

HELLO PARENTS,

Do you ever think about what you were doing during your childhood when there were no smartphones, tablets or computers? What did you do during the summer with limited technology? You played! Years ago, children did not have the opportunity of today's technology; they had to come up with games or make their own toys. Often, we look back at the way people lived and evaluate the past in terms of the technology that dominates our lives today. How would life be without cars or electric lights? In this newsletter, you will find some fun favourite activities that will bring back childhood memories for you to share with your child.

ACTIVITIES

INFANTS (3 -18 MONTHS)

PLAY AIRPLANE BABY

DIRECTIONS

- Rest your baby, tummy down, on your arm with your hand on their chest (similar to football hold).
- Use your other hand to secure your baby (supporting head and neck).
- Gently swing your baby back and forth.
- Walk your baby around the room making airplane noises.

[Click here](#) to learn why play is important.

[Click here](#) for more information.

TODDLERS (19 MONTHS – 2.5 YEARS)

YOUNGER YOU

MATERIALS:

- Pictures from your childhood

DIRECTIONS:

- Look through pictures from your childhood and when you come to an engaging picture, ask your child what they think the picture is about.
- What are the people doing in that picture? How do you think they got there? How are they feeling? Together, come up with a story to match what is happening in that picture!
- Ask your child to name people or objects in the picture to help them to think about what is happening in the scene!

[Click here](#) to watch "Long Ago and Now."

PRESCHOOLERS (2.5 – 5 YEARS)

DINOSAUR MOVEMENT GAME

MATERIALS:

- Construction paper
- Markers
- Ruler
- Scissors
- Pins

DIRECTIONS:

- Cut the construction paper into a large circle.
- Using a ruler and marker, draw eight halves in the circle (it will look like a pizza).
- In each half, write a movement and then a dinosaur's name. For example, write: dive like a Pteranodon, dance like a T-Rex, twist and spin like Spinosaurus, jump like a Triceratops, swing your tail like an Apatosaurus, stomp like a Stegosaurus, shake like a Styracosaurus, and run like a Velociraptor.
- Spin a pen on the construction paper circle.
- Act out the movement of the dinosaur that the tip of the pen points to.

[Click here](#) to learn more about Dinosaurs.



JK/SK (4 – 6 YEARS)

BUTTER IN A JAR

MATERIALS:

- Heavy whipping cream
- Mason jar with lid

DIRECTIONS:

- Fill your mason jar about 1/2 way with heavy whipping cream and put the cover on tightly.
- Shake it up! You will be shaking for at least 15 minutes.
- You will see the separation of the solid and the liquid.
- Open up the jar and see what is happening. What can you see?
- You should notice a giant clump surrounded by a milky substance which is actually buttermilk.
- You will want to strain the solid (butter) from the liquid (buttermilk) and put it in a new container.

[Click here](#) to see "How to Make Butter the Victorian Way."

SCHOOL-AGERS (6 – 12 YEARS)

THE STORY OF APOLLO 11 AND THE FIRST MEN ON THE MOON

DIRECTIONS:

- Watch [The Story of Apollo 11](#) with friends and family.
- Later, you can quiz your friends or family members and add more questions.
 - What was the date of the moon landing?
 - Who were the three astronauts?
 - Which of the three astronauts did not get to walk on the moon?
 - Who spoke a famous quote about his first step?
 - What did he say?
 - What two items were planted on the moon?
 - What does the plaque say?
 - Which president called to congratulate the astronauts?

[Click here](#) for more information.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Play your favourite childhood games with your child.
- Show your child pictures of yourself from when you were a child.
- Teach your child old fashioned screen-free fun activities and help them turn off the tablet and cellphones.
- Tell them stories of your childhood, how and where you grew up, etc.
- Involve your child in daily activities, and make precious memories together!