Max Rhymes™

A Children's Series

Learning With Max

Fun Activities for January

Teaching core values, creating higher self-esteem and increasing reading retention, all through the power of rhymes.

Todd & Jackie Courtney

Websites

MaxRhymes.com

MaxRhymesClub.com

MaxRhymesFoundation.org

Learning With Max: Fun Activities for January
Max Rhymes™

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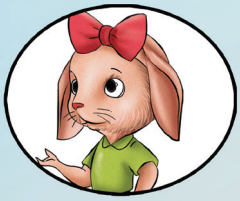
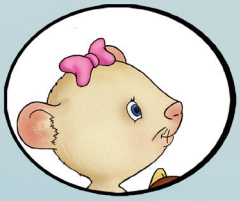
Max Rhymes™ Books

A Children's Series

Be Responsible Like Max

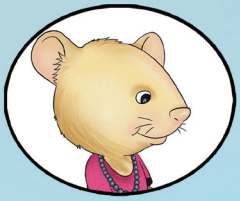


Get Inspired with Max

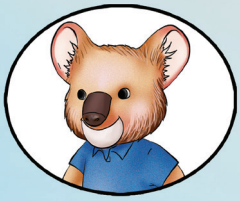


Giving Thanks with Max

Max Gives Thanks to God



Max & Molly Learn Their Manners



Daydream with Max & Molly

The Improbable Story of Max Rhymes

Keeping your bucket list open!

The first thing I should tell you is that neither myself nor Jackie ever had "author" on our bucket list's. In fact, when Jackie first mentioned "we" should write children's books, I cut her off saying, "there's enough cute children's books in the world." It's too long a story to provide here, but as you can see, she won that battle….again!

The shock of stumbling upon a scientist!

Truth be told, it was my stumbling across the research of Dr. Bruce H. Lipton, PhD., which flipped the switch for me. When I learned that 95% of our behavioral patterns were locked and loaded by the age of 7, it scared the heck of me. Give me a break. 7 years old? Nobody knows that!

Turning boring brainwave research into magical tools!

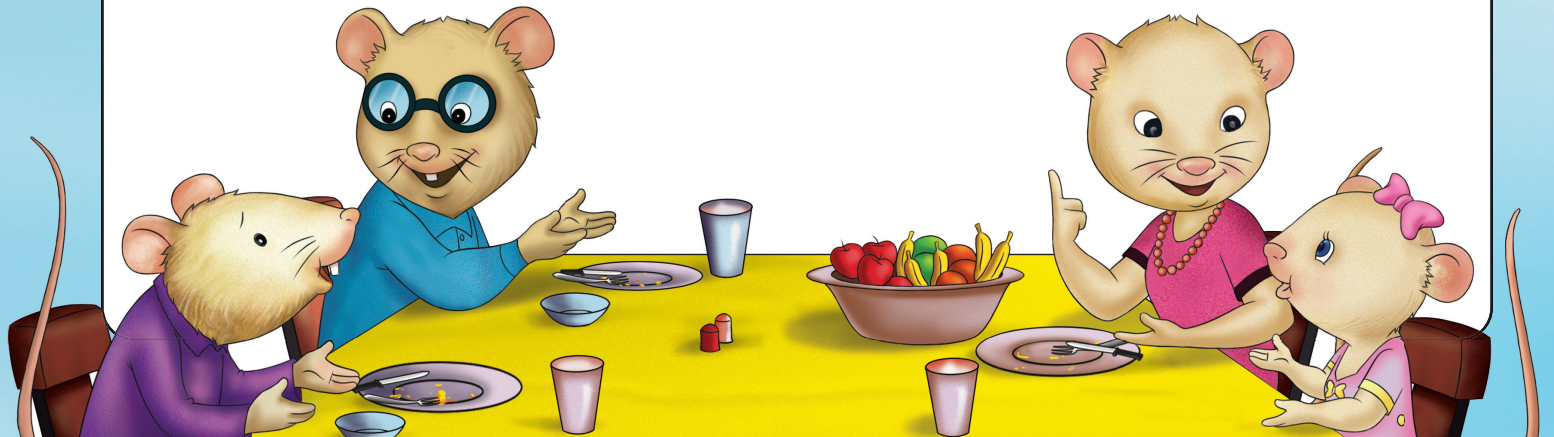
So, we set off on creating books that not only had to be cute, to attract the child's attention, but also act as a magical tool for the parents to easily teach core values, self-empowerment, and positive behavior before this brainwave change occurred.

Cute only gets you so far!

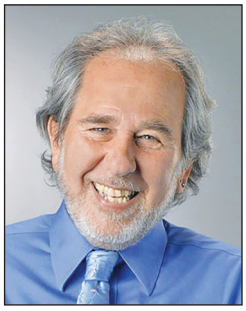
In other words, we weren't interested in simply creating cute books. We were committed to create something that would change lives for the better. So, how do you do that? By turning your goofy dad songs and rhymes, mostly about poop, into positive behavioral affirmations which lodge in the subconscious forever!

It takes two to tango!

In bridging Jackie's skill as an elementary school teacher together with Todd's research in behavioral sciences, out pooped (sorry, habits die hard) popped Max Rhymes. The world's first books to teach core values for the youngest age demographic and has science to back them up!



Endorsed By



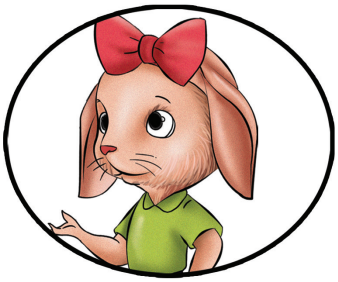
"Language acquisition plays a fundamental role in exercising an infant's brain and shaping its intelligence. Research reveals that interactive social experiences with parents, through conversation and reading, provides a gateway to enhancing a child's linguistic, cognitive, and emotional development.

The social programming a child receives before age seven is the primary determinant of its health and fate as an adult. I encourage parents, grandparents and extended family members to review the new series of Max Rhymes by Todd and Jackie Courtney. Their compilations of beautifully illustrated, consciousness-enhancing messages are designed to elicit a child's intelligence, integrity, and respect for others and our planet. Max Rhymes is a powerful tool to help children reach their full potential … a benefit for all of humanity, since a child's behavior will ultimately influence the evolution of us all."

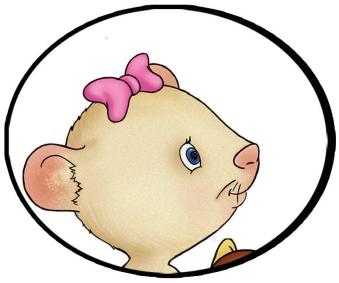
–Bruce H. Lipton, Ph.D.
Cell biologist, Specialist in Epigenetics, and
best-selling author of *The Biology of Belief*

Cast of Characters

Max

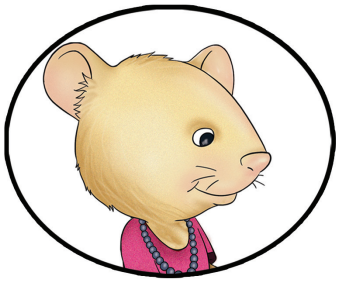


Rosie

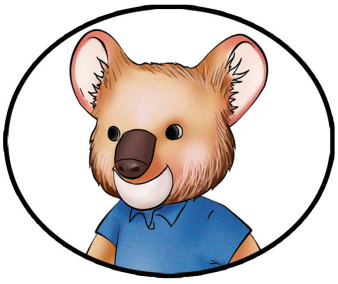


Molly

Ricky



Mama



Kenny

Papa

Stella

The Science Behind Our Rhymes

DID YOU KNOW QUESTIONS:

- Did you know that 95% of our behavioral patterns are established by the age of 7?
- Did you know that babies recognize words, sounds and feelings while in the womb?
- Did you know that due to brain waves changes at such early stages in life, science tells us we should begin teaching our babies in utero?
- Did you know that the science of epigenetics has proven that our thoughts can modify our gene expression?
- Did you know that only 1 out of 10 adults ever change their behavioral patterns for the better, which confirms what science is telling us? That is, we should be teaching our infants and toddlers the positive virtues we want them to have in life prior to age 7.

LET'S TALK ABOUT BRAIN WAVES!

A baby is born in a delta brain wave frequency. This is the lowest frequency and is the reason why their brains are like little sponges. Around age 2, the brain changes into a theta frequency which is still a low frequency, but higher than delta. This just means the brain will be a little less spongy than the delta frequency. However, around age 7, we move into an alpha frequency, which is a much higher frequency, and makes us less susceptible to learn so easily. In essence, it's kind of like being on auto pilot from age 7. Sounds scary, doesn't it? Around age 12 we move into a beta frequency, which is even higher, and the reason so many teenagers have a tough time learning things such as foreign languages. So, why is this important to know? Because it provides the science to back up why it's imperative to teach our infants and toddlers positive virtues prior to them reaching the age of 7.

