



## HELLO PARENTS,

Your child's experiences and emerging interests shape the person who they are becoming. Every day, your child discovers more about their world, including their likes, dislikes, feelings, and emotions. They are developing their sense of self, and establishing their very important roles in life. Your child will learn about the kind of person they would like to be, and even the profession which they will one day pursue. In this newsletter, you will be provided with activities about your child as they "grow up" and ask the question: "what kind of you will you be?"

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### WHAT DO I LIKE?

##### MATERIALS:

- Blanket
- Open-ended materials. For example: blocks, dolls, balls etc.

##### DIRECTIONS:

- Lay a blanket on the floor, and arrange your open-ended materials on it.
- Sit with your infant on the blanket and allow them to explore the materials.
- Interact with your child and see what materials they gravitate towards.

[Click here](#) to learn more about open-ended materials for infants.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### I WILL BE KIND

##### DIRECTIONS:

- [Click here](#) to learn more about kindness and ways to model this for your child.
- Model kind behaviour and positive actions for your child. For example, you may encourage them to share their toys with others.
- Encourage your child to communicate with others using "gentle" gestures. For example, your child may gently touch others etc.

[Click here](#) to read "Kindness Matters" by Kim Mitzo Thompson and Karen Mitzo Hilderband.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### HATS-OFF TO THE FUTURE

##### MATERIALS:

- Construction paper
- Markers
- Decorative materials

##### DIRECTIONS:

- Talk to your child about different professions. For example, a firefighter, a police officer, a mailperson, etc.
- Ask your child what profession they like the most, and make a hat using the art supplies.
- For example, if your child likes firefighters, [click here](#) to learn how to make a firefighter hat.

[Click here](#) to read "All Grown Up" by Abigail Burlington.

### JK/SK (4 – 6 YEARS)

#### WHEN I GROW UP I WANT TO BE A...

##### MATERIALS:

- Paper
- Pencils
- Coloured pencils/markers

##### DIRECTIONS:

- [Click here](#) to read "When I Grow Up" by Julie Chen.
- Once you and your child have finished reading the book, encourage them to draw a picture of what they want to be when they grow up. For example: a baker, a nurse, a teacher, etc.
- Encourage them to include in their drawing items which the profession would need. For example, a baker may have an apron!

[Click here](#) to listen to the CPS teachers read "Be You!" by Peter H. Reynolds.

### SCHOOL-AGERS (6 – 12 YEARS)

#### CAREER CRUISING

##### MATERIALS:

- Paper
- Pencil

##### DIRECTIONS:

- Research a profession that you are interested in, and would like to be when you grow up.
  - What school would you have to go to?
  - What is the yearly income for the profession?
  - What are the logistics of the job hours?
  - Where would you want to work? Which city, company?
- After researching all about the profession of your choice, use a [graphic organizer](#) to visually display your information.

[Click here](#) to learn 35 Acts of kindness to do while social distancing.



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and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### A TIP FOR TODAY

- Encourage your child's exploration and social interactions.
- Follow your child's interests and set achievable goals for them.
- Have a positive mindset and continuously work on embracing your child's imagination and developing their sense of self.