



**EVERY DAY!**

WTK Learning Through Play Series 2023 - Issue 7

## DEAR KINDERGARTEN FAMILIES:

Welcome to Issue 7!

We hope that Kindergarten is going well! This is issue 7 of our Learning Through Play newsletter.

These newsletters and the Welcome to Kindergarten Resource Kit provide you with ideas on how to have fun while you talk, read, create and play every day with your child.

Have fun learning and playing!

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

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## INSIDE

2 - TALKING & READING TOGETHER - Sound Sort / Drawing Together

3 - EXPLORING MATH TOGETHER - Go on a Shape Hunt!

4 - CREATIVE EXPLORATION - Let's Paint

5 - EXPLORING FEELINGS - Face Story

6- RECIPE - Veggie Stir Fry

# TALKING AND READING TOGETHER



## WHY IT MATTERS

Meaningful activities for children in learning to read and write are linked to letter sound games.

## SOUND SORT

- Gather some familiar items from around your home (i.e, a toy car, a doll, a spoon, a block, etc.)
- Encourage your child to say the name of the item and think about the sound they hear at the beginning (i.e; block starts with b, car starts with c, etc.)
- Help your child by modelling how to say each word and practicing with them.
- Using magnetic letters, encourage your child to match the letter that goes with the item.
- Try this with different objects indoors and outdoors and see how many sounds your child can identify.



## DRAWING TOGETHER!

Here are some things that can help your child learn to draw:

- Use WTK crayons or other drawing tools that are easy for your child to hold.
- Show your child how to draw simple shapes like lines, circles, squares and triangles. Draw slowly and encourage your child to watch and try to mimic your actions.
- Let your child draw what they want - even if it doesn't look like anything recognizable! This helps them express their creativity and gain confidence.
- Praise your child's efforts. Spend time drawing together.
- Display your child's artwork (this boosts confidence and pride).



*Helping your child learn to draw can be a fun learning experience. Young children are still developing their small muscles and hand-eye coordination. Enjoy drawing and exploring together.*

# EXPLORING MATH TOGETHER



## WHY IT MATTERS

Children can learn about how the world works by noticing and naming shapes. Recognizing different shapes helps build later skills in math, art and geometry.

## GO ON A SHAPE HUNT!

When you are outside on a walk, in a garden, forest or your neighbourhood, go on a shape-finding adventure!

- Look closely, there are so many shapes in our everyday environment! (e.g., signs, sidewalks, buildings, leaves, rocks etc.).
- Can you and your child find and name common shapes like circles, squares, triangles, rectangles, hearts and more?
- Try making shapes with stones and other items from nature.
- Encourage children to talk about the shapes they see at home and outside.
- You will be surprised at how many shapes are in the world once you start looking!

*Visit the local library and ask a librarian to help locate books about shapes.*



# CREATIVE EXPLORATION



## WHY IT MATTERS

Creative activities help children develop imagination, build confidence, express emotions and improve fine-motor skills.

## Let's Paint!

Painting is an activity that promotes fine motor skills, calming, self-esteem, multi-sensory skills (touch, movement in space), and creativity. Painting is FUN!

- You can use prepared paints (e.g., Tempera, water colours, and finger paints) or you can make paint at home! Look in your recycling bin for things to paint (e.g., paper, cardboard, boxes, etc.)
- Use your fingers, paintbrush, or other things to paint. Try painting with cut-up sponges, Q-tips, old toothbrushes, craft pom poms, bubble wrap, sticks, etc. Use items from around the house as a stamp or stencil ( e.g., juice cap, small block, cork, leaves...).
- Paint with your child. Help them explore colours, mix paint and create new colours, make pictures, and use your imagination.

## Homemade Paint Recipe

### Ingredients:

- 1 cup of flour
- 2 1/2 cups of cold water
- 2 tbsp of food colouring in assorted colors (start with red, yellow, blue)

### Instructions:

1. Combine the flour and water in a saucepan and cook over low heat until smooth
2. Add the salt and mix
3. Remove from heat
4. Pour the paint base into a muffin tin or Styrofoam egg carton
5. Cool; Once cooled, add a few drops of food colouring and stir.



