



HELLO PARENTS,

Life skills are the skills that a child acquires through learning and experience, and which help them effectively deal with issues and problems they might face in their daily life. These skills include: creativity, critical thinking, finding solutions to problems, ability to communicate and cooperate with others, in addition to independence, awareness and personal and social responsibility. Children who are well acquainted with these skills may find it easier to make decisions, meet day-to-day challenges, and handle situations better. In this newsletter, we provide activities to encourage your child to learn and practice those essential life skills.

ACTIVITIES

INFANTS (3 -18 MONTHS)

SELF-FEEDING

MATERIALS:

- Cheerios
- Spoon
- Plate or bowl

DIRECTIONS:

- Place cheerios in a bowl and encourage your child to pick it up with their hands or spoon.
- Talk to them about what they are doing.
- Encourage your child to feed themselves during each meal time.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

LITTLE HANDS, BIG HELP

MATERIALS:

- Wash cloths
- Self-adhesive hook
- Dust pan and brush

DIRECTIONS:

- Start early to engage your child in simple household chores that they can be proud of.
- Place a self-adhesive hook at your child's eye-level in the kitchen.
- Show your child the wash cloth and tell them that they can use it to help you with the house cleaning. Keep the wash cloth on the hook for easy and independent access.
- Invite your child to help you when you clean the house.
- Help your child to wet the wash cloth and encourage them to assist you in dusting and polishing the furniture.
- Add a small dust pan and brush set, and have your child help with sweeping the floors, too.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

WHERE DOES IT GO?

MATERIALS:

- Bin
- Toys or materials from low shelves around the house

DIRECTIONS:

- Help your child to collect a few things from low shelves around the house.
- Place the items in a bin and label the bin "Where does it go?"
- Explain to your child that you want them to "help these toys find their homes".
- Have your child pick toys one by one from the bin and find their way to their respective "homes".

[Click here](#) for more ideas.

JK/SK (4 – 6 YEARS)

BEING A CREATIVE PROBLEM SOLVER

MATERIALS:

- A selection of household items such as drinking cup, cereal box, straw, blanket, etc.
- Basket

DIRECTIONS:

- Collect a few household items and put them in a basket.
- Ask your child to choose one object and name all the possible things could be made using this item.
- Allow your child to think "outside the box". For example, a plastic drinking straw could be a wand; a blanket could be a cape, a tent or a flying saucer.
- To make it harder, create a story and ask your child to use the items to help solve a problem. For example, ask: "How could the bear use these things to help win the race?"

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS OLD)

DESIGN A PERFECT TOWN

MATERIALS:

- Bristol board
- Paper
- Pencils and markers
- Scissors
- Glue

DIRECTIONS:

- This activity will help you learn how to design and use a map.
- Sit down with a friend or a family member and discuss what makes a great neighbourhood.
- Make a list of all amenities that you think should be there. For example: school, stores, library, swimming pool, bus stops, etc.
- Draw each item, colour them and cut them out. Make cut-outs of houses, too.
- On a Bristol board, decide where the streets should be and draw them. Add things like parks and other green spaces, river, bike trails, etc.
- Now, arrange the cut-out amenities and houses on your map. Once you are happy with your neighbourhood, glue all items on the map.
- Make a presentation of your newly designed neighbourhood to your family.

[Click here](#) for more ideas.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Give encouragement.
- Make the experience positive.
- Find a developmentally appropriate way of teaching.
- Give your child time to practice.