



HELLO PARENTS,

Everything is different when you are a child: the trees are taller, colours are brighter, and every new day is more exciting than the last. Summer lives in our imaginations throughout the year because it nourishes our souls. The warmth, the fun, the sheer deliciousness, but mostly the luxury of time, unbounded by school. In this newsletter, you will find activities that will help your family make this summer their best ever.

ACTIVITIES

INFANTS (3 -18 MONTHS)

POPSICLE FUN

MATERIALS:

- Juice (apple, orange, etc.)
- Popsicle molds

DIRECTIONS:

- Pour the juice into the popsicle molds, and freeze them for 2-3 hours.
- After, take the popsicles out and put them in front of your baby.
- Observe what your baby is going to do.
- Let your baby explore touching, feeling and tasting the popsicles.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

OCEAN IN A BOTTLE

MATERIALS:

- Vegetable oil/baby oil
- Water
- A plastic bottle with lid
- Blue food colouring
- Duct tape
- Different objects

DIRECTIONS:

- Help your child fill the bottle halfway with water and add some blue food colouring into it.
- Let your child close the lid and shake the bottle thoroughly to mix.
- Ask your child to add the vegetable oil into the bottle so that it fills up to the top.
- Have your child add natural materials of their choice inside the bottle.
- Secure the lid tightly onto the bottle and seal it with tape.
- Let your child tip the bottle from side to side to simulate ocean waves.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

PAINTING WITH SANDALS

MATERIALS:

- Sandals or flip-flops
- Washable paint
- Paintbrushes
- Paper

DIRECTIONS:

- Let your child choose the colours of paint and squeeze them on the side of the paper.
- Have your child dip the sandals or flip-flops into the paint (or use paintbrushes).
- Encourage them to make different designs.
- The soles of sandals have such interesting patterns and textures, which makes a great stamp for prints.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

WATER BALLOON SPOON RACE

MATERIALS:

- Balloons
- Water
- Spoon
- Chalk

DIRECTIONS:

- Fill the balloons with water.
- Draw two lines on the sidewalk (**Start** and **Finish** lines).
- Let your child hold a spoon in their hand, and place the water balloon on it.
- Encourage your child to race to the finish line.
- The player who is going to reach the finish line with an intact balloon, will be the winner.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

EASY WAY TO MAKE ICE CREAM

MATERIALS:

- 10 oz frozen sliced strawberries
- 1/2 cup sugar
- 2/3 cup heavy cream
- Food processor or blender

DIRECTIONS:

- Combine the frozen strawberries and sugar in a food processor or blender.
- Blend ingredients until the fruit is roughly chopped.
- Slowly pour the heavy cream into the food processor while it is running, until fully incorporated.
- After it is done, enjoy your ice cream with your family and friends.

[Click here](#) for more activities.



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and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- **Schedule fun.** Together with your child, come up with a summer list of activities that your child would like to do. For example: beach vacation, backyard camping adventure, etc.
- Write down the activities on a calendar so your child knows exactly when their adventures will take place. This will give them something to look forward to.
- **Create structure and set boundaries.** Children need to be freed of the tight structure of the school year, but they also need the security of knowing that some things will remain the same. Keep the same bedtime, maintain the same chore schedule, etc.