



HELLO PARENTS,

A large number of studies have shown that literacy learning and gross motor play are the basic development needs of children. Literacy learning is essential to develop children's language and communication skills, and gross motor play can help children improve their physical skills, and working on these two skills at the same time is the perfect way for children to develop. In this newsletter, we will provide many activities to help your child incorporate literacy learning into gross motor play.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

ROCKING RHYMES

DIRECTIONS:

- Sit on the floor across from your child, legs spread apart far enough so that you can hold hands.
- Pull your child toward you, then lean forward and have your child lean back.
- Continue the rocking motion forward and backwards, as you sing the familiar song "Row, Row Your Boat" or other rocking rhymes.

[Click here](#) for more songs with movement.

TODDLERS (19 MONTHS – 2.5 YEARS)

LETTER MATCHING GAME

MATERIALS:

- Animal picture book

DIRECTIONS:

- Let your child browse through the picture book.
- Demonstrate what each animal movement and sound might look like before inviting your child to try it with you.
- Use pictures from the book to help your child connect the words to the movements.
- Together, come up with a story to match what is happening in that picture!

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

ACTION BOOK

DIRECTIONS:

- [Click here](#) to listen to "From Head to Toe" with your child and encourage them to join in chanting the repetitive phrases.
- Point to the pictures and encourage them to name the animals and actions.
- Ask your child to act out different animals when they hear "Can you do it? Yes, I can do it".
- When your child finishes this book, ask them to select one animal from the book, act it out and describe the action.
- Take turns playing this game and have fun.
- As an extension of this activity, have your child think of their favourite animals and create their own actions.

[Click here](#) to listen to "The Little Old Lady Who Wasn't Afraid of Anything" by Linda Williams.

JK/SK (4 – 6 YEARS)

ALPHABET HOP GAME

MATERIALS:

- Chalk
- Dice

DIRECTIONS:

- Draw a circle on your driveway and write 26 letters by order around it.
- Have your child stand on the letter "A" and toss the dice.
- Let your child read the number and move the number indicated on the dice. They can choose to jump, skip, or walk to the space.
- Encourage your child to name the letter where they stand and tell you the sound it makes. You can also ask them a word that starts with the same letter.

[Click here](#) to listen to "Act out the Alphabet".

SCHOOL-AGERS (6 – 12 YEARS)

RAINING LETTERS MOVEMENT

MATERIALS:

- Construction paper
- Scissors
- Markers or pencils
- Bowl or container
- Safety goggles

DIRECTIONS:

- Cut out small square pieces of 20X20 cm from the construction paper.
- On each square piece, write a letter.
- Fold all pieces into half, and put them into a bowl or container.
- Invite your friends to join the game.
- At the beginning, someone is the leader and decides on a topic, such as: action, sport, animal, etc.
- Put on the safety goggles, and the leader slowly shakes the paper out over their heads, and have them catch all of the pieces in the air.
- Everyone will use their letters to spell out a sport's name.
- Take turns to act out the sport and let the other children guess the sport's name.

[Click here](#) for more writing activities.



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Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Combine physical movement with literacy learning materials in fun and creative ways.
- Provide a pair method of learning and movement to stimulate children's desire to learn.
- Help your child develop a sense of rhythm by supporting them to move to the music.
- Encourage your child to act out books while reading action books together.