

Music and movement

Resources

- **Family Activity Guide**
- Ball or safe object to throw and catch
- WTK music



Playing with a ball and moving to music

- Helps develop large and small muscle control, rhythm, spatial awareness and hand-eye coordination.
- Helps to express ideas and get along with others.

Your child will learn

- About rhyme, rhythm and sounds to take turns, share, and listen to music about language, culture and traditions.
- That music and moving is fun, and a great way to be active and keep healthy.

Activities that we can do together

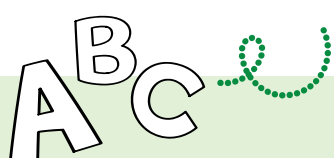
- Playing, singing, dancing and moving together is fun and supports a child's love of music.
- Showing your child how to hold, toss, pass, catch, roll and bounce the ball clapping, counting, rhyming and more are things we can learn when we listen.
- Using the ball in games like "Simon Says" or tag games.
- Using numbers while playing (i.e. throw the ball three times and count aloud to each other).

SING AND DANCE TOGETHER!

Children's songs are available for free download through our Welcome to Kindergarten™ website



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Playing with Playdough

Resources

- **Family Activity Guide**
- Playdough



Playdough is

- Enjoyable and relaxing.
- Builds muscle strength, muscle control and coordination needed for cutting and writing.
- A creative material - it can be formed into different shapes and structures using hands and other tools.

Your child will learn

- About textures and new words (i.e., soft, squishy, smelly, cut).
- How to create new things and experiment with designs.
- Problem solving through investigation with playdough.

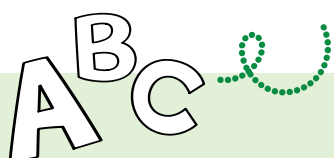
Activities we can do together

- Squish the playdough, roll it, flatten it, cut it.
- Use small objects and toys like toothpicks, popsicle sticks, forks, small animal figures and scissors to make new creations try making shapes, numbers or letters.

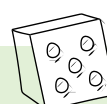
**LOOK FOR MORE
PLAYDOUGH ACTIVITIES IN THE
FAMILY ACTIVITY GUIDE.**



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Talking and reading together

Resources

- **Family Activity Guide**
- Books
- **Chirp** Magazine



Talking and reading with your child every day

- Develops interest in books and print.
- Develops appreciation for family stories and oral traditions.
- Builds strong relationships between you and your child.

Your child will learn

- Vocabulary and basic knowledge.
- Listening and speaking skills.
- Print, letter and number awareness.
- A sense of story.

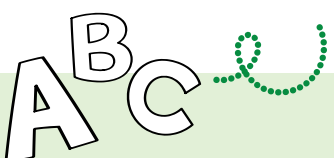
Activities we can do together

- Sit and read with your child every day.
- Read with your child in your first language.
- Reread favourite books.
- Let your child hold the book and turn the pages.
- Talk about the pictures and the story.
- Make connections to your child's life.
- Read with expression - use different voices, make puppets, act out the story!

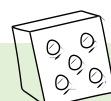
LOOK FOR MORE TALK AND READING ACTIVITIES IN THE FAMILY ACTIVITY GUIDE.



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Noticing Print

Resources

- **Family Activity Guide**
- Magnetic letters and numbers



Talking about and playing with letters and numbers

- Helps your child pay attention to letters and numbers in the world around them.

Your child will learn

- Helps your child practice listening, talking and sharing with others.
- To identify letters and numbers by their characteristics to read and write for a variety of purposes and reasons through investigation and problem solving.

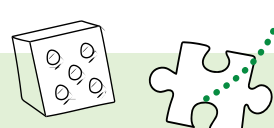
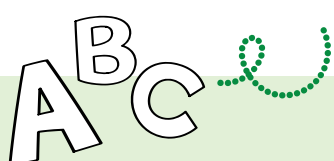
Activities we can do together

- Sort the letters and numbers into groups (i.e. By colour, letters and numbers, upper/lowercase) count each group.
- Learn the names of the letters a few at a time.
- Find the letters in your child's name and in other words that are important to your child.
- Find the numbers that are important to your child learn the names of the numbers a few at a time count the number of letters in each word.

**USE THE MAGNETIC LETTERS AND NUMBERS
TO TURN YOUR REFRIGERATOR INTO A
READING AND COUNTING ZONE!**



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Creative exploration

Resources

- **Family Activity Guide**
- Crayons, pencil, paper, glue and scissors



Art is a natural and fun way to support exploration and experimentation

- Helps your child freely communicate their ideas and feelings.
- Helps to learn and practise skills like patterning and cause and effect.
- Helps your child understand concepts like size, shape, making comparisons, counting, and spatial reasoning.
- Develops fine motor skills through grasping pencils, crayons and scissors.

