

# EVERY DAY!

WTK Learning Through Play Series  
November 2021 Vol 1, Issue 3

## DEAR KINDERGARTEN FAMILY,

Our WTK Learning Through Play series provides you with ideas on how to use the Welcome to Kindergarten™ resources as you talk, read, create and play with your child every day!

## TALKING AND READING TOGETHER



### WHY IT MATTERS

Curiosity and wonder lead children to new discoveries.



**Wordless picture books are a great way to help your child develop their imagination!**

## FINDING LETTERS & NUMBERS!

Letters and numbers can be found everywhere in the world around you. You can also use everyday objects to recreate letters and tell stories.



- Walk around your community and point out all the letters and numbers you can see.
- Use different materials to form numbers, letters and words (e.g., your child's name).
- Draw or take pictures of the letters and numbers you find or make.

Check out [this video](#) for more ideas on sharing the world of letters and numbers with your child.



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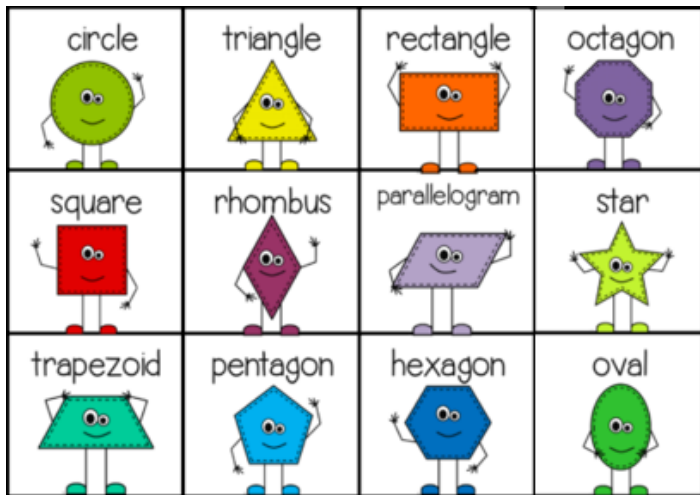
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## EXPLORING MATH TOGETHER



### WHY IT MATTERS

Math helps children build confidence and make sense of the world around them.



### MEET THE SHAPES

- Help your child trace and cut out matching sets of shapes from household items such as cans and boxes.
- Sit back-to-back with your child, arranging your set of shapes into a picture. Use language such as “under, on top of, beside” to describe where your child should place their shapes.
- Compare pictures when you’re done and have them take a turn.



### WHY IT MATTERS

Daily physical activity and creative exploration helps children develop muscle control and coordination.

## CREATIVE EXPLORATION TOGETHER

### OUBLECK

Oobleck is a great way to show how some materials change. Oobleck behaves like a solid or a liquid depending on the pressure you apply.

- Mix 2 cups of cornstarch and 1 cup of water in a bowl.
- Mix the cornstarch and water until your oobleck is formed.
- If your mixture is too watery and not forming into a solid when you remove it from the bowl, add more cornstarch. If it is not dripping like a liquid, add a little more water.
- For coloured oobleck, add food colouring to your water.



# EXPLORING FEELINGS TOGETHER



## WHY IT MATTERS

Nurturing a sense of well-being supports children as they learn about the world around them.

## FREEZE DANCE

Self-regulation is managing our internal energy and emotions. An easy way to practice self-regulation is through playing games like Freeze Dance.

Explain that you will be playing music to dance to and when the music stops, each player must freeze immediately and hold that position until the music begins again.

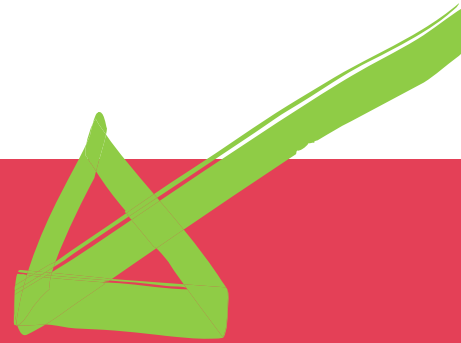
Take turns playing and stopping the music. Talk about balance, breathing, and controlling your muscles.



Click [here](#) for The Freeze Dance Song

## HERE ARE MORE RESOURCES TO EXPLORE:

- [10 Finger Plays for Children](#), Empowered Parents
- [25 Ways to Use Magnetic Letters at Home](#), from Ann Arbor Public Schools
- [Children's Music from Around the World](#), The Smithsonian
- [Banana Energy Balls](#), video from The Learning Partnership's Welcome to Kindergarten Cookbook



# BANANA ENERGY BALLS



Yield: 12 energy balls  
Preparation Time: 5 minutes  
Freezing Time: 1 hour

## Ingredients:

- 1 ripe medium banana
- 236 g (1 cup) dry oats
- 120 g (½ cup) dried cranberries, minced

## Instructions:

In a medium bowl, add the peeled banana and mash thoroughly with a fork.

Add dry oats and cranberries and stir to combine.

Refrigerate until the mixture holds together when pressed into a ball (approx. 1 hour).

Use a spoon to scoop a tablespoon of mixture into your hands and roll into a ball.

Repeat this with the remaining mixture, and place balls in a freezer-safe container.

Keep in freezer until needed. To serve, let sit for 10 to 15 minutes.

*Adapted from: Quick, Simple and Tasty Cookbook, Student Nutrition Program of Nipissing, Muskoka, Parry Sound*

You may wish to have your child use a safe table knife to cut the banana first into large chunks before mashing the banana with a fork.

Together measure the ingredients.

Encourage your child to draw the ingredients and steps.

To give even more energy (if you have the ingredients on hand), you can also add:

- 1 tbsp flaxseed
- 1 tbsp chia seed

## We'd love to hear from you!

Please complete [our short survey](#) and let us know if you would like to receive more WTK Learning Through Play newsletters.



TALK

### TALKING AND SINGING BUILD:

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

READ

### READING BUILDS:

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

CREATE

### CREATING BUILDS:

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

PLAY

### PLAYING BUILDS:

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



## 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

### ABOUT THE LEARNING PARTNERSHIP

The Learning Partnership is a registered Canadian charity that brings together business, educators and partners to design and deliver inclusive innovation education programs focused on K-8 students in publicly-funded schools across Canada. Our programs build the essential skills and competencies needed in tomorrow's leaders, innovators and problem solvers. They enhance provincial curricula, are aligned with Canada's innovation agenda, and are made available to students, parents and educators through the generous support of our education sector partners and funding from corporate, government, foundation and private donors.

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