



EVERY DAY!

DEAR KINDERGARTEN FAMILY,

Welcome to Kindergarten™! We value you as your child's first and most important teacher. We have created issues of Learning Through Play to support you in this important role. We strongly believe in the importance of talking, reading, creating and playing with your child every day! Have fun!

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WTK Learning Through Play Series
2022, Issue 1



TALKING AND SINGING BUILD:

- relationships
- memory
- rhythm & rhyme
- belonging
- enjoyment of music
- listening & speaking skills
- an appreciation for cultural stories & oral traditions



READING BUILDS:

- vocabulary
- a sense of story
- knowledge
- print, letter & number awareness



CREATING BUILDS:

- problem-solving skills
- imagination & personal expression
- small & large muscle control and coordination
- measurement, geometry & spatial sense



PLAYING BUILDS:

- self-awareness & regulation
- math concepts & vocabulary
- confidence & well-being
- empathy & understanding
- decision-making skills
- cooperation
- physical skills
- curiosity

**YOU ARE YOUR
CHILD'S FIRST AND
BEST TEACHER!**

- Follow your child's lead as you play and discover together
- Talk and read with your child in your first language
- Help your child to share and take turns
- Encourage your child to make choices and decisions
- Celebrate your child's learning



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TALKING AND READING TOGETHER

Finding some time each day to sit and read with your child is invaluable.

When you talk about books and share stories with your child, it helps them learn about themselves and make connections with the world around them.



EXPLORING MATH TOGETHER

Children’s counting experiences help them develop an understanding of numbers.

Useful math tools include our fingers and various items around our homes.

Some ideas you can try at home are:

- collect, sort and count objects in your house (e.g., cutlery, buttons, dominoes, toys, books, etc).
- use buttons, coins or dice to play counting games
- use beads, cereal, dry pasta, and string or yarn to make patterns

What counting games did you enjoy playing as a child?



NOTICING PRINT TOGETHER

Numbers, words and shapes can be found everywhere in the world around us (e.g., clocks, house numbers, license plates, signs, etc.).

When your child notices print and numbers around them, they're beginning to read and do math.

Some ideas you can try are:

- match letters to names and familiar words in your environment (e.g. F like Fatima, S for stop and Sarah, and so on)
- build your child's name with magnets and other items (e.g., twigs, stones, Lego or other materials)
- cut out labels and make a book for your child to recognize words and letters



What numbers, words and shapes can you and your child find in your home and community?



CREATIVE EXPLORATION TOGETHER

When your child explores and creates with a variety of materials, it develops their natural curiosity and sense of wonder.

Using various items and recycled materials at home, invite your child to create and build.



What creative activities do you enjoy doing together?



COOKING TOGETHER

When you cook with your child, you provide them with opportunities to connect with culture and family traditions.

You can also use cooking together to explore measurements, where food comes from, and healthy choices.



What dishes do you and your child enjoy preparing and sharing?

Yogurt Crunch Recipe

Yogurt Crunch is nutritious and delicious and something your child can learn to make independently.

You can introduce descriptive taste and texture-related words such as the crunchiness of the cereal, the smooth and creamy taste of the yogurt, and the tanginess or sweetness of the fruit.

Ask questions such as: "What is happening?" "What do you see and hear?" "How does it taste?"



Ingredients:

- 60ml (¼ cup) dry cereal
- 125ml (½ cup) yogurt
- 80ml (1/3 cup) of fresh or frozen fruit

Instructions:

1. Crush 60ml of dry cereal
2. Measure 125ml of yogurt
3. Measure 80ml of fresh or frozen fruit
4. Using a tall glass, layer the cereal, yogurt and fruit
5. Sprinkle the top with a little more crushed cereal

Yield: 1 serving

Preparation Time: 5 minutes



MUSIC & MOVEMENT



What music do you and your child enjoy together?

Music and Movement provide many benefits. When you listen to music with your child, they are learning about sounds, words and patterns. They are learning about various cultures and starting to form their personal preferences. Moving to music helps children explore and develop muscle control and coordination.

Some ideas you can try are:

- use music to calm or energize
- move to music using light objects like ribbons and scarves
- pretend to move like an animal (e.g., rabbit, elephant, snake, butterfly)
- sing and enjoy a variety of music from around the world!



EXPLORING FEELINGS TOGETHER

When you explore feelings with your child, it helps them understand and manage their feelings, feel and show empathy for others, and resolve conflict.

Some ideas you can try are:

- talk about feelings while reading stories or watching videos
- make puppets to help your child learn how to express their feelings
- create a "Kindness Calendar" with thoughtful ways to be kind to others, e.g., draw a picture for a grandparent; give someone in your family a hug; donate a toy; feed the birds, etc.
- celebrate your child when they use words to express their feelings



How do you model talking about feelings?



MORE RESOURCES TO EXPLORE



We hope you enjoyed reading this issue of LTP.

Many other resources can be found on our blog! Check it out regularly to discover extra tips on how you can support your child's development.

You are your child's first and best teacher, so have fun talking, reading, creating and playing every day!

CLICK ON THIS LINK TO EXPLORE MORE RESOURCES

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