



## HELLO PARENTS,

Children constantly observe their environment, actively learn, and apply their new knowledge to future situations. As your child grows, you will observe them gaining skills, which will scaffold their learning so that they will gain newer skills. Your infant will crawl, and eventually use these gross motor skills to stand, walk, and run! This newsletter will provide you with activities that will encourage your child to apply their knowledge to new situations, and opportunities for learning.

## ACTIVITIES INFANTS (3 – 18 MONTHS)

### LET'S WALK TOGETHER!

#### MATERIALS:

- Baby walker, box, or small chair

#### DIRECTIONS:

- It is a natural instinct for your infant to move their legs once you hold them in an upright position.
- Hold your infant and have their feet touch the ground. Begin walking, and observe as your infant moves their feet to walk.
- Next, give your infant a baby walker, a box, or a chair to lean on and walk with.
- As your infant masters these skills, they will use their past knowledge to take the next step of walking independently. Encourage them to stand and walk towards you.
- Remember that your infant may fall a few times, but after practicing, they will eventually walk.

[Click here](#) to learn ways to encourage your infant to begin walking.

## TODDLERS (19 MONTHS – 2.5 YEARS)

### CLIMBING THE JUNGLE GYM

#### DIRECTIONS:

- Allow your child to engage in risky play, by taking them to the park and climbing the jungle gym.
- Model climbing for your child by reaching, grabbing, and pulling upwards on the jungle gym.
- Observe as your child masters balance and gross motor skills.
- Your child will learn through trial and error, and gain confidence.

[Click here](#) to learn how to make an obstacle course for your toddler.

## PRESCHOOLERS (2.5 – 5 YEARS)

### SHAPES ARE FUN!

#### MATERIALS:

- Paper, cut into 20 squares.
- Markers
- Scissors

#### DIRECTIONS:

- On the squares of paper, draw pairs of the same shape (2 squares, 2 circles, 2 rectangles etc.)
- Mix the order of the square cards, and place them on a table, shape side down.
- Begin the matching game! Have your child flip two squares over to find a matching set of shapes. Take turns, and continue this until all shapes are matched.

[Click here](#) to learn how to make a Photo Matching game.

## JK/SK (4 – 6 YEARS)

### BRING ON THE COLOURS!

#### MATERIALS:

- Shaving cream
- Primary coloured paint. For example: blue, yellow and red
- 3 bowls

#### DIRECTIONS:

- Fill each bowl with shaving cream.
- Add a different colour of paint in each of the bowls.
- Next, add a second paint colour to the bowl. For example, blue and yellow.
- Have your child mix the colours. Together, observe which new colour is made. For example, green!
- Continue this process in the other bowls. Your child will recall primary colours, and learn secondary colours.

[Click here](#) for the "Colour Changing Rose Experiment."

## SCHOOL-AGERS (6 – 12 YEARS)

### LIFE LESSONS

#### MATERIALS:

- Paper or notebook
- Pencil
- Coloured pencils

#### DIRECTIONS:

- In a notebook, reflect upon each day. For example, you may include:
  - What are 3 things that you are grateful for today?
  - What is one mistake that you made today, and what did you learn from it?
  - What is one goal or challenge you have for yourself this week? How will you accomplish this?
- You may draw pictures of your emotions that you experienced throughout the day.
- Continue this process over the period of months, or years. Periodically, reflect back on what you have written.
- Think about how you have grown, and what you have learned.

[Click here](#) to learn how to make a jigsaw puzzle.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

### A TIP FOR TODAY

- Let your child explore risky play, and learn as they investigate new situations.
- Encourage your child to play games that challenge their mind and memory. For example: jigsaw puzzles, Jenga, chess, scrabble, etc.
- Have your child read a book, and make inferences and predictions about what will happen next in the plot.