



HELLO PARENTS,

The 100 languages of children refers to communication and emphasizes the importance of providing children with one hundred ways to share their thinking of the world around them. The 100 languages also represents the infinite amount of potential each child naturally has and their unique perspectives. Children learn in a variety of ways. Providing children with free play encourages exploration of their own interest and creates a safe environment. In this newsletter, you will find activities that will help your child share their thinking and views.

ACTIVITIES

INFANTS (3 -18 MONTHS)

FUN WITH ANIMALS

MATERIALS:

- Stuffed animals
- Something to play music with

DIRECTIONS:

- Put all the stuffed animals in front of your child and let them explore.
- Sit with your child, sing "Old McDonald" together, and use the stuffed animals as your props.
- Change the rhythm of the song and sing it with enthusiasm to grab your child's attention.

[Click here](#) for the "Old MacDonalD" song.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

WALK IN THE PARK

DIRECTIONS:

- Take your child to the local park or walking trail.
- Allow them to explore the place.
- Encourage your child to look and observe the nature around them.
- Encourage curiosity in your child and allow them to touch and feel various objects in the park.
- Later, talk with your child about their experiences at the park.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

WHO AM I?

MATERIALS:

- Dress up costumes, for example: hats, masks, scarves, dresses etc.

DIRECTIONS:

- Find out what your child wants to dress up as and make a simple costume for them.
- For example: if your child wants to dress up as a superhero, you can attach a scarf on their back and pretend that it is a cape! If your child wants to dress up as a firefighter, you can attach duct tape to your child's snow pants or jacket and ask them to pretend that it is a firefighter's suit.
- Provide support to your child during role-play and encourage your child to be creative.
- Let them present their costumes to their family and friends, and allow them to guess what they are dressed up as.

[Click here](#) for more information about imaginative play.

JK/SK (4 – 6 YEARS)

LIGHT AND SHADOW

MATERIALS:

- Flashlight
- White sheet
- Duct tape

DIRECTIONS:

- Have a discussion with your child about light and shadow.
- In a dark room, shine a bright flashlight on the wall and let your child perform movements between the light and the wall.
- Hang a white sheet in a doorway by taping it above the doorframe.
- Place a flashlight on one side of the doorway and encourage your child to cast their shadows on the other side.
- Allow your child to get as creative as they want by using their toys, hands, and other body parts.

[Click here](#) to learn how to play "Guess the Hand Shadow Animal".

SCHOOL-AGERS (6 – 12 YEARS)

ORIGAMI PAPER BIRD

MATERIALS:

- A square sheet of paper

DIRECTIONS:

- Start with a square sheet of paper; fold the paper in half such that you get an upside-down triangle.
- Fold the part from the top down, so that the edge is about half way down; then, turn the paper to the other side.
- Take the bottom corner of the top layer and fold it in a way that you get a diamond shape.
- Next, fold the figure in half by folding the left side over to the right. Then, fold the same flap back to the left to make one of the wings.
- Fold the other wing back to the left side too.
- Push the center of the head and flatten it, to make it look like a bird's head.

[Click here](#) to see how to make a paper bird.

[Click here](#) to learn how to make an "Origami Finger Puppet Cat".



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Let your child take the lead during their play and exploration; you can support them through simple dialogue and conversations.
- Encourage wonder and curiosity in your child by asking them questions instead of giving them direct answers.
- Provide support to your child for multiple forms of self-expression. For example: through music, art, painting, dancing etc.
- Always listen, observe, and reflect during your everyday routine with your child.