



## HELLO PARENTS,

Welcome Spring! The spring season often brings with it new beginnings, as the earth slowly reawakens and is rejuvenated. Spring is a time of renewal, as snow melts away, cooler temperatures are replaced with scenery and warmer weather conditions, which includes rainfall and sunshine. As the expression says: April showers will surely bring sunshine and flourishing May flowers. Encourage your child to observe the change in seasons; go outside and enjoy the fresh air along with the beautiful greenery and flower buds that the season brings. This newsletter provides activities for you and your family to embrace the new beginnings of Spring.

## ACTIVITIES INFANTS (3 -18 MONTHS)

### WEATHER SENSORY BOTTLES

#### MATERIALS:

- 4 empty water bottles
- White cotton balls
- Water
- Tape
- Flowers
- Yellow and blue pom-poms
- Black marker

#### DIRECTIONS:

- Empty 4 water bottles and set aside. Each water bottle will represent the spring weather: clouds, sun, flowers, and rain.
- To make the cloud sensory bottle, put 5-8 white cotton balls inside a water bottle and then add water.
- To make the sun sensory bottle, put yellow pom-poms in a water bottle and then add water.
- To make the flowers sensory bottle, pick flowers from your garden. Put them inside the water bottle, and then add water.
- To make the rain sensory bottle, put blue pom-poms inside the bottle and then add water.
- With black marker, label each of the water bottles with its corresponding weather: clouds, sun, flowers, and rain.
- Make sure to close the lids of the water bottles tightly, and secure them with tape.
- Sit with your infant and encourage them to explore each water bottle.
- Tell your infant what each bottle is as they are playing with them. For example, you may say: "This is the sun! Mister sun is very bright!"

[Click here](#) to listen to "Mr. Sun, Sun, Mr. Golden Sun".

## TODDLERS (19 MONTHS – 2.5 YEARS)

### SPLISH, SPLASH, PUDDLE FUN

#### MATERIALS:

- Rain boots

#### DIRECTIONS:

- After a rainy day, have your toddler put on their rain boots for some puddle splashing fun!
- Play games with your toddler as you are splashing in the puddles. For example:
  - Hold hands and count to 3 before splashing in the puddles together.
  - Play follow the leader; have your child dance or splash in a certain way and follow their lead.

[Click here](#) to listen "Rain, Rain, Go Away".

## PRESCHOOLERS (2.5 – 5 YEARS)

### FLOWER STAMP ART

#### MATERIALS:

- Flowers
- Paint
- Paper plate
- Construction paper

#### DIRECTIONS:

- Go outside with your child and pick a few different types of flowers.
- In a large paper plate, pour 3 to 4 different colours of paint.
- Encourage your child to dip the flowers into the paint, and make prints on the construction paper.
- Motivate your child to mix paint colours together and to stamp the flowers into the blended paint to create a unique art piece.

[Click here](#) to learn how to make "Cardboard tube stamp flowers".

## JK/SK (4 – 6 YEARS)

### RAIN, RAIN, COME AGAIN ANOTHER DAY!

#### MATERIALS:

- A large plastic bottle
- Scissors
- Permanent marker
- Ruler

#### DIRECTIONS:

- Tell your child that you are going to make a rain gauge to record rainfall.
- Help your child cut the top off the plastic bottle.
- Flip the part that was cut upside down and insert back into the top of the bottle. This will act as a funnel for the rain to be collected. [Click here](#) for reference.
- Using a ruler and a permanent marker, ask your child to mark every 1 cm from the bottom to the top of the bottle. This will allow them to track the amount of rainfall.
- Place the bottle outside in an open area.
- Encourage your child to take measurements of the rainfall each day, and record them in a journal. Calculate how much rainfall accumulates in a week, month etc.

[Click here](#) to learn how to make "weather station tools".

## SCHOOL-AGERS (6 – 12 YEARS)

### PHOTOSYNTHESIS RESEARCH PROJECT

#### MATERIALS:

- Construction paper
- Markers
- Aluminum foil
- Paper clips
- Scissors

#### DIRECTIONS:

- Using construction paper and markers, design a pictorial representation of photosynthesis. [Click here](#) for reference image.
- After making the photosynthesis representation picture, begin the experiment:
  - Select a houseplant or any small shrub.
  - Cut some aluminum foil into small pieces.
  - Using paper clips, secure the foil pieces onto several leaves of a plant.
  - Place the plant in a sunny location; either outside or near a window.
  - Write down a hypothesis of what you think will happen to your plant.
  - In about 4 to 5 days, remove the paperclips and observe the leaves on the plant. The parts covered with foil will look different from the parts exposed to sunlight.
  - Make notes of all the changes and see if your hypothesis was correct.

[Click here](#) for more experiments and information about photosynthesis.



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### A TIP FOR TODAY

- Create a garden with your child. Observe the growth of plants, and scents, colours, shapes and sizes of various flowers.
- Play outdoor sports with your child. For example: soccer, basketball, baseball etc.
- Explore local parks with your family; have a picnic together and go on a hike.
- Find an open field and fly a kite with your family.