WHAT MAKES MAX RHYMES DIFFERENT?

Because we understand the science of epigenetics and brain wave changes, Max Rhymes are scientifically written to condition children with a positive belief system at the subconscious level. As the children grow, they will be able to draw from this knowledge they learned at an early age and create a path toward success. *Want to learn about epigenetics?* Keep reading!

EPIGENETICS:

the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

WHAT DOES THAT MEAN TO YOU AS A PARENT?

It means you have a lot more influence on your child than we ever knew. Did you know that you have an impact on your child's IQ? Did you know that you have an impact on your child even before conception? Most of us didn't and still don't know this. However, research is revealing what others, such as aboriginal cultures, have known for 1000 years and it's why those cultures go through a ceremony to purify their minds and bodies.

Research is showing that parents, by default, act as genetic engineers months before conception. During the final stages of egg and sperm maturation, a process called genomic imprinting adjusts the activity of specific groups of genes that will shape the characteristics of the child yet to be conceived. (The Biology of Belief, Bruce Lipton; Surani 2001; Reik and Walter 2001) What that means is your stress levels, be it financial, relationship, family, friends, work, etc. and likewise your level of happiness and peacefulness, all play a role in the development of your child even before conception.

Now, on top of that, add the fact that **95% of the programming to the subconscious mind is done by the age of 7**. That means all the things your child has heard via conversations, TV or radio, is all getting programmed in the mind. It's this programming that plays a huge role in the child's future based on the "truths" and "beliefs" the child has been programmed with. Unfortunately, most of us have been programmed with limitations, which has prevented us from creating the life we deserve.

Worksheets

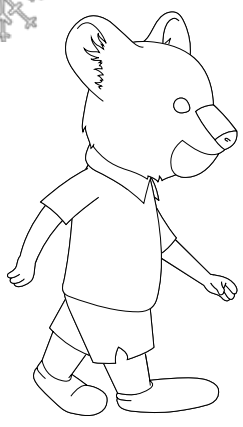
Max Rhymes™
A Children's Series

Conversation Starters & Activities

USE ONE SQUARE PER DAY AND "X" WHEN COMPLETED.

I am the one who is responsible for me

My amazing superpowers are…	When its cold, I wear…	My favorite way to eat marshmellows is…	Before I go to bed, I…
A snowman has…	List five things that are white	Take five deep breaths with your eyes closed	Say hello to five people today
Name six things that make you happy	List two things you will do for someone else today	If I had magic gloves, this is what they would do…	My favorite dinner is…
Sit and close your eyes for two minutes	Count how many times you say thank you today	My favorite thing to do at night is…	Tell someone how to make a sandwich



Color

A fun little game I play
when a peace officer is driving by,
is getting them to honk their horn at me
as I'm waving and saying, "Hi".

EDGARDO "EDDIE" THE EAGLE

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Word Search

I am the one who is responsible for me

FIND THE HIDDEN WORDS IN THE WORD SEARCH.

R	E	T	I	H	W	L	S	X	F	S
A	D	A	W	I	N	T	E	R	N	N
E	L	X	A	B	E	B	O	O	N	O
Y	E	E	W	E	V	Z	W	Y	F	W
W	V	Y	E	R	E	F	U	Q	J	M
E	O	C	R	N	L	B	D	H	O	A
N	H	L	L	A	B	W	O	N	S	N
I	S	H	K	T	U	D	Q	O	J	S
X	W	E	Y	E	K	N	L	V	T	G
P	E	N	G	U	I	N	A	O	H	S
S	E	V	O	L	G	Y	T	J	C	Z

BOOTS
COLD
FROZEN
GLOVES
HIBERNATE
JANUARY
NEW YEAR
PENGUIN
SHOVEL
SNOWBALL
SNOWFLAKE
SNOWMAN
WINTER
WHITE

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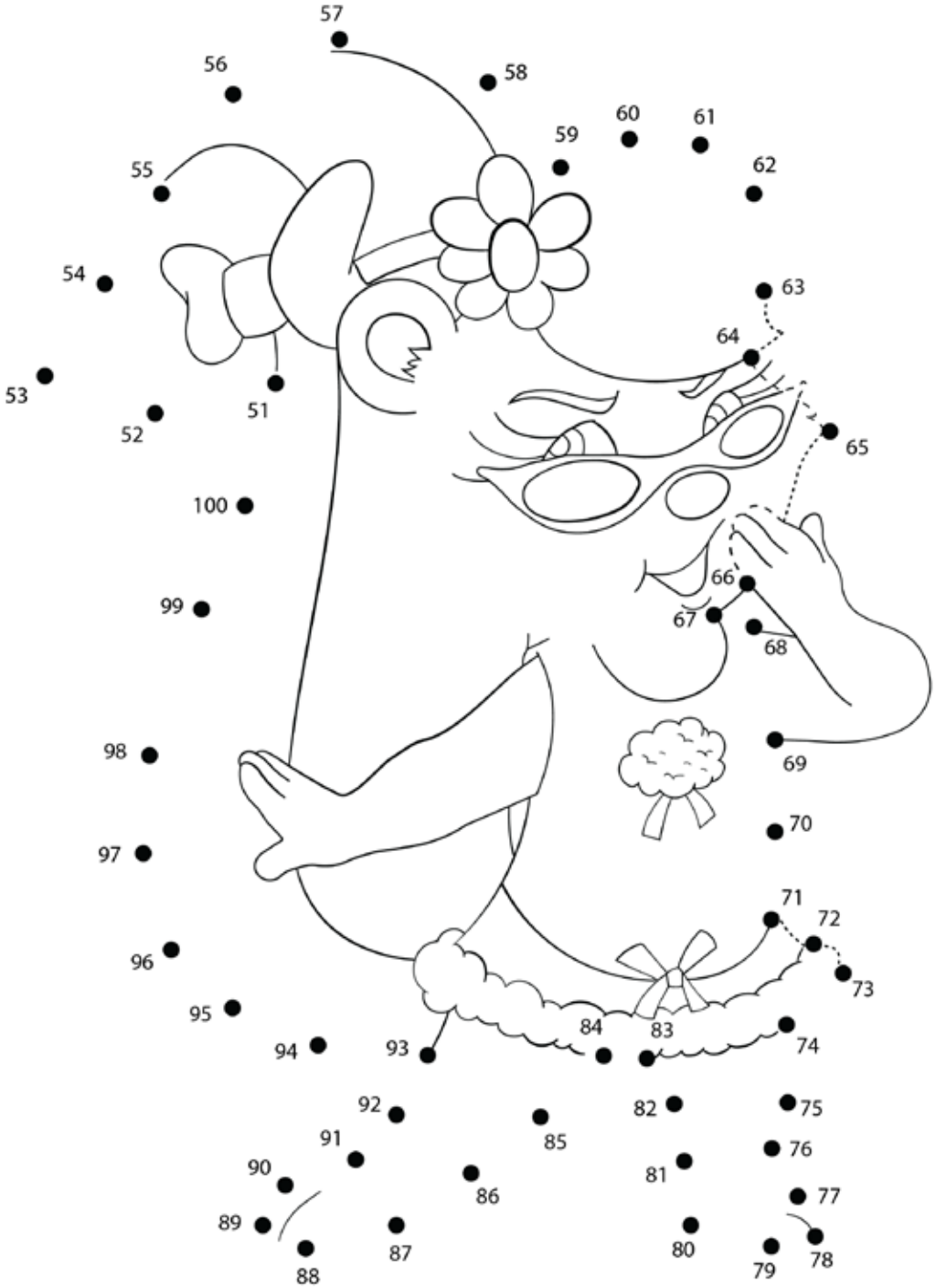
Connect-the-Dots

