



**EVERY DAY!**

WTK Learning Through Play Series 2023 - Issue 5

## DEAR KINDERGARTEN FAMILIES:

Welcome to the fifth issue of our *Learning Through Play* series!

We hope that these newsletters and your *Welcome to Kindergarten* Resource Kit provide you with ideas on how you can talk, read, create and play every day with your child, at home.

We hope your child is making a positive transition to Kindergarten and wish you all a great school year!

<https://welcome-to-kindergarten.ca/blog/>



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# TALKING AND READING TOGETHER



## WHY IT MATTERS

When children see print they start to model it in their own way and see themselves as writers.

## Let's go to the grocery store!

- Children learn a lot about letters and sounds by helping to make lists and writing for real reasons. As children learn to write, they may draw pictures, write just a few letters, or write some familiar words. Accepting all writing attempts encourages your child to keep trying.



*Ask your child to create a short list of groceries that you need to buy. If your child is just learning to write, ask them to draw some of the items. While at the grocery store, help your child find the item on the list.*

## I Spy Colours



**This fun game helps your child develop their observation skills as they learn to discriminate colours.**

**Encourage your child to learn the names of colours and identify the range of colours found around them. Here is a game that can be played anywhere - at home, at the park, while travelling, or while looking at pictures in a book.**

*Here is an example:*

“I Spy, with my little eye, something that is red” (answer: apple). The guesser will look around and name the objects that they see that are red. When the correct answer is named, the players change roles.

*Another example:*

“I Spy, with my little eye, something that is green”. The guesser looks around outdoors and answers “the leaves on the trees”.

### How to play:

The leader begins by spotting an object that everyone can see. They describe this object by focusing on a colour description.



# EXPLORING MATH TOGETHER



## WHY IT MATTERS

Learning to understand positional words and spatial sense is important for mathematical thinking, geometry, and problem-solving.

## Hide and Seek

- Hide a toy in a room, and give your child directions on how to find the toy using position words.
- For example, you might say, "Look behind the chair." "Look beside your bed".
- Have your child hide an object and give you clues on how to find it (e.g., the book is under the bed, my shoes are behind the door, my coat is on top of the washing machine).



## Simon Says...

**A game that promotes positional language and spatial sense for young children is "Simon Says with Directions." This variation of Simon Says focuses on giving directions that involve different positions.**

3. The players must listen carefully to Simon's commands and follow the directions given.
4. If Simon gives a command without saying "Simon says," the players should not perform the action.
5. Try to encourage the use of positional language when giving commands, such as "in front of," "behind," "under," "beside," "on top of," "between," etc.
6. The game continues with Simon giving more directions, and the players follow the commands only if "Simon says" is included.

Remember to keep the language simple and make the game interactive and engaging.



### **How to play:**

1. Choose one person to be Simon, the leader.
2. Simon gives commands with specific positional language.

*For example:*

*"Simon says touch the **top** of your toes."*

*"Simon says stand **behind** a chair."*

*"Simon says put your hands **above** your head."*

# CREATIVE EXPLORATION



## WHY IT MATTERS

Encouraging creative exploration enhances a child's imagination and self esteem.

## Playing with Playdough

Encourage your child to explore using playdough and a variety of materials, for example: cookie cutters, stones, potato masher, garlic press etc.

- Model creating a scene for a story with the playdough using materials such as pine cones, animals, action figures etc., and telling a story to go with them.
- Invite your child to create their own story and share it with you or their friends.



## Tree exploration

- Find a special tree in your neighbourhood
- Encourage your child to draw and describe what they feel, smell, see and hear.
- Visit your tree through spring, summer, fall and winter to observe what stays the same and what changes.



# EXPLORING FEELINGS TOGETHER



## WHY IT MATTERS

When children contribute to the well being of others, their ability to understand and share feelings is enhanced.

## Caring for Animals

Talk with your child about caring for a pet or favourite animal. How do we show love and care for a pet? With your help, young children can begin to learn how to provide appropriate food, water and exercise. We can pat them gently and cuddle with them. A pet can often offer unconditional support to a child when they are sad or upset. Ask your child to watch what makes their pet happy or sad or to imagine when a favourite animal would feel happy or sad.





## Fruit Salsa

This simple recipe uses fruit to make a sweet version of salsa. Use any combination of fruit that is in season or make it more tropical by adding mango and kiwi fruit. This salsa is delicious on its own or as a topping on ice cream, frozen yogurt or even oatmeal.

When preparing the fruit you may wish to cut the whole fruit into manageable pieces so that your child can finish off by cutting them into small squares. Ask your child to count out how many pieces of fruit they cut. Ask them to count how many raspberries there were in a cup.

Using a knife with supervision makes them feel very grown up! A child safety knife and the child standing on a solid surface at the right level with you nearby are important safety considerations that will ensure your child's enjoyment and a feeling of success as they prepare this tasty dish.



**Yield: 3 cups**

**Preparation time: 20 minutes**

**Resting time: 15 minutes**

**You'll need: Knife, a large bowl, a zester and a spoon**

### Ingredients:

- 2 granny smith apples
- 1 lemon
- 1 cup finely diced melon and/or kiwi
- 2 cups fresh strawberries
- 1 cup raspberries
- 4 tbsp preserves (strawberry or raspberry)

### Instructions:

1. Zest lemon and set aside. Peel and finely chop apple, squeeze 2 tsp lemon juice over the apples and mix well to combine.
2. Finely chop strawberries and melon or kiwi. Gently combine all ingredients. The raspberries will break apart a bit.
3. Allow to sit at room temperature at least 15 minutes before serving



## 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!*

<https://welcome-to-kindergarten.ca/blog/>

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