



HELLO PARENTS,

Play is one of the main ways in which children learn and develop. It helps to build self-worth by giving a child a sense of their own abilities and to feel good about themselves. Young children can develop many skills through the power of play. They may develop their language skills, emotions, creativity and social skills. Play helps to nurture imagination and give a child a sense of adventure. Through this, they can learn essential skills such as problem solving, working with others, sharing and much more. In this newsletter, you will find activities that will help your child to learn through play.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

KITCHEN WHISK

MATERIALS:

- Kitchen whisk
- Large pom-poms or ping-pong balls

DIRECTIONS:

- Stuff a bunch of pom-poms or ping-pong balls through the slots of a whisk until it is completely full.
- Let your child explore and pull out the pom-poms or ping-pong balls.
- Once some pom-poms are out, scatter them around and have your child pick them up one-by-one.
- Optional: You can do this activity using different objects such as ribbon, baby socks, blocks, etc.

TODDLERS (19 MONTHS – 2.5 YEARS)

HOPPING BUNNIES

MATERIALS:

- Rope, ribbon, chalk (or string to mark a starting line)

DIRECTIONS:

- Mark a starting line with chalk, ribbon or string.
- Keep your hands held up in front of your stomach or chest.
- Take off with both feet and land with both feet.
- Play "Follow the Leader" while hopping, and take turns with your child being the leader.
- Encourage your child to choose any animal they like and show you how it moves.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

LETTER FORMATION

MATERIALS:

- Paintbrushes
- Chalk
- Water

DIRECTIONS:

- Help your child trace their name on the sidewalk.
- Ask your child questions such as:
 - What letter are you writing? What sound does that letter make?
 - Where do you start your paintbrush when making that letter?
 - Can you show me in the air how you would form that letter?
- Encourage your child to use the paintbrush and water to paint over the traced letters.
- This is a great opportunity to get your child motivated to practice their letter formation.

[Click here](#) to read "Alphabet Mystery" by Audrey and Bruce Wood.

JK/SK (4 – 6 YEARS)

COUNTING MONEY

MATERIALS:

- Two dice
- Construction paper
- Scissors
- Coloured pencils

DIRECTIONS:

- On the first die, write the numbers 1 to 10 on each side. On the second die, draw pictures of coins. For example: nickel, dime, quarter, etc.
- Use construction paper to make different coins, or you may use real ones.
- Roll both dice at the same time.
- Ask your child what their dice landed on. For example, the first die landed on number three, and the second landed on a picture of a dime.
- Encourage your child to count the fake or real money that they have. For example: count three dimes.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

REPORTER FOR A DAY

MATERIALS:

- Magazines, newspapers
- Notepad/paper
- Pen/pencil
- Camera
- Hat

DIRECTIONS:

- Read through some articles in magazines and newspapers to find out what you might be interested in writing about. Make a list of ideas for articles.
- Come up with names for your newspaper.
- Dress like a "reporter" with camera, notepad, pencil and a hat.
- Do interviews: Call a relative and interview them. Learn more about your family's history or write about something important to you such as a nearby playground or what is happening at the library.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Relax and enjoy the activity, allow your child to take the lead.
- Make sure that the toys or materials are age appropriate.
- Ask open-ended questions while you play, such as: "What do you think will happen if...?"
- Encourage further exploration. If your child seems to be getting frustrated, you can make suggestions for another way to look at the problem.