



## HELLO PARENTS,

No matter what age, the universe amazes and inspires all of us. The earth, sun and the rest of the solar system are only a portion of the universe. Children naturally love learning about the solar system. The sun, moon, stars and planets are fascinating to small children who see stars twinkle in the night sky at night, and older children who begin to ask more thorough questions, such as: "are there other planets with life?" or "are there other solar systems like ours?" Questioning and wondering leads to higher level thinking and prompts children to uncover the role of their inner scientist. In this newsletter we will provide you with activities that inspire children's imagination and ignites their natural curiosity.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### LIGHT SHOW

##### MATERIALS:

- Coloured, plastic container with lid
- Mini flashlight

##### DIRECTIONS:

- Turn on the flashlight, and place it in a coloured plastic container.
- Place your infant on the floor in a dark room, and let them explore the container with the flashlight.
- Take the flashlight out of the container, and lay your infant on their back.
- Move the light slowly on a dark wall or ceiling.
- Pause the light over objects and talk to your infant about what they see.

[Click here](#) for more activities.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### STARGAZING

##### MATERIALS:

- Song "[Mr. Moon](#)"

##### DIRECTIONS:

- On a clear night, take your child outside or bring your child near a window.
- Look at the sky with your child.
- If the moon is visible, talk about its shape, size, etc.
- Discuss what you see in the night sky (stars, flying planes, etc.)
- Sing "Mr. Moon" song together with your child. This song can be used as part of your nighttime routine.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### WATCH YOUR SHADOWS MOVE!

##### MATERIALS:

- Sidewalk chalk

##### DIRECTIONS:

- On a sunny morning, go outside with your child and talk about your shadows, their shapes and sizes.
- Let your child trace your shadow on the sidewalk using chalk.
- Repeat this tracing two more times: at noon and later in the afternoon.
- Discuss with your child that the shadows look different throughout the day.
- Notice that the shape and size of your shadow changes, as the position of the sun moves in the sky.

[Click here](#) for more activities.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

**WE WOULD LIKE TO HEAR FROM YOU!**  
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR  
SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)

### JK/SK (4 – 6 YEARS)

#### SOLAR AND LUNAR ECLIPSES

##### MATERIALS:

- Flashlight
- 2 balls (one small, one large)
- Semi-dark room (in the shade, or out of direct sunlight)

##### DIRECTIONS:

- Talk to your child and explain to them that the large ball represents the earth, the small ball represents the moon, and the flashlight represents the sun.
- To create a solar eclipse, let your child shine the flashlight on earth (large ball), so the light lands on the ball.
- Ask your child to place the moon (small ball) between the sun and the earth.
- Notice that the moon blocks the light from the sun. This is called a solar eclipse.
- To create a lunar eclipse, shine the flashlight on the moon (small ball), so the light lands on the ball.
- Ask your child to place the earth (large ball) between the sun and the moon.
- Observe that the earth blocks the light of the sun, and the moon appears dark. This is called a **lunar eclipse**.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### MAKE A SOLAR SYSTEM MODEL

##### MATERIALS:

- 1 very large Styrofoam ball
- 9 smaller Styrofoam balls in varying sizes
- 9 skewers, cut to different lengths (from 5 to 20 cm long)
- 9 toothpicks
- Masking tape
- Black marker
- Paint and paintbrushes

##### DIRECTIONS:

- Cut 9 pieces of masking tape (6cm each) and fold them in half. Attach the pieces of tape to the toothpicks and make small flags.
- Write the names of the planets on each piece of tape and put them aside (names of the planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto).
- Paint the largest ball yellow (this is the sun).
- Paint the rest of the balls each a different colour (you can paint the earth blue and green).
- Order the balls from the smallest to the biggest and insert the planet names in the following order: Mercury, Venus, Earth, Mars, Pluto, Neptune, Uranus, Saturn and Jupiter.
- Lay the skewers from the shortest to the longest.
- Insert the longest skewer into the sun, and attach it to the ball marked "Mercury".
- Continue inserting the skewers around the ball and attaching the planets in the following order: Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.
- You have created a model of our solar system.

**Note:** If you do not have Styrofoam balls you can make your own planets using crumpled newspaper.

[Click here](#) to learn more about planets in the solar system.

[Click here](#) for more activities.

#### A TIP FOR TODAY

- Read books, and watch documentaries about the planets with your child.
- Talk with your child about what they can see in the sky during the day (sun, clouds) and at night (moon, stars, planets and comets).
- Discuss with your child which planet is closest to earth, and which planet is closest to the sun etc.