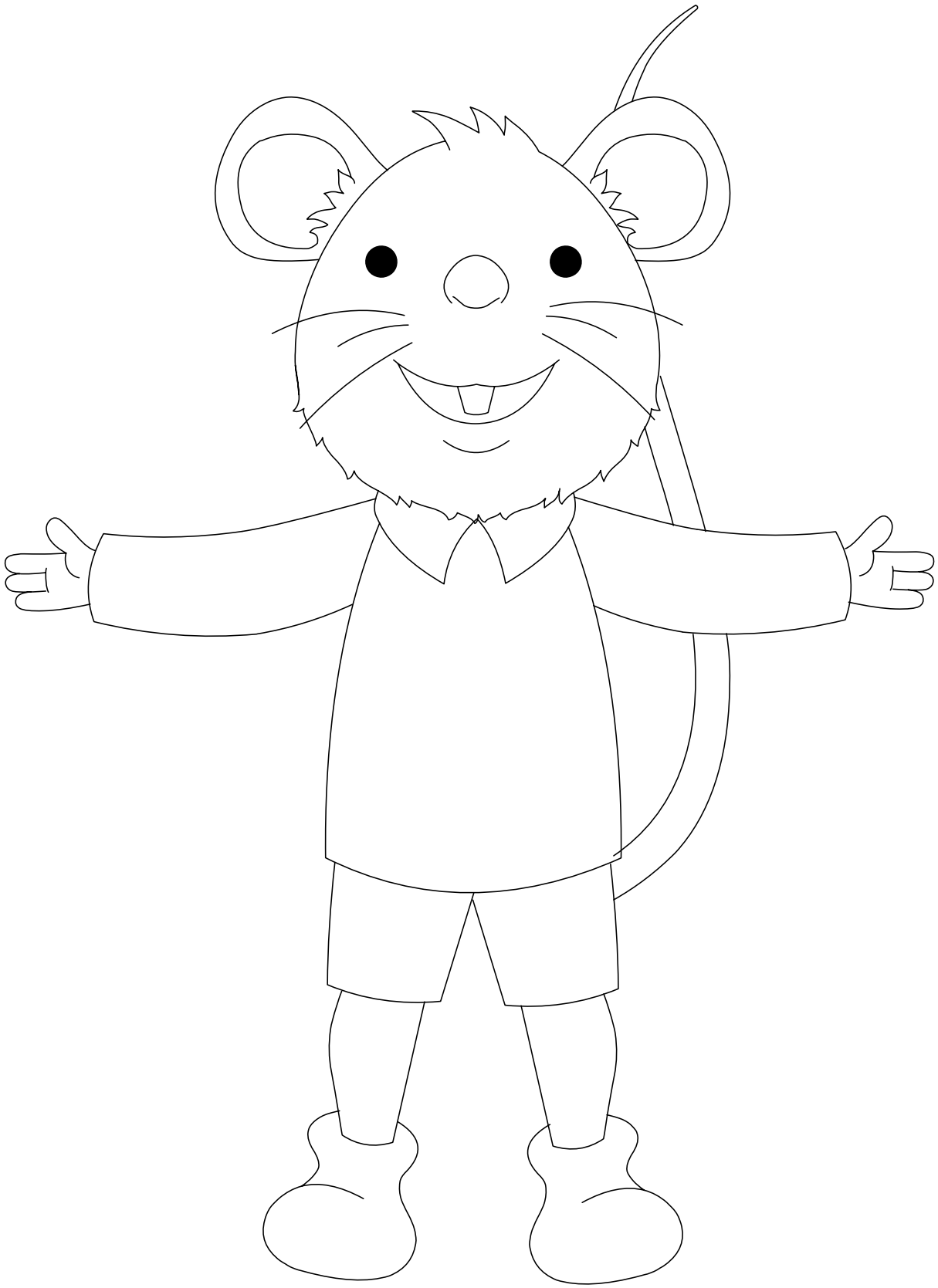
CONNECT THE DOTS TO COMPLETE THE PICTURE. COLOR.



Max Rhymes™
A Children's Series

Color

I am the one who is responsible for me



MAX

Max Rhymes™
A Children's Series

Goal Setting With Max

- ➜ You are 42% more likely to achieve your goals if you write them down!
- ➜ Less than 3% of adults have written goals!
- ➜ Less then 1% review and re-write their goals daily!

Learn About Goals With Max!

- ➜ Goals will help your child stay motivated and provide the desire to learn more.
- ➜ When goals are achieved, it solidifies the desire to write down new goals.
- ➜ It is never too early to begin the process of setting goals.
- ➜ Goals for kids can be about learning, reading, making bed, cleaning room, physical activities or even character goals. There is no right or wrong when setting your goals.

Examples:

Physical Goals

- ➜ Goal #1: Learn to tie shoes
  Action: Practice 2-3 times daily.
- ➜ Goal #2: Learn to ride a bike
  Action: Practice with an adult 2-3 times each week.

Character Goals

- ➜ Goal #1: Show more kindness
  Action: Help someone new each day.
- ➜ Goal #2: Tell the Truth
  Action: Whenever someone asks you to explain a situation, always tell the truth.

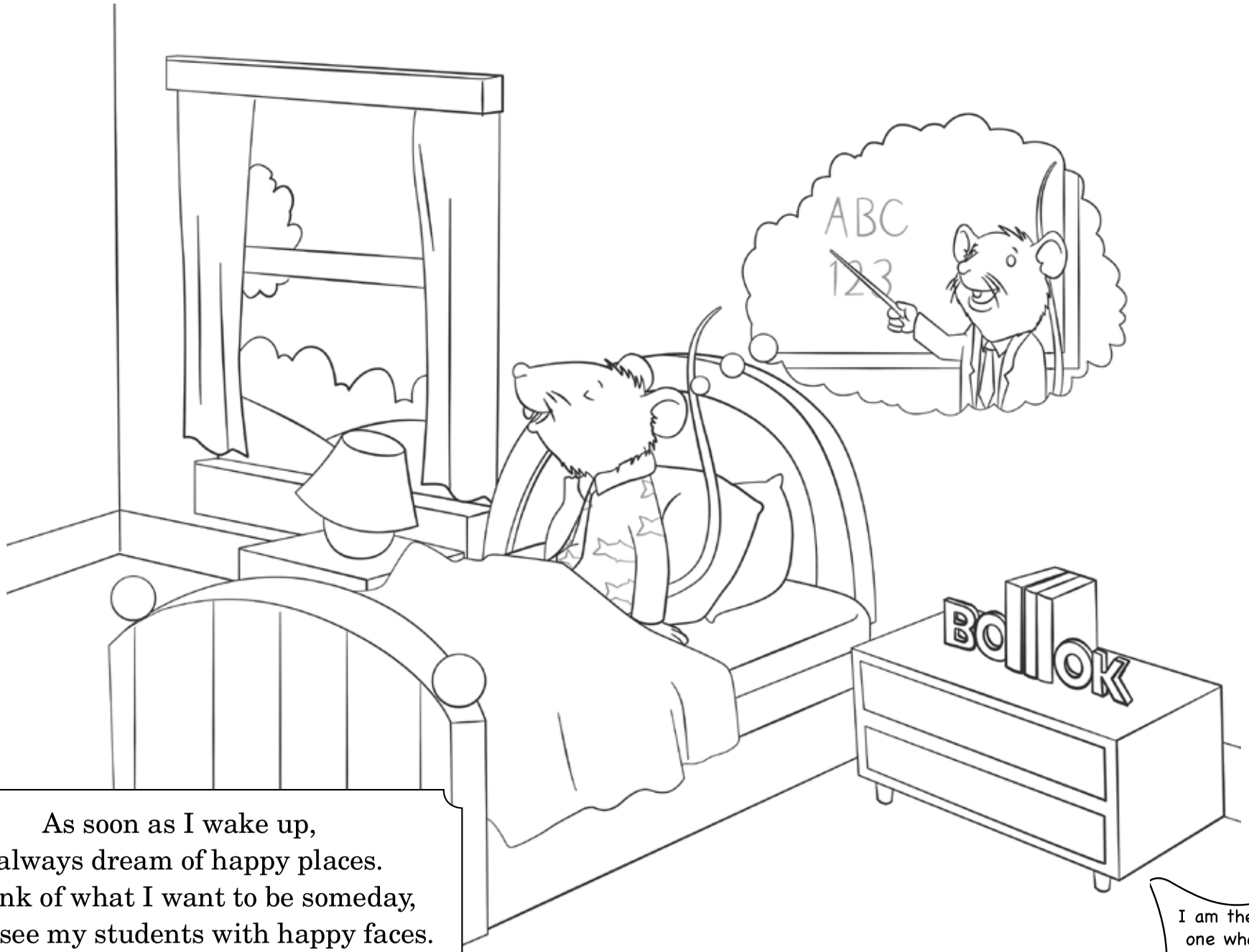
Max Rhymes™
A Children's Series

Goal Setting With Max

Write down your goal for the month and either draw or cut out a picture of something that represents your goal and glue it to this page. Tape your goal page on your wall.

I know I can,
I know I can,
I know I can.

Color



As soon as I wake up,
I always dream of happy places.
I think of what I want to be someday,
and I see my students with happy faces.

