



HELLO PARENTS,

Experiencing seasons with your child can be both adventurous and educational. Children can actively experience each season by playing with or raking fallen leaves in fall, rolling snowballs in winter, going to the beach in summer, or planting seeds in spring. Learning about seasons of the year and their transition helps children better comprehend how time works. This newsletter offers activities that will inspire your child to think about the cycle of seasons, the passage of time and how everything is interconnected.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

SEASONAL SENSORY BASKET

MATERIALS:

- A basket
- A collection of seasonal items. For example leaves and gourds in the fall, snow or ice cubes in winter, flower petals in summer etc.

DIRECTIONS:

- Present the materials to your child and let them explore.
- Notice which items draw your child's attention.
- Talk about their shapes, colours, textures etc.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

TREE DISCOVERY WALK

MATERIALS:

- A bag

DIRECTIONS:

- Take a walk with your child and look at different trees along the way.
- Bring a bag to collect natural items.
- Feel the tree's bark and look at the leaves on the tree or ground.
- Talk about how maple tree's leaves feel different than a pine tree's needles.
- In the fall, notice the different colours of the leaves.
- Collect some leaves that are different colours, shapes and other natural items. Let your child explore them.

[Click here](#) to listen to "Clifford's First Autumn" by Norman Bridwell.

PRESCHOOLERS (2.5 – 5 YEARS)

WHAT DO I WEAR?

MATERIALS:

- Various kinds of different clothes (summer, fall, winter, spring)

DIRECTIONS:

- Place clothes, shoes, boots, mittens, swimsuits, etc. on the floor.
- Let your child look through them and make comments.
- Encourage your child to sort the items according to different types of weather and activities (clothes that would keep them warm, protect them from the elements, provide shade, etc.).
- Ask questions: What would you wear if it was hot? Raining? Cold?

[Click here](#) to read "Four Seasons Make a Year" by Anne Rockwell.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

THE SEASONAL TREE

MATERIALS:

- Large sheet of paper
- Different coloured construction paper
- Pencils
- Scissors
- Glue

DIRECTIONS:

- On a large sheet of paper, draw a tree with all of its branches, but without any leaves.
- Talk with your child about seasons of the year and what changes trees undergo in each season.
- Using different colours of construction paper, draw leaves and cut them out.
- Divide the tree into four equal parts – each one will represent a different season.
- You can write: spring, summer, fall and winter above each section.
- Glue the leaves on the branches according to what colour they are in each season.

[Click here](#) to read "My Tree and Me" by Jo Witek.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

SUNRISE, SUNSET

MATERIALS:

- Notebook
- Pen

DIRECTIONS:

- In your house, choose one viewing point towards the east and one towards the west. Pick one fixed landmark at each direction (a tree, building, lamp post, etc.) that you will use as your point of reference.
- Wake up early one morning and watch the sun rise. Make sure not to look directly at the sun as it can harm your eyes. Notice where the sun rises in relation to your chosen landmark.
- Make a note in the notebook along with the date and time. You can also make a simple sketch of the view and the position of the sun on the horizon (for example, you might write: "Sun rose just to the right of the tree.")
- Repeat the same at sunset at your second viewing spot where you can see the setting sun. Again, notice where the sun sets in relation to your chosen landmark on the horizon. Make a note in the notebook, indicating date and time. Draw a sketch of what you observed.
- Repeat your observation once a week for 3-4 weeks or longer.
- Notice any differences in the position of the sun on the horizon. Has the sun moved?

NOTE: The sun always rises in the east and sets in the west. It is really the earth that has moved. As the earth orbits the sun, it changes how much it tilts toward the sun. The result is that the sun rises and sets in different places on the horizon.

[Click here](#) to learn about the sun and the seasons.

[Click here](#) to read "Our Seasons" by Grace Lin & Ranida T. McKneally.

A TIP FOR TODAY

- Create a seasonal scrapbook or journal with your child by cutting pictures out of holiday brochures, old cards or photos and sort them into different season's scenes.
- Go to a local market and pick only the fruits and vegetables that grow locally and are in season. Repeat this every season.
- Choose books and stories that relate to the different seasons.
- If you grew up in an area where seasons are different than where you live now, talk with your child about them and compare your experiences.