Photography by Cowbell Photography

# EXPLORING FEELINGS TOGETHER



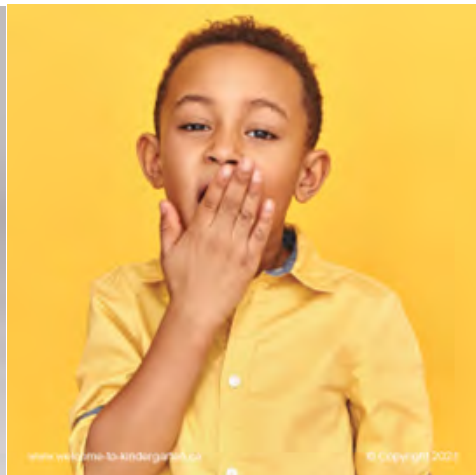
## WHY IT MATTERS

Children learn to manage their emotions by first learning to recognize what they are feeling, to name their feelings and to practice calming strategies.

## FACE STORY

**Our faces and bodies tell a story about how we are feeling.**

- Look at the facial expressions in each photo and guess what emotion each child is feeling (e.g., happy, sad, angry/mad, surprised, worried or tired/sleepy).
- How do you know? (is it their mouth or is it their eyes?)
- Encourage your child to tell about a time when they felt some of those emotions.
- Invite your child to tell a story about what might be happening in some of the photos.
- Talk about ways to calm yourself when angry, mad, worried or scared. (e.g., take deep breaths, ask a trusted adult for a hug, count to 10, find a safe space, play quietly with a favourite toy, listen to calm music etc.).



## Veggie Stir Fry

When gardens or local stores are full of fresh produce, a veggie stir-fry over brown rice or whole wheat pasta is a wonderful option for mealtime. Chat with your child about the name of the recipe and what they predict they will do to make this recipe. Have fun with rhyming words. Ask them to find words that rhyme with fry, stir, corn and red. Chat with them about cutting bite size pieces of vegetables to ensure everyone can practise mindful eating by chewing slowly and thoroughly.

While the children help with the washing and chopping of the vegetables, you can prepare the pasta or brown rice to create a delicious and nutritious meal.



**Yield: 8 portions**

**Preparation time: 15 minutes**

**Cooking Time: 15 minutes**

**You will need:**

- Small bowl
- Knife
- Cutting board
- Large non-stick pan or wok
- Measuring cups and spoons
- Whisk
- Wooden spoon

**Ingredients:**

1 whole cauliflower, chopped into florets  
1 whole broccoli, chopped into florets  
1 whole red pepper, diced  
1 can, 15 oz. (425 g) baby corn  
1/3 cup (80 mL) low salt (sodium) soy sauce  
1/4 cup (60 mL) low salt (sodium) chicken broth  
2 Tbsp (30 mL) vinegar  
1 Tbsp (15 mL) sugar  
2 cloves garlic, minced or crushed  
1 Tbsp (15 mL) cornstarch  
1 Tbsp (15 mL) olive or canola oil

**Instructions:**

1. Clean and chop the cauliflower, broccoli, red pepper and green pepper.
2. Open can of baby corn and drain out liquid.
3. In a small bowl, whisk together soy sauce, broth, vinegar, sugar, garlic and cornstarch.
4. Heat olive oil in a large non-stick pan or wok over medium-high heat.
5. Add cauliflower and sauté for five minutes.
6. Add broccoli, red pepper, green pepper and baby corn to pan with cauliflower and sauté until all vegetables are tender, about seven minutes.
7. Add soy sauce mixture to pan and coat vegetables.
8. Heat until the sauce becomes thicker, about two minutes.
9. Serve over cooked brown rice or whole wheat pasta. Follow the cooking directions on the package.



## 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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### ABOUT Welcome to Kindergarten™

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