



EVERY DAY!

WTK Learning Through Play Series 2023 - Issue 6

DEAR KINDERGARTEN FAMILIES:

We are happy to share with you, the sixth issue of our Learning Through Play series!

We hope that these newsletters and your Welcome to Kindergarten Kit provide you with many ideas on ways you can talk, read, create and play, every day, with your child at home! For more fun ways to engage your child in learning and play, please visit our blog at:

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

Have fun playing and learning together!

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TALKING AND READING TOGETHER



WHY IT MATTERS

Playing with letters and familiar words helps promote early literacy skills and lays the foundation for reading and writing.

Name Scramble

- Children learn a lot about letters and sounds by using their name, as well as the names of those important to them. Try sorting the magnetic letters with some of these activities:
 - pick out the letters that spell your child's name. Use uppercase letters (e.g., T) at the beginning followed by lowercase letters (e.g., h, a, o) spelling out Thao
 - mix up the letters in your child's name and see if they can sort them back to spell their name
 - try making other names that your child knows (e.g., mom, sibling names, pets names...)



I Spy ABC



Play a game of "I Spy", asking your child to "spy" objects that start with a certain letter.

Be sure to use things that your child is familiar with, for example: "I Spy something that begins with the letter B" (bananas).

Here is another example:

"I Spy, with my little eye, something that starts with the letter A" (answer: apple). The guesser will look around and name the objects that they see, until they notice the object in mind. When the correct answer is named, the players change roles.

EXPLORING MATH TOGETHER



WHY IT MATTERS

Measuring is one of the most practical ways that math is used in the real world.

Let's Measure!

Through these activities, your child learns about measuring, comparing and estimating.

How many steps?

Before using rulers and measuring tapes, children use their bodies and familiar objects to measure things. Here are some fun things to try :

- How many steps from the kitchen to the hallway?
- How many steps from the tree to the slide?
- How many steps from our house to the stop sign?

Use language to compare distance such as “more steps” or “fewer steps”.



What holds the most?

1. Fill the sink or bathtub with water. Provide your child with different sized containers (e.g., bowl, cup, jar).
2. Ask your child to use a smaller container to fill a larger one.
3. Talk about how many smaller containers it takes to fill the larger one.



Measuring in nature

When you are outdoors, ask your child to use sticks, leaves or rocks to measure the length of different objects.

For example:

- How many sticks long is the log?
- How many rocks long is my shoe
- How many leaves do we need to measure the bench?



CREATIVE EXPLORATION



WHY IT MATTERS

Puppet play encourages creativity and imagination. When children make puppets they develop small muscles (e.g., cutting, glueing) and creativity skills. When they play with puppets, they expand their oral language, storytelling and imagination.

Puppet Play

- Explore different ways of making puppets (e.g., finger puppets, paper bag puppets, shadow puppets, sock puppets, etc.).
- Using various materials, (e.g., crayons, glue, paper, scissors) encourage your child to create a puppet.
- Invite your child to use their puppet to tell you about their day.
- Invite your child to create their own story to tell with the puppets.



EXPLORING FEELINGS TOGETHER



WHY IT MATTERS

Children learn about self-regulation through games where they are asked to control their physical movements.

Freeze Dance

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

- Play some favorite dance music. When the music stops, everyone freezes and holds their bodies still.
- Start the music, everyone dances again.
- Take turns playing and stopping the music.
- Talk about balance, breathing, and controlling your muscles.
- Check out some Welcome to Kindergarten songs at: [Ten Interactive Songs](#)
- For additional freeze dance ideas, visit: [Freeze Dance Song](#)



Apple Ladybugs

Adapted from allrecipes.com

Making ladybugs is a fun way for children to enjoy fruit and prepare their own snack for home.

Many types of apples are grown throughout Canada and many Canadian families have apple trees nearby or of course at a local market or grocery store. During a neighbourhood walk or at a farmer's market it is fun to share with your child how and when the apple trees blossom, turn into small apples, then continue to grow and ripen throughout the summer.

Examine the seeds together and share how the apple seeds grow into trees, blossom and produce apples. Your child could draw these simple stages: the seed growing into a tree; a tree in blossom; and finally a tree hanging with ripening apples. How exciting for you and your child to choose an apple to create a ladybug for a healthy fresh snack.



Yield: 4 servings **Preparation time: 15 minutes**

You'll need: Knife, cutting board, melon baller or apple corer

Ingredients:

2 red apples

1/4 cup raisins

1 Tbsp peanut butter or 1 tsp sunflower
butter, or WOW Butter

8 thin pretzel sticks or 8 thin celery sticks

Instructions:

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. You may also use an apple corer which you would do first before slicing the apple. Place each half flat side down on a small plate.
2. Taking a kitchen knife, dot peanut butter on the back of the apple lady bug. Stick the raisins on the dots to create the ladybugs spots. Repeat the process to make the eyes.
3. To make the antennae, stick one end of each pretzel stick (or celery stick) into a raisin, then press the other end into the apples



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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