



HELLO PARENTS,

While springtime brings extended daylight and warmer weather, it is also known for gray and rainy days. Rainy days can make anyone restless, but especially young children who have lots of energy. When it is pouring rain outside you can make playing inside fun. Show your child that being stuck inside is not necessarily a bad thing; it can be an opportunity to try something new! In this newsletter, you will be provided with activities that help you and your family build lasting memories, even when it is gray and cloudy outside.

ACTIVITIES INFANTS (3 -18 MONTHS)

SPIDEY SENSES

MATERIALS:

- Shoe box
- Yarn
- Toys

DIRECTIONS:

- Take a shoe box and put different toys in it.
- Make holes on the sides of the box.
- Weave yarn in and out of the holes in the shoe box. This will look like a spider web!
- Encourage your child to find a way around the spider web-like maze in order to get their toys out of the box.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

INDOOR CAMPING

MATERIALS:

- Chairs
- A sheet or a blanket
- Pillows
- Toys

DIRECTIONS:

- Place a sheet or a blanket over the top of the chairs to create a fort.
- Put a pillow inside the fort for your child to sit on.
- Once the fort is made, encourage your child to go inside and have fun.
- Let your child take some toys inside the fort.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

MAKE SHADOW SHAPES

MATERIALS:

- Flashlights

DIRECTIONS:

- Turn off the lights and close the curtains in the room.
- Let your child use the flashlight to make shadow shapes on the walls with their hands.
- Encourage your child to experiment and have fun playing and learning with shadows.
- Let your child make shadows onto different surfaces such as a wall, floor, or table.
- Ask your child what happens when they shine the light on objects and move them to different angles.
- Have your child experiment with the difference between translucent, transparent, and opaque objects.

[Click here](#) for more activities.

[Click here](#) to read "The Rainy Day" by Anna Milbourne and Sarah Gill

JK/SK (4 – 6 YEARS)

CHOCOLATE CAKE IN A MUG

MATERIALS:

- 1/4 cup white chocolate chips
- 4 tablespoons all-purpose flour
- 1/2 teaspoon oil
- 3 tablespoons whole milk
- 1/4 teaspoon baking powder
- 2 Oreo cookies

DIRECTIONS:

- Combine white chocolate chips and milk in an oversized microwave-safe mug.
- Microwave the ingredients for about 40 seconds and mix with a small whisk until chocolate is completely melted.
- Add the flour, baking powder and oil and whisk until batter is smooth.
- Let your child use a fork to smash the Oreo cookies into the batter until only small chunks of cookie remain.
- Cook in microwave for about 1 minute.
- Let the cake cool for a few minutes before eating.
- Cake is best consumed while still warm.

[Click here](#) for more activities.

[Click here](#) to listen to "Singing in the Rain" song.

SCHOOL-AGERS (6 – 12 YEARS)

WHAT'S UP AND WHAT'S DOWN?

MATERIALS:

- Paper or cardboard
- Pen
- Scissors

DIRECTIONS:

- Cut squares (middle size) out of paper or cardboard to make your own card.
- Write a question on each card, for example:
 - What continent is the South Pole? What continent is the North Pole?
 - Who lives at the North Pole today? What is the coldest place on the earth? What large birds live near Antarctica?
 - At which Pole can you find wolves, foxes, and polar bears?
 - What kinds of plants grow at the South Pole?
 - In what region of the earth would you find Greenland?
 - In which region would you expect to find temperatures 120 Fahrenheit degrees below zero?
 - What do scientists study in Antarctica?
 - What is the fifth largest continent?
- After you have finished making the card, stack them in a pile facing down.
- Take turns picking a card and asking your partner a question. If their answer is correct, pick another card and ask another question.
- If they answer incorrectly, they pick a card and ask you a question.
- The player who answers the most questions correctly wins.
- You can play this game with your family members.

[Click here](#) to learn about Antarctica – A Frozen History.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

Rainy day play provides many learning opportunities for children. A rainy day reaches out to our senses in different ways: The air is crisper, dirt turns to messy mud, droplets of water collect on leaves, and we hear the sound of rainfall drumming on pavement. Choose a few of the following activity ideas to enjoy with your children:

- Have fun with puddles. You may jump in, over and around them. Children might even like watching patterns in the water while they jump in puddles.
- Watch and follow streams of water as they run down the street.
- Make paper boats which can sail in a big puddle.
- Take a family walk around the neighbourhood. Your children probably love using umbrellas. This is a perfect opportunity for them to open the umbrellas and have fun.
- Dance. Play music, listen to the beat of the raindrops, and dance your heart out.