



## HELLO PARENTS,

Discovery is a developmental process that can be supported through enriched environments and activities. It represents an openness to experiences, a desire for novelty, and willingness to embrace the unexpected. More than anything, it requires patience and an appetite for playfulness. In this newsletter, you will find ideas for activities that will help your child explore, discover and learn.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### LIGHT BOX

##### MATERIALS:

- A large cardboard box
- Battery operated string lights
- Tape
- Thin sheer scarves

##### DIRECTIONS:

- Cut the opening flaps of the cardboard box off, creating an opening.
- Poke holes on the top part of the box.
- Weave the string lights through the holes, making sure that the battery box remains on top of the box. You can secure it there with tape.
- Hang a couple of thin scarves from the ceiling of the box.
- Place the box on the floor and turn on the string lights.
- Invite your infant to go inside the box and explore the lights and scarves.

[Click here](#) for more ideas.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### DISCOVERY BOXES

##### MATERIALS:

- Large plastic containers with lids
- Collection of interesting objects that will encourage your child to experiment, take things apart, measure, etc. For example: dress-up clothes, old telephones, measuring tape, clock, flashlight, etc.

##### DIRECTIONS:

- Fill up the containers with the objects.
- Choose one box and invite your child to explore its contents.
- Ask open-ended questions. For example: "I wonder what it is? What can we do with it?" etc.
- You can add or replace items in the boxes to hold your child's interest.

[Click here](#) for more ideas.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### DIY BALANCE SCALES

##### MATERIALS:

- A children's clothes hanger with notches
- 2 paper cups
- Single hole puncher
- Yarn
- Scissors
- Small items such as toy cars, Legos, pompoms, etc.

##### DIRECTIONS:

- Hang your coat hanger somewhere where it can swing easily, and is low enough for your child to reach.
- Use the hole puncher to create holes on either side of the paper cups. Cut two equal lengths of yarn, and tie them to the paper cups to turn them into two little buckets.
- Have your child find different things to fill each bucket.
- Ask your child to guess which bucket they think is heavier.
- Place the buckets at each end of the hanger, and see if their guess is correct.
- Allow your child to adjust the contents in the buckets to balance the scales.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### "I CAN" CAN

##### MATERIALS:

- Strips of Paper
- Container
- Pencil

##### DIRECTIONS:

- Write the sentence starter "I can" on each strip of paper.
- Talk with your child about the things that they can do and have them fill in the blanks on the strips.
- Put the strips in the container.
- Next time, if your child is worried they will not be able to accomplish a task, remind them of all the things they can do using the "I Can" can.
- Encourage your child to continue adding more strips whenever they learn a new skill or conquer a new challenge.

[Click here](#) for more JK/SK activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### ENGINEERING PROJECT

##### MATERIALS:

- Toothpicks
- Playdough
- Paper
- Pen/Pencil

##### DIRECTIONS:

- Invite friends or family members to participate in this engineering project. You can work individually or in teams.
- Start by writing a list of various structures that you will build using playdough and toothpicks. For example: a bridge connecting two small stools; a structure as tall as a table, etc.
- Ask each team to make a large number of small play dough balls and provide them with toothpicks.
- Choose the first engineering challenge from your list.
- Each team will try to create the structure by inserting the toothpicks into playdough and connecting them together.
- When all teams/players finish their structures, gather together to compare them and discuss how each team created them, what were their challenges and how they solved problems.
- Continue with the remaining projects from your list.

[Click here](#) for more ideas.



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and Citizenship Canada

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#### A TIP FOR TODAY

- Focus on your child's interest.
- Make learning fun through game-based activities.
- Encourage your child to express their opinions, talk about their feelings, and make choices.
- Take every opportunity to teach your child something new and make them fall in love with knowledge.
- Be supportive of their effort, progress, and process.