I am the one who is responsible for me

Max Rhymes™
A Children's Series

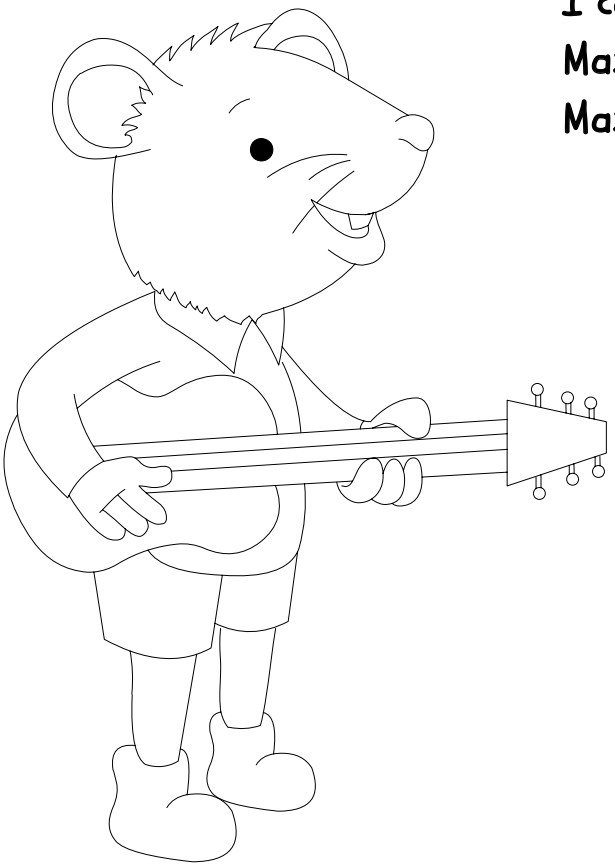
The Max Rhymes Chant

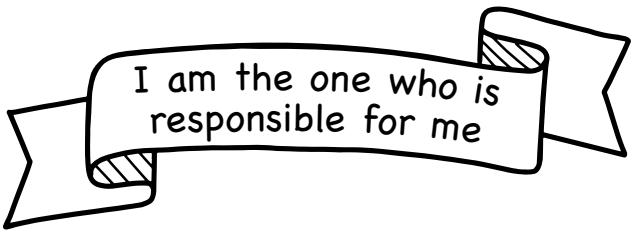
Every morning when you wake up and every night just before falling asleep, you should always say the Max Rhymes Chant.

I can do anything.
I can do anything.
Max teaches that.
Max teaches that.

I can do anything.
I can do anything.
Max teaches that.
Max teaches that.

I can do anything.
I can do anything.
Max teaches that.
Max teaches that.





Max Rhymes™
A Children's Series

Alphabet Code

USE THE ALPHABET CODE TO SOLVE THE MAX RHYME.

A = 1	F = 6	K = 11	P = 16	U = 21	Y = 25
B = 2	G = 7	L = 12	Q = 17	V = 22	Z = 26
C = 3	H = 8	M = 13	R = 18	W = 23	
D = 4	I = 9	N = 14	S = 19	X = 24	
E = 5	J = 10	O = 15	T = 20		

9   12 9 11 5   20 15   7 9 22 5

20 8 1 14 11 19   15 14 5

8 21 14 4 18 5 4   20 9 13 5 19   1

4 1 25;   9 20   13 1 11 5 19   13 5

6 5 5 12   2 5 20 20 5 18   9 14

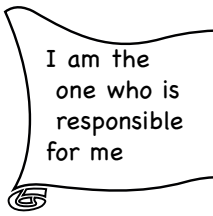
5 22 5 18 25   19 9 14 7 12 5   23 1 25.

Max Rhymes™
A Children's Series

Memory

The rules for playing "Memory"

1. Cut out the cards for the 100 most frequently used words on the following page. (You will receive new cards each month to add to game.)
2. Mix up the cards.
3. Lay them in rows, face down.
4. Turn over any two cards.
5. If the two cards match, keep them.
6. If they don't match, turn them back over.
7. Remember what was on each card and where it was.
8. Watch and remember during the other player's turn.
9. The game is over when all the cards have been matched.
10. The player with the most matches wins.



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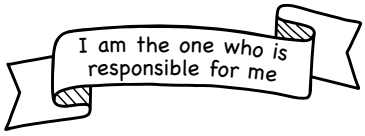
Memory Cards



CUT OUT EACH CARD. SEE RULES ON PREVIOUS PAGE.

a	a	after
about	about	after
all	all	at
and	and	at
are	are	back
as	as	back

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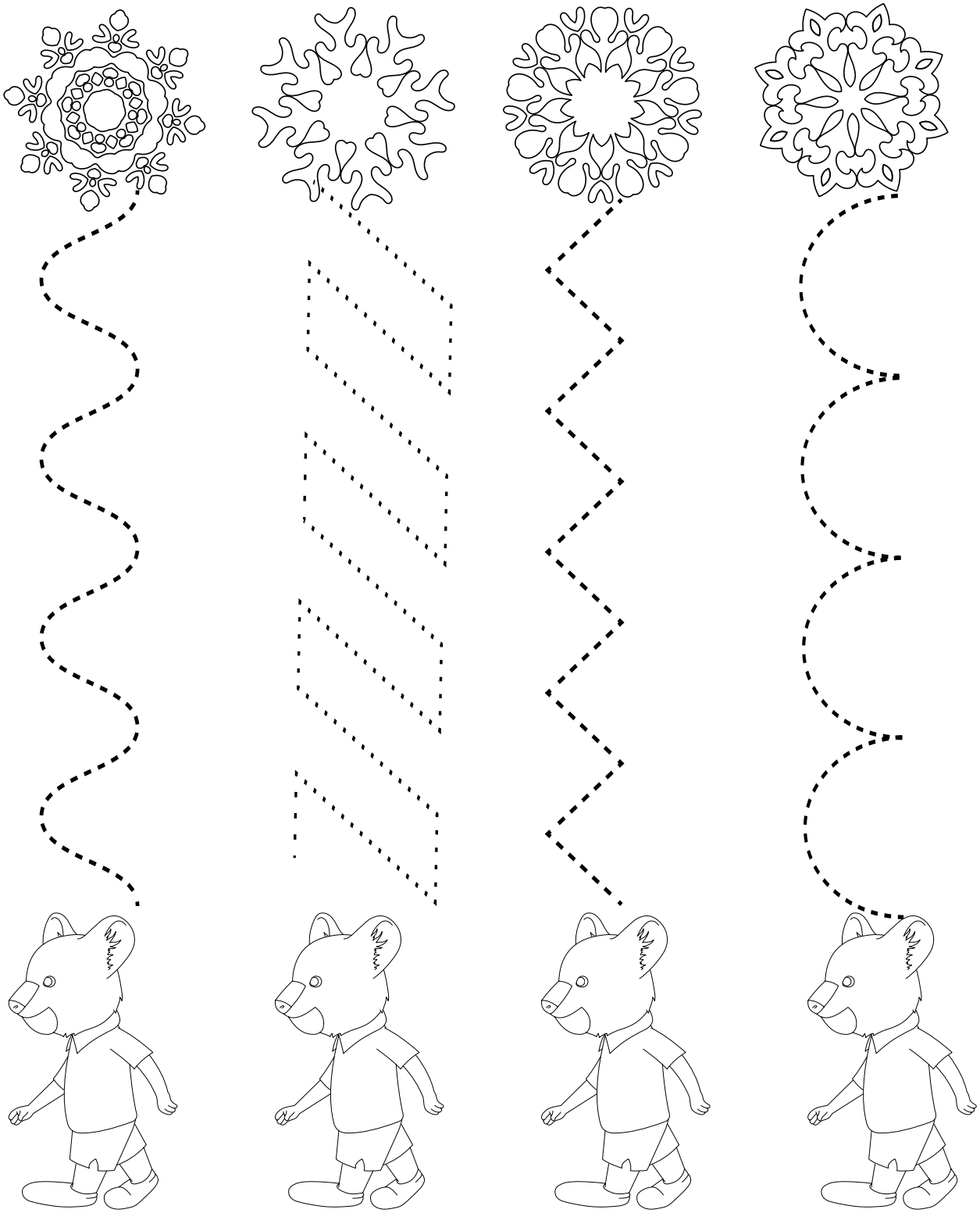
Snow Day With Kenny

I am the one who is RESPONSIBLE for me.

LEAD KENNY TO EACH SNOWFLAKE.



