



HELLO PARENTS,

Culture shapes not only our values and beliefs, but also our roles, family structures, languages, dress, food, etiquette, child-rearing practices, and even our expectations for children's behaviour. In this way, culture creates diversity. We know that acknowledgments of culture are essential to learn about differences. Culture makes each one of us special and enables us to offer unique gifts and opportunities to groups we are part of. At the same time, culture helps children learn about each other and the world. In this newsletter, you will find activities that will expand the children's knowledge of other cultures.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

SING WITH ME

DIRECTIONS:

- Choose familiar songs/rhymes in different languages and play them for your child.
- You may also play different songs from other cultures.
- Encourage your child to sing and dance to the music from around the world.

[Click here](#) to listen to "Old MacDonald" in Hindi.

TODDLERS (19 MONTHS – 2.5 YEARS)

PASS THE PARCEL – UNITED KINGDOM

MATERIALS:

- Small toys
- Box
- Music (YouTube, CD, Radio)

DIRECTIONS:

- Let your child know that you are going to play a game called "pass the parcel" together. This game requires a minimum of two children to play.
- Collect your child's favourite toys and put them in a box. Make a list of easy to do actions such as: clap your hands, stomp your feet etc.
- To introduce the game to your child, let them know that while music is playing in the background, they need to pass the "parcel". When the music stops, they stop passing the "parcel".
- The player holding the "parcel" is encouraged to perform an action from the list that you made.
- The game continues until all players have the chance to perform at least one action from the list.

[Click here](#) for more information on games played around the world.

PRESCHOOLERS (2.5 – 5 YEARS)

TINIKLING DANCE – PHILIPPINES

MATERIALS:

- 2 broomsticks/canes

DIRECTIONS:

- This activity requires a minimum of three children.
- Place two broomsticks/canes on the floor; about one arm length apart.
- One child stays close to one broomstick, the other child stays close to the second broomstick.
- Tell the players that they need to bring the broomsticks together and bring them apart each time you clap.
- When doing so, the third player is expected to jump in and out of the space created on the floor by the broomsticks.
- Motivate the children to maintain the rhythm throughout the activity.

[Click here](#) for a video on different styles of dance.

JK/SK (4 – 6 YEARS)

MAR Y TIERRA (SEA AND LAND) - SPAIN

DIRECTIONS:

- This game is played with your friends or family.
- Ask the players to line up next to a line on the ground so that they can jump to both sides of it.
- One side is mar ("sea") and the other tierra ("land").
- The child leading the game calls out mar or tierra, and the players jump across the line to the right side.
- Start slowly and gradually increase the speed. Repeat the same word a couple of times to confuse the players.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

BLINCHIKI/BLINI (RUSSIAN CRÊPES) - RUSSIA

MATERIALS:

- 2 Eggs
- 2/3 Cup milk
- 1 tsp Sugar
- Salt
- 1/2 Cup all purpose flour
- Canola oil
- Mixing bowl
- Cooking utensils

DIRECTIONS:

- In a bowl, whisk together eggs, milk, sugar and salt. Mix in a little flour at a time until it forms a runny batter. Finally, whisk in a little oil and let the batter rest for about 15 minutes.
- Heat a pan or a skillet and rub few drops of oil on it. Ask your parents to help.
- Once thoroughly heated, add some batter to the centre of the pan and immediately tilt the pan in a circle to coat the bottom with a thin layer.
- Cook until bubbles begin to form and the bottom turns golden. Then, flip and cook the other side until it is golden too.
- Once done, remove to a plate and repeat making more crêpes with the remaining batter.
- You can enjoy these crêpes with sour cream, jam or sweetened condensed milk.

[Click here](#) for more international recipes.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Show your child how to appreciate special qualities in others. Make diversity part of your family conversation.
- Prepare a meal from a different culture to try; your child can learn about new ingredients and why they are used, and try different ways of eating, such as with their hands or chopsticks.
- Learn a new language. You may start with customary greetings and words such as "hello", "please" and "thank you".