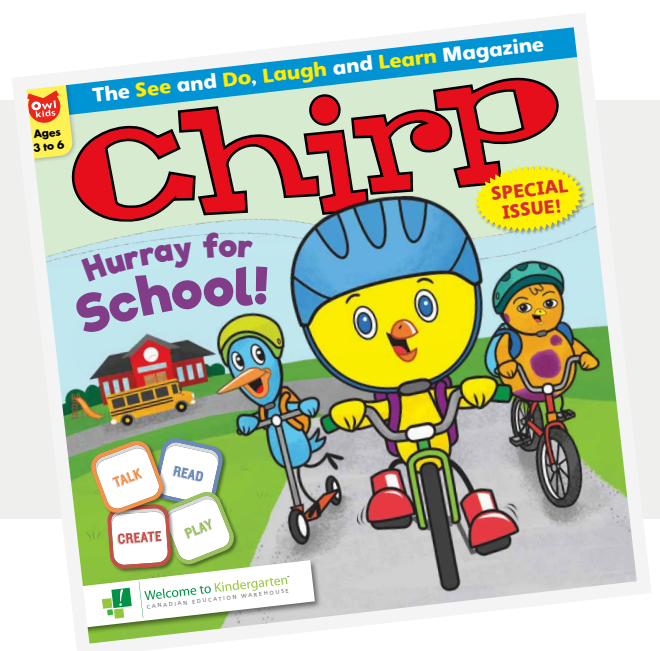
Your child will learn

- Listen, talk and share with others.
- To express thoughts and ideas in a variety of ways.
- Through investigation and problem solving.

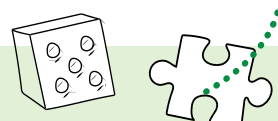
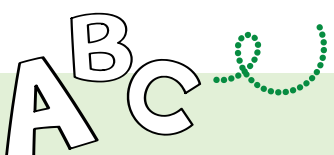
Activities we can do together

- Encouraging your child to use these resources to express their thoughts and feelings in a variety of ways.
- Praising your child's creative thinking and decision making.
- Modelling how to hold and use the scissors, crayons, pencil and glue safely.

CHECK OUT THE WTK SPECIAL ISSUE OF CHIRP MAGAZINE FOR GREAT ART IDEAS AND PROJECTS YOU CAN DO TOGETHER!



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Healthy choices

Resources

- **Family Activity Guide**
- Healthy foods
- WTK Family Cookbook



Healthy, well-rested and independent children are better learners

- Learning is made easier for your child when they are healthy and well-rested.
- Building familiarity with a variety of foods through cooking activities develops confidence and positive feelings about trying new foods.
- Developing a child's independence makes them more confident learners (i.e. How to open and close snack/lunch containers, how to get dressed, practising healthy washroom routines).

Your child will learn

- To become responsible for their decisions and choices.
- To be active and make healthy food choices that keep our bodies healthy and growing strong.

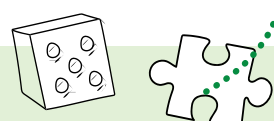
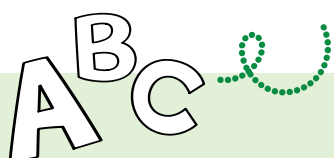
Activities that promote healthy children

- Use Canada's food guide as a guide to make healthy meals or snacks.
- Set regular times for meals and snacks.
- Cook and eat together often as a family.
- Make water your family's drink of choice.
- Hand washing before meals and after using the washroom.

**EXPLORE THE WTK™ COOKBOOK!
DISCOVER HEALTHY RECIPES THAT
PROMOTE COOKING TOGETHER
AND ENJOYING FOOD**



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Social and emotional learning

Resources

- **Family Activity Guide**
- Playdough
- WTK Music



Engaging in social and emotional talk and play

- Nurtures a sense of well-being and belonging, and supports children as they learn about and navigate the world around them.
- Enhances healthy relationships with others and a positive personal and cultural identity.
- Helps children understand and manage their emotions, feel and show empathy for others, and resolve conflict.

Your child will learn

- Skills to better know themselves and get along with others.
- Social responsibility to develop healthy relationships and contribute to their family and those around them.