Max Rhymes™
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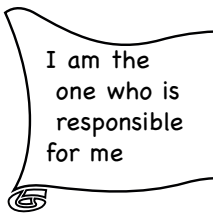
Winter Soup with Ricky

Chicken noodle soup for kids!
A kid-friendly dinner that still has all the yummy flavors.
@momsdinners.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	15 minutes	30 minutes

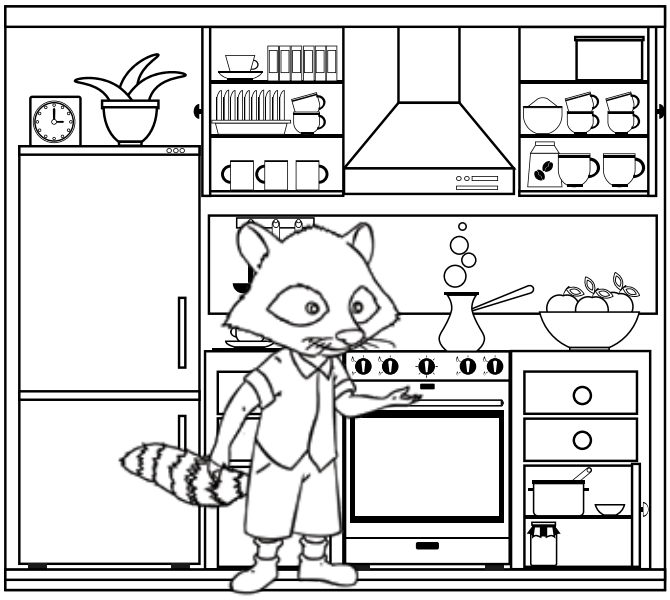
INGREDIENTS

- 2 tsp olive oil
- 1 cup baby carrots, diced
- ¼ tsp each: garlic powder, onion powder
- ⅛ tsp each: salt, celerty salt, tumeric powder
- 1 tsp chicken base
- 32 oz chicken broth
- 1 cup cooked chicken, diced small
- 1 cup Kluski noodles (you can use other types of noodles, just adjust the cooking time for your noodle type



INSTRUCTIONS

1. In a large pot over medium low heat, saute the carrots in oil for 3–4 minutes.
2. Stir in the garlic power, onion powder, salt, celery salt, and tumeric powder.
3. Pour in the chicken broth and add the chicken base, stir to combine.
4. Turn the heat up to medium high and bring the pot to a simmer.
5. Add the noodles and chicken, cook for 12–15 minutes, until noodles are cooked through.
6. Taste for additional seasoning.



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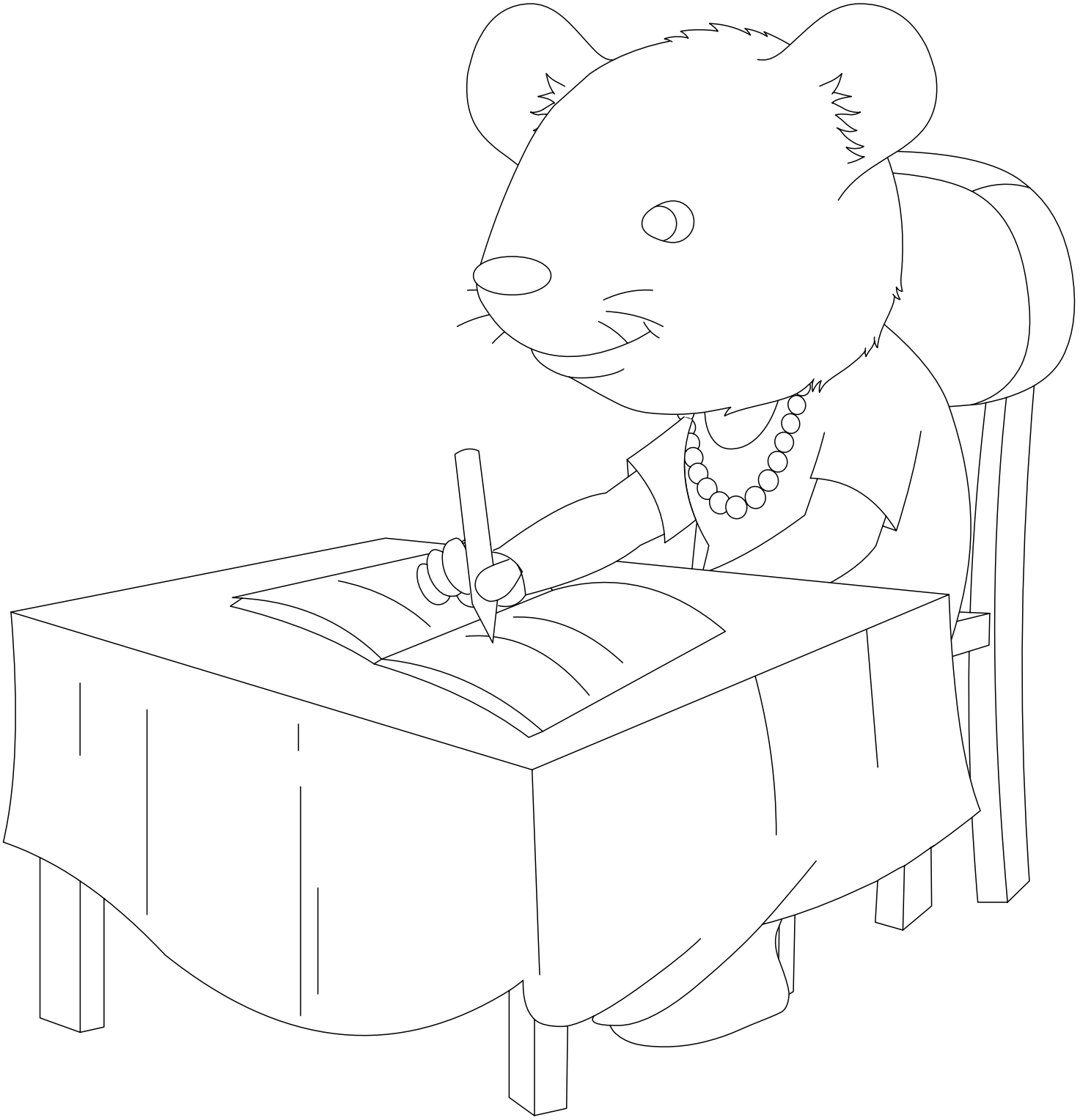
Color

I am the one who is responsible for me



MAMA

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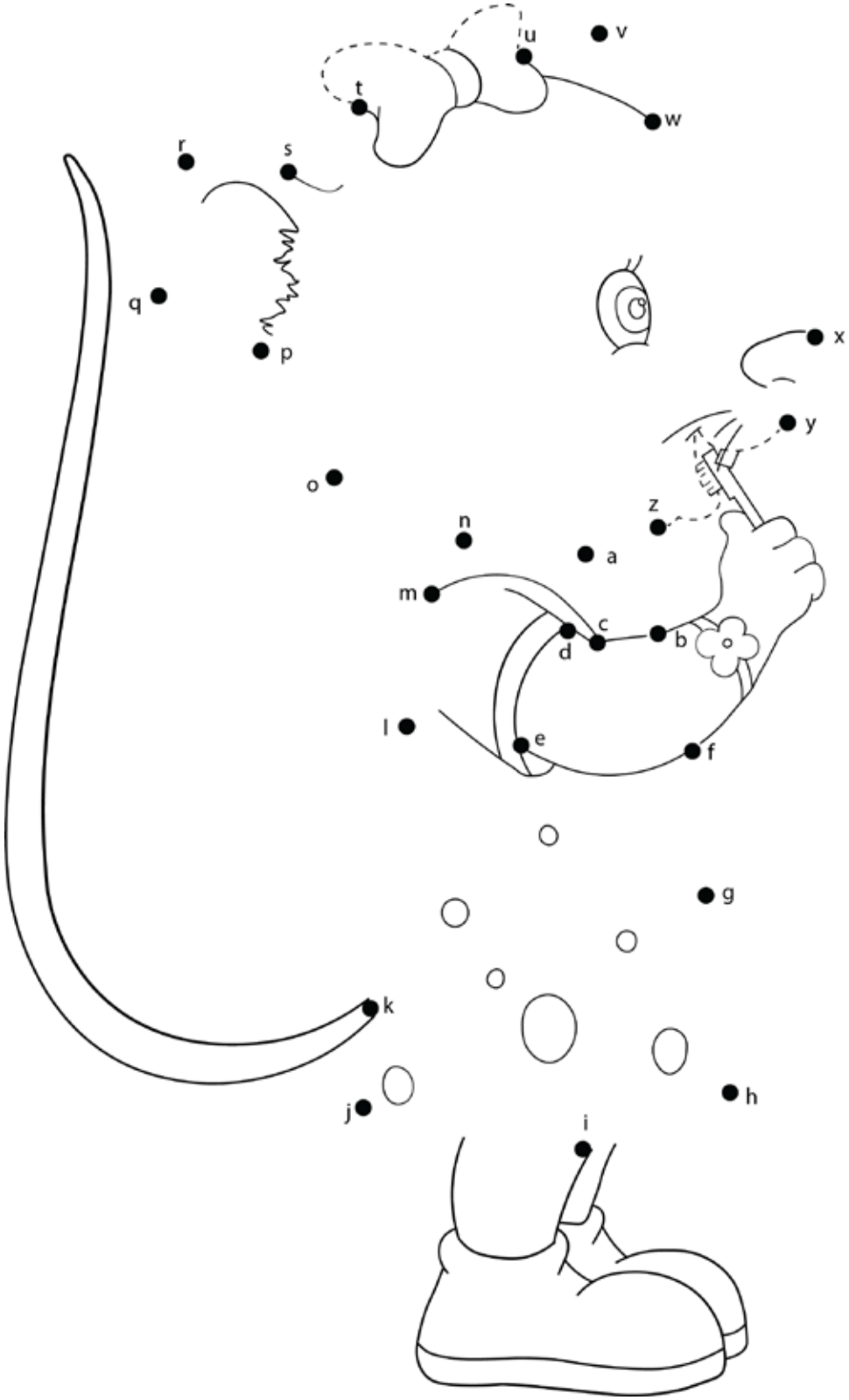
Connect-the-Dots

CONNECT THE DOTS TO COMPLETE THE PICTURE. COLOR.



