

# Let's Play!

## Activities for Families

### Reuse, Recycle and Create

What?

- 1) On a table, place a variety of recyclable items (plastic bottles, cardboard tubes, paper, etc). Have your child help collect materials such as tape, glue, string, scissors.
- 2) Explore! "I wonder what we can do with all of this?" (Build a house, create a robot, make a boat...the possibilities are endless!)

Why?

- \*encourages creativity, planning and problem solving skills
- \*children will learn language development. critical thinking skills



### Gardening

What?

- 1) Explore what a garden is and what can be found in a garden – find gardens in the neighborhood
- 2) Discuss ways to care for plants and what materials are needed to create a garden (seeds, soil, pots, shovel, etc)

Start small!

Start growing your seeds inside by sprouting them in a moist paper towel inside a small plastic bag. Label the bag (word recognition) and place in sunny window.

Why?

- \*children will gain a sense of community while out in neighborhood
- \*caring for living things helps build empathy
- \*opportunity to explore nutrition and nature
- \*develops motor skills (scooping soil, pouring water, planting seeds)

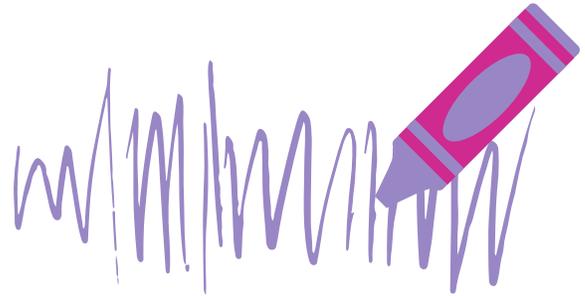
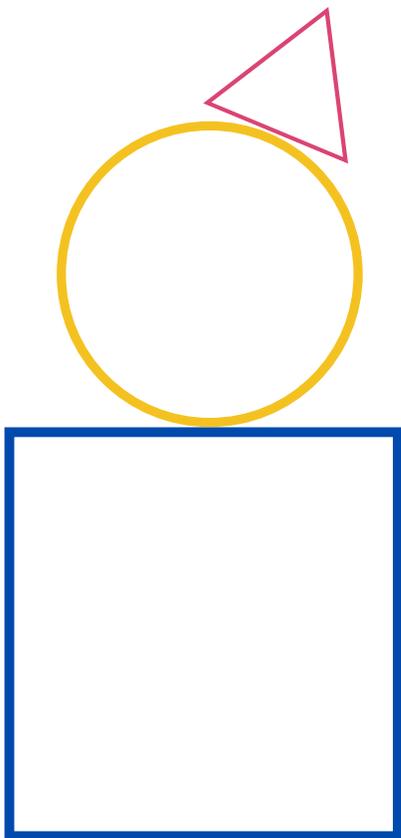
## Musical Drawing

What?

- 1) Choose a type of music that your child enjoys (instrumental, dance, drumming, etc)
- 2) Place a piece of paper (as large as you want) on a flat surface along with markers, crayons or paint (even try sidewalk chalk on the pavement)
- 3) Play the music and encourage your child to draw/paint what they hear and/or how they feel

Why?

- \*children will learn to explore the world using their body and senses
- \*encourages creativity with variety of materials
- \*children are able to express a zest for living and learning
- \*develops fine and gross motor skills



## Triangles, Squares and Circles

What?

- 1) Cut out different shapes from paper (encourage your child to help draw and cut, as well as choose the shapes)
- 2) Place shapes on table – observe how your child interacts with the shapes, do you notice any patterns?

Why?

- \*gives opportunity for children to build, create and design using different materials
- \*children will learn new vocabulary and shape concepts
- \*children will develop early math skills such as patterns, sizes, counting and spatial awareness

# Picture Book Scavenger Hunt

What?

- 1) Pick a favourite book (preferably one with human characters and a familiar location) and read with your child
- 2) Identify some of the things you see in the book and 'hunt' for these items in the house, in the yard, in the neighborhood!

Why?

- \*children will learn to make connections between reading materials and the real world
- \*develops receptive (heard/read) language and expressive (spoken) language
- \*enhances literacy and communication skills
- \*use large motor skills as you move around your environment



More activities from "Let's Play!" can be found online at  
<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/play>

These activities are intended to support children and families as they learn, play and explore together! This engagement also enhances healthy social and emotional development in children.

**Additional Tips:**

- \*follow their lead, ask open ended questions, acknowledge big emotions or challenges as they happen and **HAVE FUN!\***