



HELLO PARENTS,

Teaching children the value of time is an essential part of their daily routine and schedule. At a young age, children will begin to understand the passage of time, as events occur quickly or slowly. Eventually, children will grasp the concept of seconds, minutes, hours, days and even years! Fostering an understanding of time at a young age will increase children's self-regulatory skills. In this newsletter, you will be provided with a variety of activities which will encourage an understanding the notion of time. As the saying states, time will truly "fly, while you are having fun!"

ACTIVITIES

INFANTS (3 -18 MONTHS)

SINGING SLOWLY AND QUICKLY

DIRECTIONS:

- Position your infant facing you.
- Begin singing a song that is familiar to your child, at a normal pace.
- After a minute, sing the same song at a slower pace.
- Next, sing the song at a faster pace.
- You can continue to implement this activity with various songs, and at different times during the day.

[Click here](#) to listen to a song about time.

TODDLERS (19 MONTHS – 2.5 YEARS)

SLEEPING BUNNIES

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

DIRECTIONS:

- Have your child listen to the song, Sleeping Bunnies.
- Follow the actions in the song. For example, your child will lay on the floor "sleeping until it is nearly noon".
- Next, it is time to "Wake up little bunnies! Hop! Hop! Hop!" Your child will jump up from their sleeping positions, and begin hopping.
- Exchange different animals or characters in the song. For example, instead of bunnies you could sing about sleeping puppies, cats, fish etc.
- Discuss with your child their routine, such as when they sleep and wake up.

[Click here](#) to read "The Old Clock's New Hands" by PINKFONG Storytime for Children.

PRESCHOOLERS (2.5 – 5 YEARS)

THE CLOCK STRETCH

MATERIALS:

- Wall clock or watch

DIRECTIONS:

- Set the clock to a specific time. For example, 9 o'clock.
- Encourage your child to lay on the floor, on their backs.
- Have your child use their arms and legs to mimic the clock. For example, at 3 o'clock the child's left arm will point directly up, and the child's right arm will point to the side. At 6 o'clock, the child's arms will point up, and their legs will point down.
- Continue changing the time of the clock, and allow your child to create many different times using their bodies.

[Click here](#) to watch the Clock Stretch.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

BIRTHDAY COUNTDOWN PAPER CHAIN

MATERIALS:

- Assorted pieces of construction paper
- Glue
- Scissors
- Markers

DIRECTIONS:

- 30 days before your child's birthday, begin to make a birthday countdown.
- Cut the construction paper into thirty strips of paper, each the same size.
- Use markers to decorate the strips of paper.
- Number each strip of paper, from 1 to 30.
- Connect the strips of paper by taking paper strip number 1, and glue the ends of the strip together to make a loop.
- Take paper strip number 2 and insert the strip through loop number 1. Glue the ends together.
- Repeat this process for all 30 strips of paper. This will form a paper chain.
- Each day remove the last loop of paper from the chain.
- Tell your child: "We removed loop 29, there is only 28 days left until your birthday!"
- When the last loop is removed, your child's birthday has arrived. Happy Birthday!

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

MINUTE TO WIN IT!

MATERIALS:

- Plastic or paper cups
- Paper
- Straw
- 2 bowls
- Empty Kleenex box
- Panty hose
- Ping-pong balls

DIRECTIONS:

- Set up different activities, and complete each task in just one minute.
- Some activities can include:
 - **Stack attack:** Create a pyramid formation with cups. Start with a base of eight cups. Continue adding layers to the pyramid. See how many pyramids you can make in one minute.
 - **Suck it up:** Place several small pieces of paper together, in a small bowl. Put one end of the straw in your mouth, and the other on a piece of paper. Inhale through the straw, causing the paper to stick to the end of the straw. Move the paper to another small bowl, and drop the paper in the bowl. Continue this process, and see how many pieces of paper can be transferred to the bowl using the straw in one minute.
 - **Kleenex box shake:** tape an empty Kleenex box to a pair of panty hose. Fill the Kleenex box with ping-pong balls, and then tie the panty hose around your waist. Shake until all the balls fall out of the Kleenex box.
- After completing these activities, discuss: "Which activities were difficult or easy to complete in one minute?"
- Repeat these activities several times, for more timely fun!

[Click here](#) for more Minute to Win it games.



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A TIP FOR TODAY

- Create a calendar in your home. Mark special dates on the calendar with your child. For example: holidays, the first day of school etc.
- Use timely words when you have discussions with your child. For example: "Yesterday you had so much fun at school!" or "In one hour, we will go to the park!"
- Create a daily timeline. Discuss what your child has already completed in the timeline for that day, and what is yet to come. For example: "I woke up, and brushed my teeth already...now I will go to school!"
- Expose your children to the many different types of clocks which tell time. For example: digital clocks, wall clocks, hand watches, etc.