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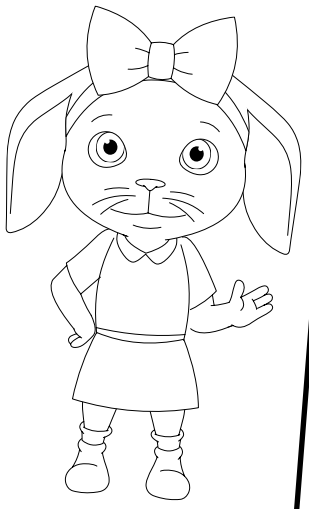
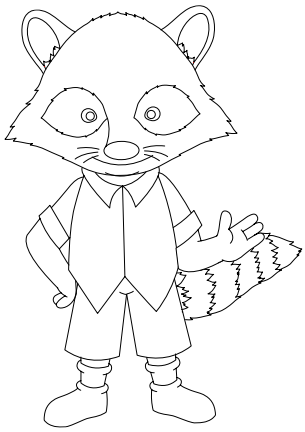
Kindness for Kids

CARRY OUT A RANDOM ACT OF KINDNESS, WITH NO EXPECTATION OF A REWARD.

Ask someone if they need help.

Tell someone why they're awesome.





Make a card for your neighbor.

Come up with your own kindness act. Write it here.

I am the one who is responsible for me

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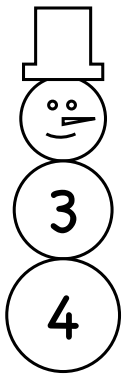
A Children's Series

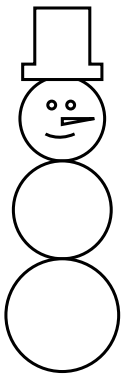
Roll the Dice with Molly

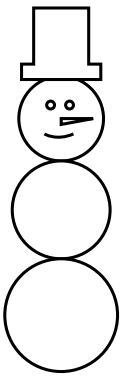
I am the one who is RESPONSIBLE for me.

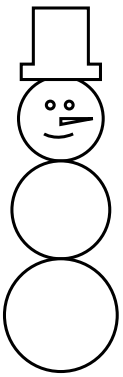
ROLL A DICE TWICE AND ADD THE NUMBERS. YOU CAN USE THE DICE TEMPLATE ON THE FOLLOWING PAGE IF YOU DO NOT HAVE ONE.

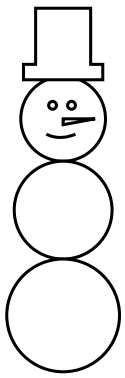


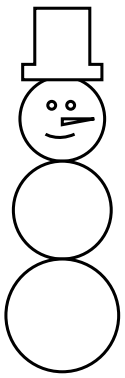
3 + 4 = 7

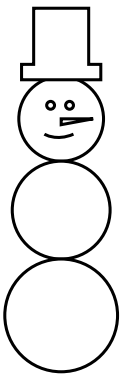


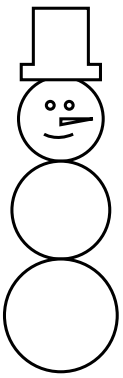


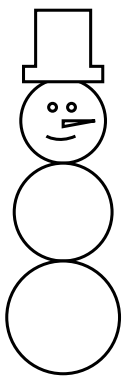


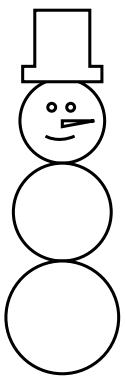


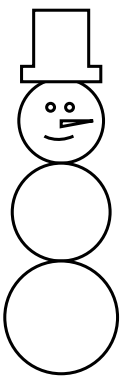


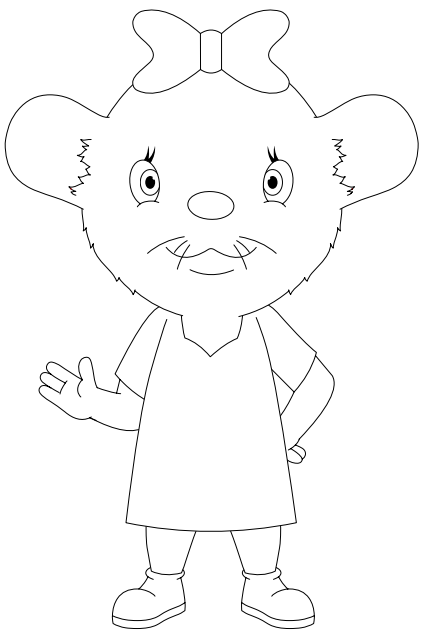












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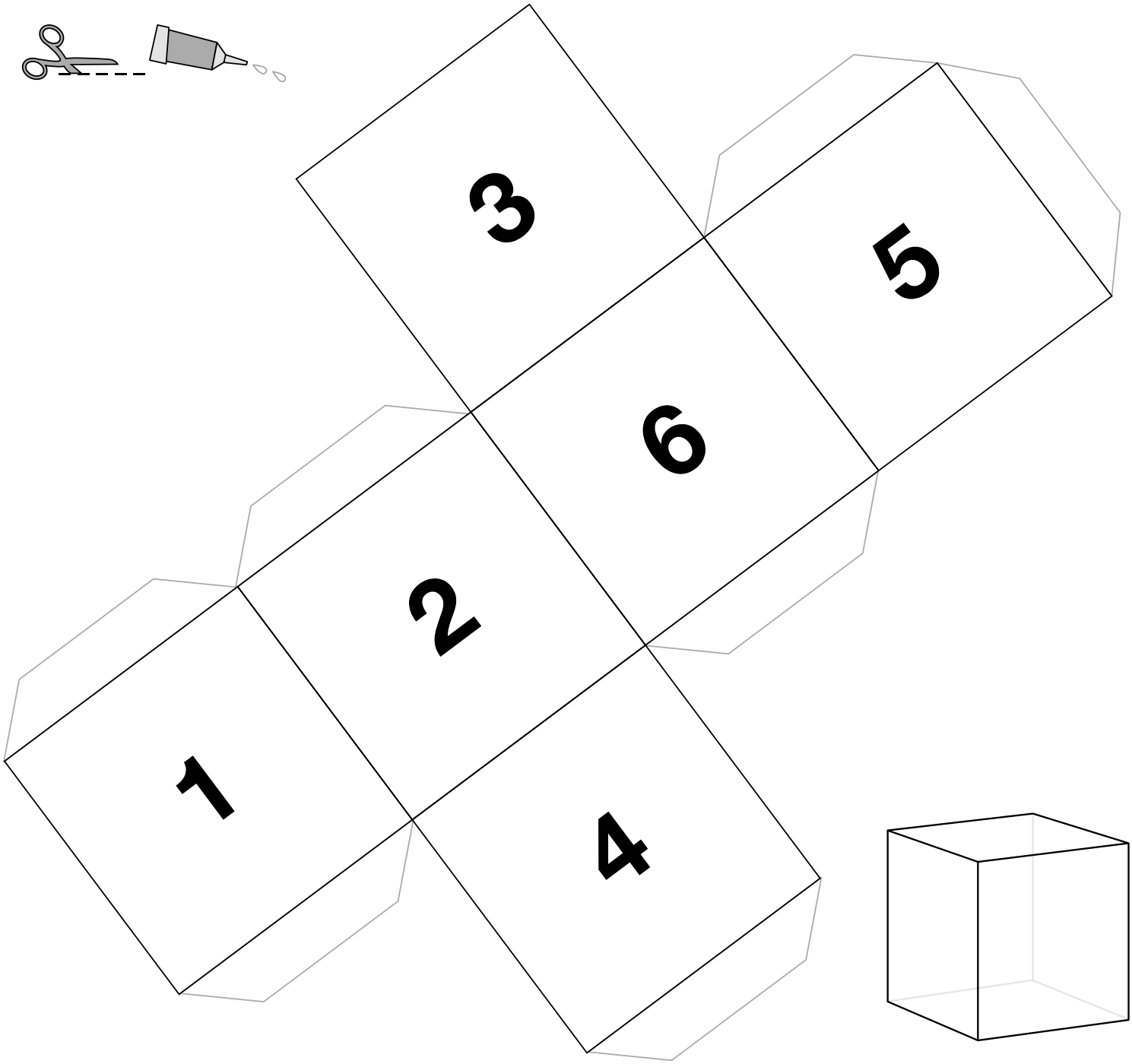
Roll the Dice with Molly

I am the one who is responsible for me

CUT OUT AND GLUE.