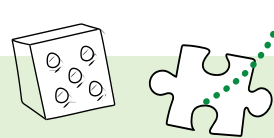
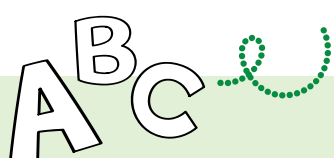
Activities that we can do together

- Listen carefully to your child and respect their thoughts and feelings.
- Explore different calming and sensory activities that work for your child. (i.e. Cuddling, colouring, playing with playdough, listening to music etc.).
- As you listen and talk, help your child make connections to their everyday experiences.
- Encourage your child to share and wait their turn.
- Read and explore the feelings of the characters in the books you read with your children.

**LOOK FOR CHILDREN'S BOOKS THAT
EXPLORE EMOTIONS, SOCIAL SITUATIONS
AND HEALTHY RELATIONSHIPS.**



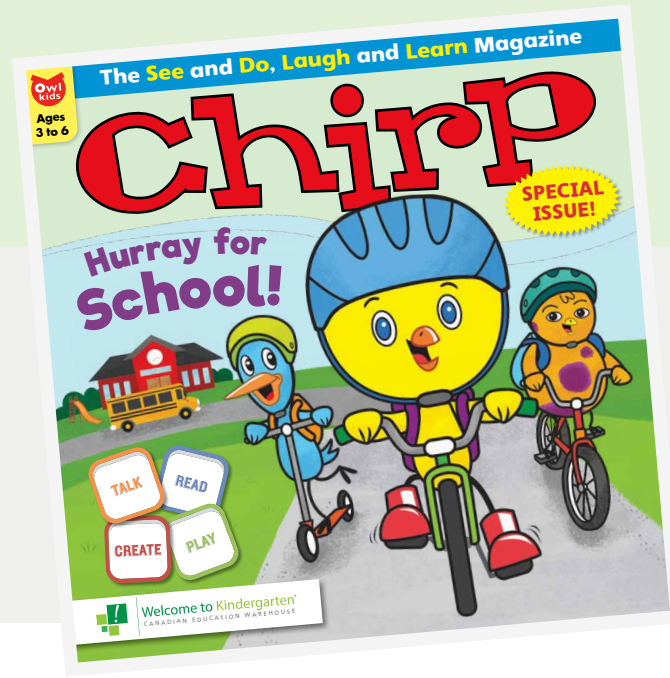
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Science exploration

Resources

- **Family Activity Guide**
- Books
- **Chirp** Magazine



Science activities are a fun way to explore and understand the natural and man-made worlds

- Develop skills of observation, measuring, sorting, classifying, predicting.
- Learn about cause and effect.
- Discover that all things are interconnected.
- Develop new vocabulary and ways to communicate about the world.

Your child will learn

- Basic science processing skills.
- Basic ideas of how the natural and man-made worlds function.

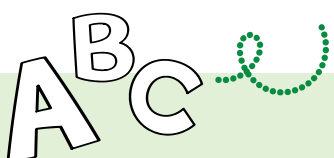
Activities that we can do together

- Notice beautiful or unusual things in your environment and create a sense of wonder that would lead to exploration :
 - Select objects with interesting details and/or textures, and provide a magnifying glass to explore. Draw some of the details / patterns they find.
 - Read books about animals that live in your area. Where is their home? What do they eat? How do they move? How do they change from babies to adults?
- Explore water :
 - Add the following to water and see what happens: salt, sugar, oil, sand, food colouring, and vinegar.
 - Water plants together and measure their growth.

**CHECK OUT THE WTK SPECIAL ISSUE OF CHIRP
MAGAZINE FOR SCIENCE EXPERIMENTS
YOU CAN DO TOGETHER!**



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Math exploration

Resources

- **Family Activity Guide**
- Magnetic numbers
- WTK Cookbook
- **Chirp** Magazine
- WTK Music



Engaging math talk and play helps

- Children discover that math is all around us.
- Develops essential concepts and understandings.

Your child will learn

- How to sort, count, measure and compare items (i.e. by size, shape, weight, colour, etc.).
- Spatial awareness (eg. in front of, over, under, beside, etc.).
- To notice and describe similarities, differences, patterns, rhythms.
- To make predictions and problem solve.

Activities that we can do together

- Go on a shape / number hunt in your home and outside.
- Create numbers and shapes using playdough.
- Go for a walk and create collections of things you find outside (e.g. leaves, rocks, twigs etc.).
- Encourage your child to select a recipe from the WTK cookbook and include math talk as you cook together (e.g. counting amounts of ingredients, making shapes out of dough etc.).
- Play board and outdoor games (e.g. snakes and vines, dominoes, four square, hop-scotch etc.).

NOTICE AND TALK ABOUT THE PATTERNS, NUMBERS AND SHAPES IN THE WORLD AROUND YOU.



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