention
- Using ASL to improve vocabulary and test scores
- Why reading aloud together is the highest-ROI activity

688K	131+	4.1M
YouTube Families	Free Videos	Total Views

WHAT'S INSIDE

5 Actionable Tips · Printable Checklist · Mama Mimi's Personal Note · Next Steps

A Note From Mama Mimi

By the time kids reach school age, we've been told a story: learning happens at a desk, from a textbook, tested on a Friday. But the research — and my experience with hundreds of thousands of families — tells a completely different story.

Children learn best through movement, play, connection, and meaning. They learn when they're engaged, not when they're compliant. This kit is about giving you practical tools to make learning feel like an adventure — whether your child is thriving, struggling, or somewhere in between.

Print this out. Stick it on your fridge. You've got this.

---

5 Strategies for Joyful Learning

These strategies work across learning styles, abilities, and subjects. They're grounded in developmental science and tested by real families.

1 Turn Everything Into a Game

The brain learns faster when dopamine is flowing — and dopamine flows during play. Spelling words become a jumping game. Math facts become a card battle. Reading becomes a treasure hunt. This isn't dumbing things down; it's working WITH how the brain actually learns.

Try this: Take one subject your child struggles with this week. Spend 10 minutes brainstorming how to turn it into a game. Then play it for 5 minutes a day.

2 Move to Learn (Embodied Learning)

Research shows that physical movement enhances memory consolidation. When kids learn spelling words while jumping, or practice math while throwing a ball, they retain information significantly better. This is especially powerful for kinesthetic learners and children with ADHD.

Try this: Try "spelling hopscotch" — write letters on sidewalk squares and have your child hop out spelling words. Or use a mini trampoline for multiplication tables.

3 Connect Learning to Real Life

Abstract concepts become concrete when connected to real experience. Fractions make sense when you're cutting pizza. Geography matters when you're tracking where your food comes from. History comes alive when you cook a recipe from that era. Real-world connections create lasting memory.

Try this: This week, find one real-world connection for something your child is learning in school. Cook it, build it, visit it, or watch a documentary about it.

4 Use ASL to Reinforce Vocabulary

Sign language isn't just for babies or deaf children — it's a powerful vocabulary tool for all learners. When children associate a word with a physical gesture, they create multiple memory pathways. Studies show that signing vocabulary words improves retention by up to 40% in hearing children.

Try this: Pick 5 vocabulary words from your child's current schoolwork. Look up the ASL signs on mamamimi.com and practice them together. Quiz each other.

5 Read Together (Even When They Can Read Alone)

Reading aloud together — even to older children — builds vocabulary, comprehension, empathy, and the parent-child bond simultaneously. Children who are read to regularly score higher on all academic measures, regardless of their own reading ability. It's the highest-ROI educational activity available to any parent.

Try this: Choose a chapter book slightly above your child's reading level. Read 2 pages per night together. Stop to discuss, predict, and connect to their own life. Make it a ritual, not a chore.

Your First-Week Checklist

- ☐ I've turned at least one subject into a game this week
- ☐ I've incorporated movement into one learning activity
- ☐ I've connected a school topic to a real-world experience
- ☐ I've looked up ASL signs for 5 vocabulary words
- ☐ I've started (or continued) reading aloud together
- ☐ I've watched at least 1 Mama Mimi learning video
- ☐ I've identified my child's primary learning style
- ☐ I've shared one strategy from this kit with my child's teacher

"Every child is a genius at something. Our job as parents isn't to fill them with knowledge — it's to light the spark that makes them want to learn forever."

— Mama Mimi

Mama Mimi

Watch: Learning Through Play

My most popular video series shows exactly how to implement these strategies with real kids. Over 4 million parents have watched — and the comments are full of families sharing their wins.

mamamimi.com/watch

What families are saying:

We turned multiplication tables into a trampoline game. My son went from hating math to asking to practice.

— Keisha B., mom of 3 *** 5 stars**

The read-aloud tip changed our evenings. We're on our 4th chapter book and my daughter asks for it every night.

— Tom & Alicia R. *** 5 stars**

I used the ASL vocabulary trick for my 7-year-old's spelling words. She got 100% on her test for the first time.

— Nadia S. *** 5 stars**

YouTube	Free Videos	Email List
688K Subscribers	131+ Lessons	Weekly Tips
mamamimi.com/youtube	mamamimi.com/watch	mamamimi.com/join

With love and sign language,

Mama Mimi

I'd love to hear how these work for your family — mimi@mamamimi.com

mamamimi.com | Free Starter Kit