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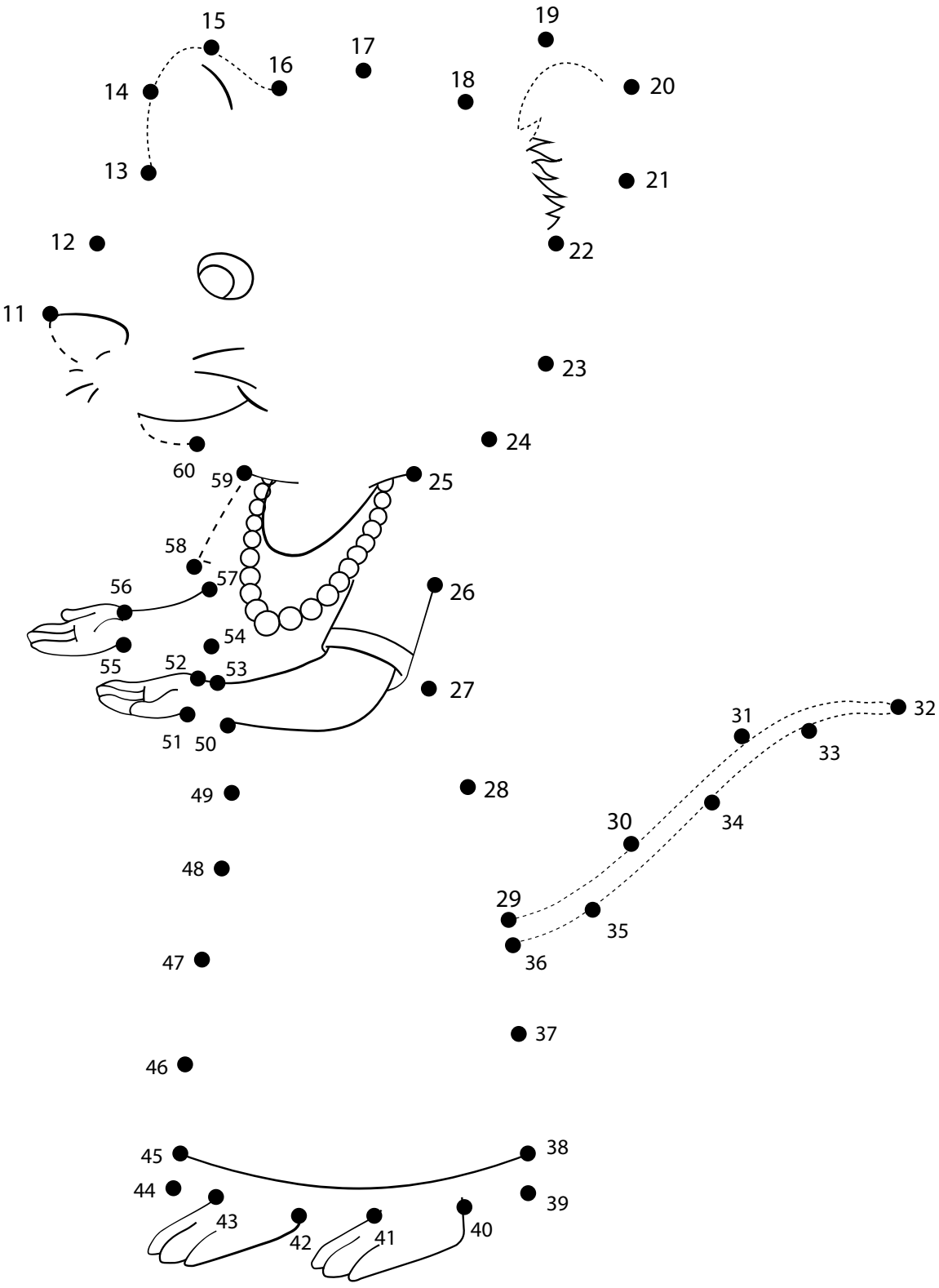
Connect-the-Dots

I am the one who is RESPONSIBLE for me.

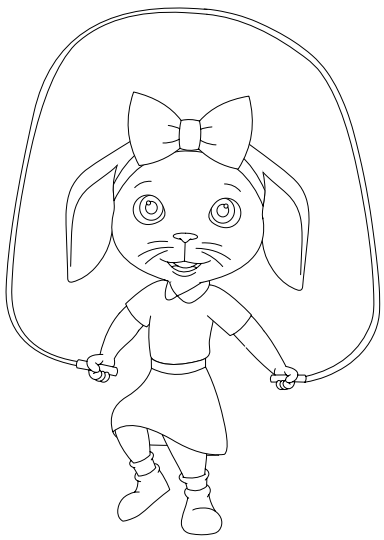
CONNECT THE DOTS TO COMPLETE THE PICTURE. COLOR.



Draw

FRIENDS ARE LIKE SNOWFLAKES, ALL DIFFERENT AND ALL BEAUTIFUL. DRAW A PICTURE OF YOUR FRIENDS AND WRITE THEIR NAME IN EACH OF THE SNOWFLAKES.

