



HELLO PARENTS,

Community helpers are people who live and work in our communities. They provide goods and services to make life better for the people and help the communities function more efficiently. They are part of children's everyday lives. Children love to pretend to be community helpers such as a: firefighter, police officer, doctor, teacher, etc. During these activities, children increase their vocabulary, communicate, socialize and gain a better understanding of what community helpers do. In this newsletter, you will find different ways to engage your child in activities related to community helpers.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

HURRY, HURRY DRIVE THE FIRETRUCK

DIRECTIONS:

- Sing the song to your child and show them the different movements.
- Act the song out as you sing.
- Do the movements together with your child.
- You can use a cardboard box as a firetruck while you sing the song.

[Click here](#) to listen to the song.

[Click here](#) for more songs.

TODDLERS (19 MONTHS – 2.5 YEARS)

RUNAWAY BUS!

MATERIALS:

- Chairs

DIRECTIONS:

- Line up chairs in two rows to resemble your bus.
- Have your child sit in a chair.
- Together sing the song: "The Wheels on the Bus." For example, you may sing: "The people on the bus go up and down!"
- Suddenly, you may exclaim: "Runaway Bus!" When this is said, the children may get up from their seats and walk around the chairs.
- Then, you may say: "Emergency Brake!" When this is said, the children sit back down.

[Click here](#) to listen to the song.

[Click here](#) to read the book "When I Grow Up" by Marias Joy Mayfould.

PRESCHOOLERS (2.5 – 5 YEARS)

CONSTRUCTING BUILDINGS

MATERIALS:

- Legos

DIRECTIONS:

- Let your children use Lego blocks to construct buildings.
- While your child is building, talk about structures, homes, towers etc. which you have seen in your community, and the construction workers who build them.
- When your child is finished building, discuss and compare the structures which they have created. For example, you may say: "Which buildings are larger or smaller?" or "What materials could construction workers use to make these buildings?"

[Click here](#) for more activities.

[Click here](#) to read the book "Helping Out is Cool" by Ellen Feinman Moss.

JK/SK (4 – 6 YEARS)

MAIL BOX

MATERIALS:

- Tissue box
- White paper
- Tape
- Markers
- Pencils
- Envelopes (or you can make your own)
- Stickers

DIRECTIONS:

- Decorate the tissue box "mail box" with pencils and markers.
- Write a letter to a friend or other family member.
- Put the letter in the envelope and after put it in the "mailbox".
- Enjoy delivering the mail to friends or other family members.

[Click here](#) for more activities.

[Click here](#) to read the book "Let's Meet a Construction Worker" by Bridget Heos.

SCHOOL-AGERS (6 – 12 YEARS)

COMMUNITY HELPER THANK YOU ACT OF KINDNESS

MATERIALS:

- Paper or card box
- Markers
- Coloured pencils
- Pens

DIRECTIONS:

- [Click here](#) to read the book "Whose Hands Are These?" by Miranda Paul.
- After you read the book, think of the people who make our community a better place. The list may include police officers who keep us safe, the doctors and nurses who help us stay healthy, teachers who help us learn, postal workers who deliver mail.
- Write a kindness card to a community helper of your choice.
- For example, you can make a kindness card for our waste collection operators that says: "Thank you for doing great work."
- Provide your community helper with the kindness card, which you made. For example: tape these to your garbage bins for the waste collection operators to receive.
- You can also make a "Thank-You" poster and hang it on your front door or balcony.

[Click here](#) for more activities.

A TIP FOR TODAY

- When you are out with your child, look for different community helpers and talk about what they do.
- Build on a conversation with your child about how different people help in our lives.
- Make sure your child memorizes the emergency phone number, and what to do in case of an emergency.