



## HELLO PARENTS,

Play is fun, but it is also important. Play is a young child's way of learning and making sense of new experiences. When children feel competent in their play, their self-confidence grows. Children who feel confident will be more likely to try new things, work with others, and take on challenging tasks. Even while social distancing or self-isolating, your children can keep on learning through play, using active games to keep them moving and learning at home. In this newsletter, we will provide you with some ideas for fun and educational games to keep your children busy, whether inside or out.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### PLAQUE MEMORIES

##### MATERIALS:

- 1 cup flour
- 1 cup salt
- 3/4 cup water

##### DIRECTIONS:

- Combine the salt and flour, add the water gradually until it forms a dough.
- Knead it well for a few minutes until it combines and the stickiness disappears.
- Roll it with a rolling pin until it is about 1-2 cm thick.
- Give the dough a very basic plaque type shape.
- Gently press baby's foot into the dough on one side, making sure to firmly press the toes so that they make a deep impression.
- Repeat with the hand on the other side of the plaque.
- If you intend to hang it on the wall, make two holes using a straw, one on either side of the plaque. Thread a piece of ribbon through the holes to hang it.

[Click here](#) for more fun activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### TONGS AND TWEEZERS TREASURE HUNT

##### MATERIALS:

- Kitchen tongs or tweezers
- Small objects

##### DIRECTIONS:

- Talk to your child and explain the game.
- Collect some kitchen tongs and some small objects and arrange them on the floor.
- Hand your child the tongs and ask them to carefully pick up each item.
- Older children can use tweezers.
- Using tongs and tweezers is a good way to develop small muscles in their hands.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### SOUND SAFARI

##### MATERIALS:

- Phone

##### DIRECTIONS:

- Show your child how to use the digital recorder on your phone.
- Ask them to go around the house or yard recording 10 different sounds.
- Your child may record sounds such as: running water, birds, crumpled paper, footsteps etc.
- Emphasize that they should take their time and try to surprise you.
- Then get them to return to the sound booth (i.e. couch) and try to figure out what the sounds are.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### HOW HIGH IS THAT?

##### MATERIALS:

- Rulers or measuring tape
- Sponges
- Bowls

##### DIRECTIONS:

- Before starting the game, have your child use the measurement tools to see how high one metre or 50 centimetres is, so they have an idea of what length they will be talking about.
- Have your child throw their wet sponge at a wall or fence so that it makes a wet mark.
- Ask them to guess how high from the ground the wet mark is.
- Record their estimate, and have your child use the measuring tools to determine the actual height.

[Click here](#) for more fun activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### WATER BALLOON PIÑATAS

##### MATERIALS:

- Balloons
- Water hose with nozzle
- Nylon rope
- String
- Bat or stick

##### DIRECTIONS:

- Find a spot where you can hang a taut rope. For example, stretch and tie the rope between two tree branches, or a tree branch and fence etc.
- Fill balloons with water, and tie the end of each balloon.
- Tie strings of varying lengths to each of the water balloons, and then tie them to the taut rope.
- The first player is going to be blindfolded and will try to hit the balloons with the stick or bat.
- Let the players take turns swinging, one at a time. Make sure players stay away from the person who is swinging the bat.

[Click here](#) for more activities.



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and Citizenship Canada

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#### A TIP FOR TODAY

- Enjoy fun activities and crafts that you can do with your child or that they can do on their own.
- Allow your child's creative mind to soar through different colourful home activities.
- Let your child have fun outside, explore, and learn about the natural environments.
- Follow your child's lead. Let them pick an activity that they want to do with you, even if it is not your idea of fun.