I am the one who is responsible for me



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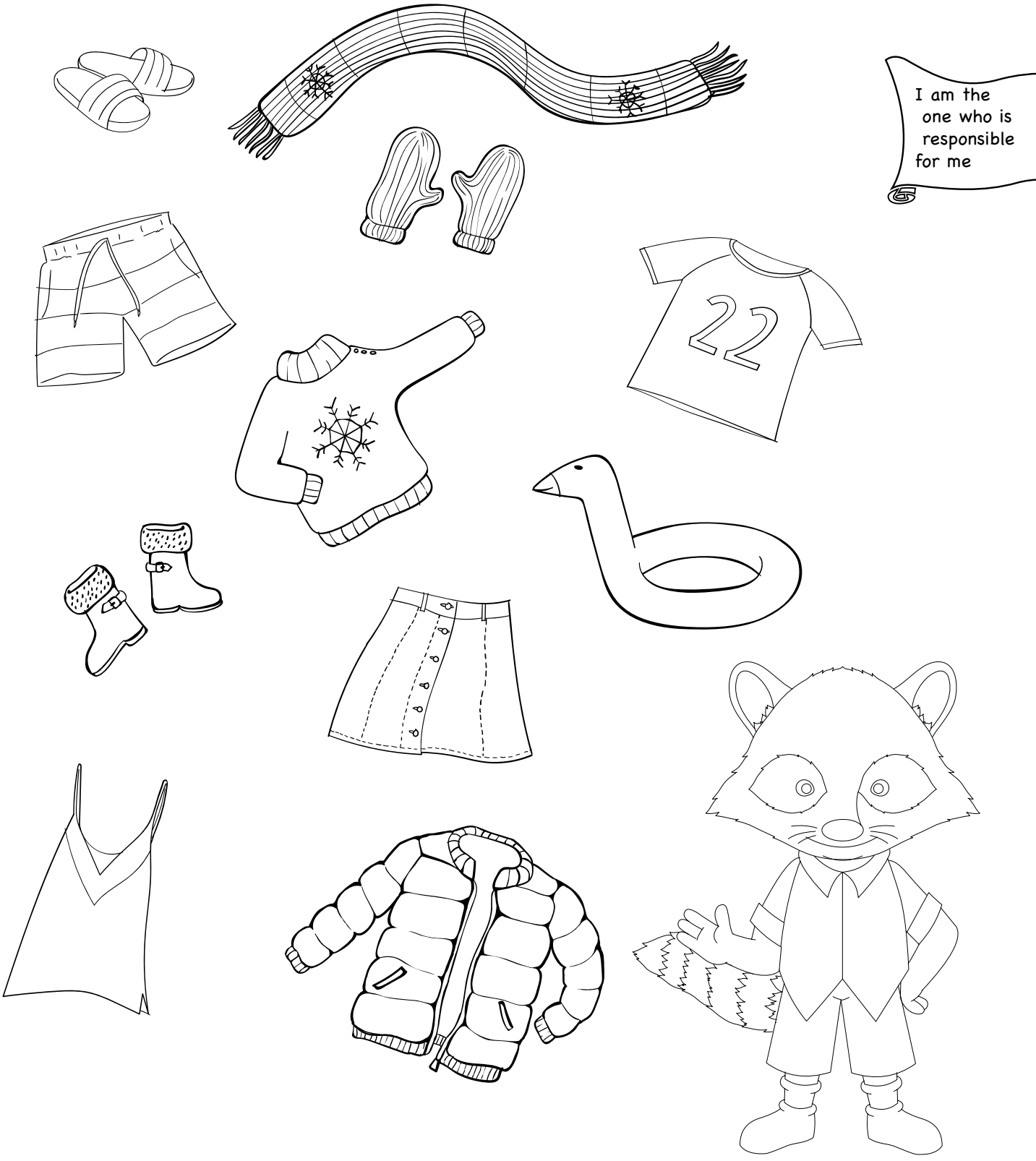
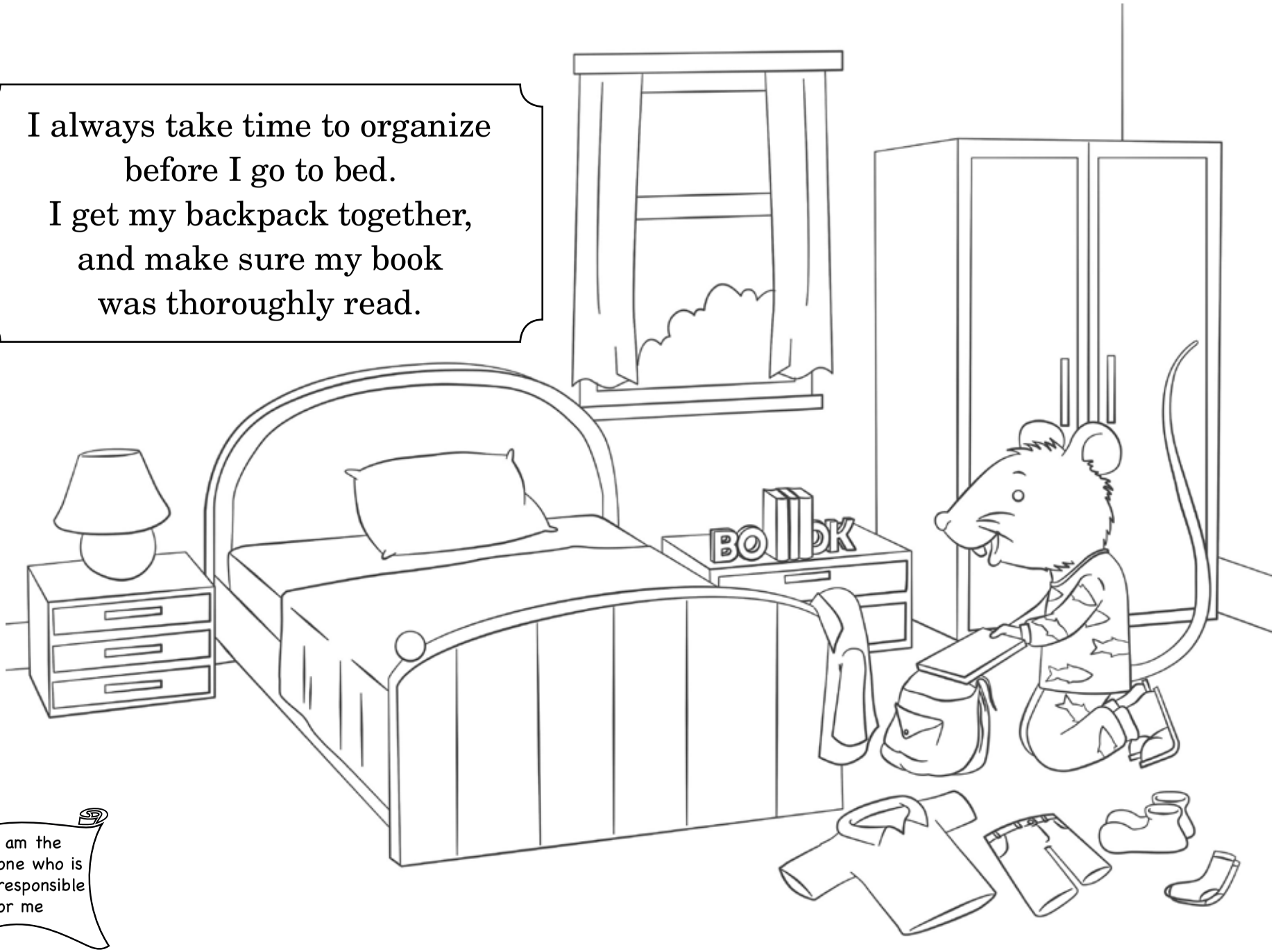
Help Ricky Get Dressed for the Snow

CIRCLE THE CLOTHING ITEMS RICKY WOULD WEAR IN WINTER TO PLAY IN THE SNOW.



Color

I always take time to organize
before I go to bed.
I get my backpack together,
and make sure my book
was thoroughly read.



I am the
one who is
responsible
for me

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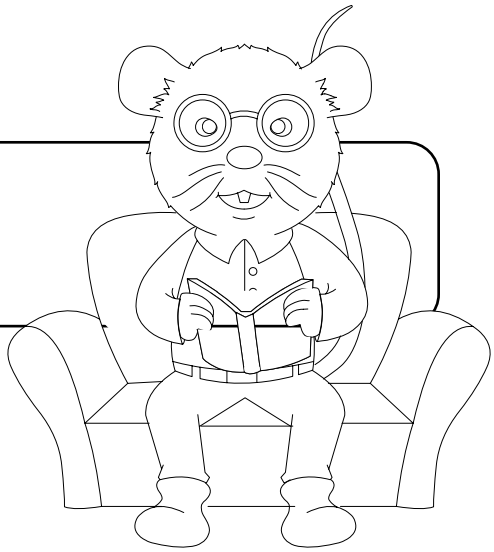
In the Winter



COMPLETE THE SENTENCES.

In the winter…

I see _____

I hear _____

I feel _____

I smell _____

I taste _____

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Alphabet Code

USE THE ALPHABET CODE TO SOLVE THE MAX RHYME.

A = 1	F = 6	K = 11	P = 16	U = 21	Y = 25
B = 2	G = 7	L = 12	Q = 17	V = 22	Z = 26
C = 3	H = 8	M = 13	R = 18	W = 23	
D = 4	I = 9	N = 14	S = 19	X = 24	
E = 5	J = 10	O = 15	T = 20		

2	5	6	15	18	5		9		12	5	1	22	5

20	8	5		20	1	2	12	5	,	9		1	19	11

20	15		2	5		5	24	3	21	19	5	4	.

9	20	19	'		1		18	5	13	9	14	4	5	18		15	6

16	15	12	9	20	5	14	5	19	19		1	14	4

16	15	12	9	20	5	14	5	19	19		19	8	15	21	12	4

1	12	23	1	25	19		2	5		21	19	5	4	.

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Color

I am the one who is responsible for me

RICKY

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Matching

MATCH THE WEATHER WITH ROSIE.

I am the one who is responsible for me

cloudy

rainy

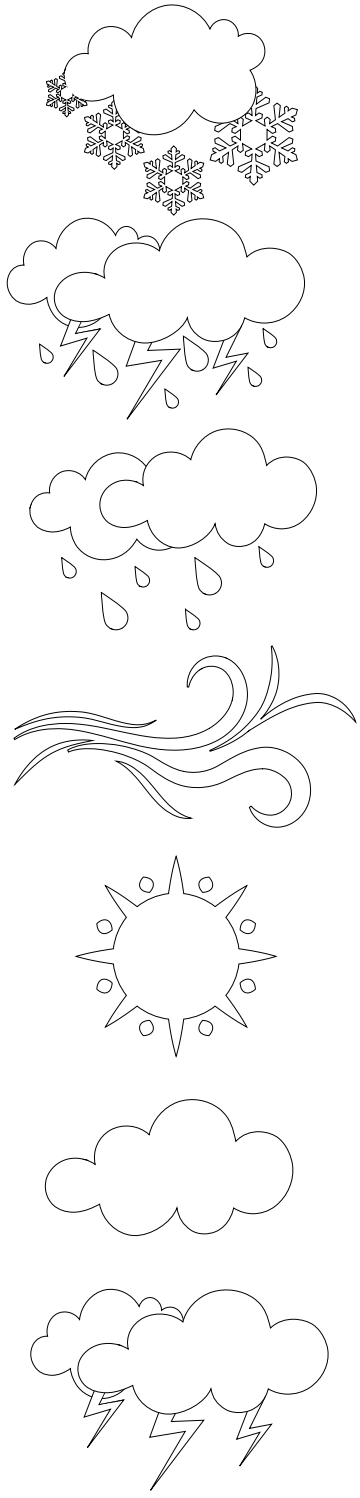
snowy

lightning

stormy

windy

sunny



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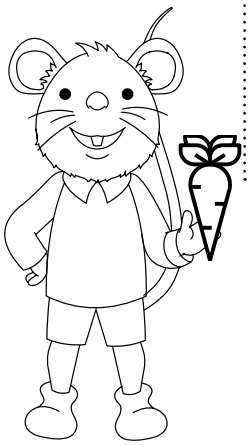
Winter Maze

I am the one who is responsible for me

CAN YOU HELP MAX FIND HIS WAY THROUGH THE MAZE SO HE CAN ADD THE CARROT TO THE SNOWMAN'S FACE FOR A NOSE?

Start



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Color

I am the one who is responsible for me

PAPA