

## FREE MANDARIN STARTER PACK

# 7 Days to Your First Mandarin Routine

A parent-friendly printable pack for ages 4-6, built with pinyin, first words, and tiny daily practice.

YCT 1-aware

Full pinyin

5 minutes a day

Print at home

**For parents:** You do not need perfect Chinese to begin. Use the pinyin, point to pictures, repeat one or two words, and keep the routine warm.



# Keep it tiny, repeatable, and joyful.

## The 5-minute routine

Read one page, say three words, and connect one word to real life. Stop while your child still wants more.

## How pinyin helps

Pinyin is the bridge for parents. Say the pinyin slowly, point to the character, then point to the picture or object.

## What success looks like

Your child recognizes a few sounds, repeats a phrase, or uses one Mandarin word around the house.

## What not to do

Do not turn the first week into a test. Young learners need familiarity before performance.

**YCT note:** This pack is independent, not official YCT test material. It uses beginner vocabulary patterns that fit the YCT 1 starting range.

# One small action each day

**DAY 1**

## Say hello

Practice 你好. Wave, smile, and say it to a toy or family member.

**DAY 2**

## Family words

Say 妈妈, 爸爸, 我. Point to real people or family photos.

**DAY 3**

## Big and small

Find one 大 thing and one 小 thing at home. Say each word twice.

**DAY 4**

## Food words

Use 苹果, 牛奶, 吃, 喝 at snack time. Keep it playful.

**DAY 5**

## Read one sample

Look at the sample story page. Read the pinyin slowly and point to the picture.

**DAY 6**

## Flashcard game

Cut out the cards. Let your child choose a card and say the pinyin with you.

**DAY 7**

## Retell with pictures

Ask: Who is in the picture? What do you see? Use any Mandarin word from the week.

**AFTER DAY 7**

## Repeat

Repeat the same week. Familiar words become stronger with reuse.

# A quick parent pronunciation bridge

Pinyin is not English spelling, but these reminders make the first week less intimidating. Listen to native audio when you can, and keep your voice relaxed.

## **nǐ hǎo**

hello; both syllables dip and rise gently.

## **wǒ**

I / me; start low, then rise.

## **mā ma**

mom; the first syllable is high and level.

## **bà ba**

dad; the first syllable falls clearly.

## **xiè xie**

thank you; the first syllable falls.

## **zài jiàn**

goodbye; two clear falling syllables.

**Parent tip:** Do not correct every sound. Model gently, repeat often, and celebrate recognition.

# First words for the week: people and basics

Chinese	Pinyin	English	Use today
你	nǐ	you	Point, say, and use once today.
好	hǎo	good / well / fine	Point, say, and use once today.
我	wǒ	I / me	Point, say, and use once today.
妈妈	mā mā	mom / mommy / mother	Point, say, and use once today.
爸爸	bà bà	dad / daddy / father	Point, say, and use once today.
家	jiā	home / family / house	Point, say, and use once today.
大	dà	big	Point, say, and use once today.
小	xiǎo	small	Point, say, and use once today.
一	yī	one	Point, say, and use once today.
二	èr	two	Point, say, and use once today.

# First words for the week: animals, food, and actions

Chinese	Pinyin	English	Use today
三	sān	three	Point, say, and use once today.
猫	māo	cat	Point, say, and use once today.
狗	gǒu	dog	Point, say, and use once today.
苹果	píng guǒ	apple	Point, say, and use once today.
牛奶	niú nǎi	milk	Point, say, and use once today.
看	kàn	look / watch / read / see	Point, say, and use once today.
吃	chī	eat	Point, say, and use once today.
喝	hē	drink	Point, say, and use once today.
谢谢	xiè xiè	thank you	Point, say, and use once today.
再见	zài jiàn	goodbye / see you again	Point, say, and use once today.

**Parent tip:** Do not teach all 20 at once. Pick three words per day and reuse them in real life.

CUT-OUT MINI FLASHCARDS

# Print, cut, and play

Choose three cards at a time. Say the pinyin together, then find the person, object, or action in real life.

你

nǐ

you

好

hǎo

good / well / fine

我

wǒ

I / me

妈妈

mā mā

mom / mommy /  
mother

爸爸

bà bà

dad / daddy / father

家

jiā

home / family / house

看

kàn

look / watch / read /  
see

谢谢

xiè xiè

thank you

**Game idea:** Hide three cards around the room. When your child finds one, say the word together.

# Trace a few friendly characters

你 你 你 你

好 好 好 好

我 我 我 我

家 家 家 家

看 看 看 看

妈妈 means \_\_\_\_\_

爸爸 means \_\_\_\_\_

吃 means \_\_\_\_\_

喝 means \_\_\_\_\_

# See how a Little NiHao story page works



## What to notice

The Mandarin text is paired with pinyin above the characters and English support below. A vocabulary card highlights one useful word.

This sample comes from the Sprout book **Helping Mom**. The full Sprout Bundle includes five printable storybooks.

**Try this:** Read the pinyin once. Then point to 爸爸 and say bà ba together.

## NEXT STEP

# Ready for a full week of real stories?

The Sprout Bundle gives you five beginner Mandarin picture books with pinyin, illustrations, and everyday vocabulary for ages 4-5.

[littlenihao.com/sprout-bundle](http://littlenihao.com/sprout-bundle)

### Start with Sprout

Best for brand-new beginners and families starting Mandarin at home.

### Move to Bud

Best for children ready for longer stories and richer cultural themes.

**Remember:** The best Mandarin routine is the one your family repeats. Keep it short, warm, and consistent.