



HELLO PARENTS,

We are starting a series of newsletters on "Connecting with the Elements of Nature – Air, Water, Fire and Earth". This newsletter focuses on Air. Air is an invisible mixture of several gases and is a critical life resource for humans, plants, animals and other organisms. Children need to develop an appreciation for the natural environment before they can truly understand why we need to take care of it. Our role as parents and educators is to help them to better understand our beautiful planet and its amazing natural resources, and to learn how to protect these gifts. This newsletter offers activities that will guide your child in learning about air and its importance to all living organisms.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

BUBBLE FUN

MATERIALS:

- Bubble solution
- Wand

DIRECTIONS:

- Have your child sit on your lap or place them on the floor.
- Softly, blow the bubbles in front of them making sure that the bubbles do not get in their eyes.
- Observe the bubbles rise, move around, fall and pop, and describe what is happening.
- Encourage your child to reach out and pop the bubbles.
- If your child can walk or crawl, let them chase and catch the bubbles, or blow them higher in the air.

[Click here](#) to listen to "Bubbles" by Deborah Schecter.

TODDLERS (19 MONTHS – 2.5 YEARS)

FUN STICK

MATERIALS:

- Stick
- Ribbons

DIRECTIONS:

- Tie the ribbons in the middle and at the end of the stick.
- During windy weather, go for a walk with your child and bring the stick with you.
- Encourage your child to hold the stick and observe the ribbons flapping in the wind.
- Ask questions, such as: "What is moving the ribbons?", "Can you feel the wind on your face? Hair? Hands?", etc.
- Observe other objects, such as leaves, moving with the wind.
- Bring the stick outside when there is no wind and see if your child will notice the difference.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

HOW THINGS MOVE

MATERIALS:

- A variety of objects (ping-pong ball, feather, stone, phone, etc.)

DIRECTIONS:

- Line up the objects on the table.
- Ask your child to take a deep breath and then blow hard on one object at a time.
- Repeat this process for the rest of the objects.
- Have your child compare how far the light and the heavy objects moved.
- Talk about how the air moves objects and how the distance the objects moved depends on the strength of the air blow.

[Click here](#) to listen to "The Wind Blew" by Pat Hutchins.

JK/SK (4 – 6 YEARS)

TAKE FLIGHT WITH A DIY KITE

MATERIALS:

- Two skewers
- Square shaped paper
- Long string
- Tape
- Scissors
- Art supplies

DIRECTIONS:

- Have your child decorate a square shaped paper using various art supplies.
- Ask them to fold the paper in half diagonally, crease it well and open it again.
- Let your child place one skewer on the crease and tape it to the paper.
- Place another skewer horizontally onto the paper, making a cross with the first skewer, and tape it to the paper.
- Tie the long string to the kite where the skewers cross.
- Now, it is time to fly the kite. Ask your child to observe how the wind affects the kite flying higher or changing directions.

[Click here](#) to listen to "The Windy Day" by Anna Mibourne and Elena Temporin.

SCHOOL-AGERS (6 – 12 YEARS)

AIR PRESSURE EXPERIMENT

MATERIALS:

- Cup
- Small piece of cardboard
- Water

DIRECTIONS:

- Place the small piece of cardboard on top of the cup, and then turn the cup upside down. What happened to the cardboard? Did it stay in place or fall off?
- Fill the cup all the way with water.
- Place the same cardboard back on top of the cup.
- Use your hand to press the cardboard firmly against the cup while you turn it upside down.
- Remove the hand holding the cardboard in place. Observe what happens to the cardboard. Does it fall off like before?
- Repeat this experiment filling the cup with different amounts of water each time. Are the results the same or different? Why?
- Conduct research to find out why the cardboard stays in place when the cup is filled with water.
- Share the findings with your family and friends.

[Click here](#) for 10 air quality experiments and activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

FUN FACTS ABOUT AIR

- Air is primarily gas, consisting of approximately 78% nitrogen and 21% oxygen, as well as small amounts of carbon dioxide, neon and hydrogen.
- Air is important for living things. People and animals breathe in oxygen from the air and breathe out carbon dioxide; plants use carbon dioxide along with sunlight to make food and oxygen.
- Air holds water. When the relative humidity of the air reaches 100%, it becomes rain.
- There is life in the air. Living organisms can be found hanging out in the air. They cannot fly but they can travel long distances through the air - via winds, rain, or even a sneeze.
- Air is a protective cushion. On Earth, we have an atmosphere filled with air, which acts as insulation, keeping Earth from getting too cold or too hot, protecting us from too much sunlight, and burning meteoroids into small pieces before they reach Earth.