

EVERY DAY!



DEAR KINDERGARTEN FAMILY,

Welcome to Kindergarten™ ! We value you as your child's first and most important teacher. We have created issues of *Learning Through Play* to provide you with activities that you can do at home. We strongly believe in the importance of talking, reading, creating and playing with your child every day! Have fun!

The WTK Team

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TALKING AND SINGING BUILDS:

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

CREATING BUILDS:

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

PLAYING BUILDS:

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

READING BUILDS:

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

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



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What are some of your favourite stories and books to share together?

Talking And Reading Together

Finding some time each day to sit and read with your child is invaluable.

When you talk about books and share stories with your child, it helps them learn about themselves and make connections with the world around them.



Exploring Math Together

Children’s counting experiences help them develop an understanding of numbers.

Useful math tools include our fingers and various items around our homes.

Some ideas you can try at home are:

- collect, sort and count objects in your house (e.g., cutlery, buttons, dominoes, toys, books)
- use buttons, coins or dice to play counting games
- use beads, cereal, dry pasta, and string or yarn to make patterns



What counting games did you enjoy playing as a child?



What numbers, words and shapes can you and your child find in your home and community?

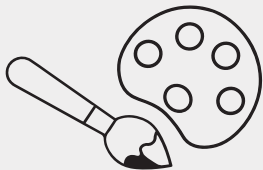
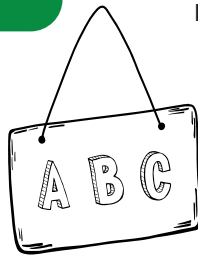
Noticing Print Together

Numbers, words and shapes can be found everywhere in the world around us (e.g., clocks, house numbers, license plates, signs, etc.).

When your child notices print and numbers around them, they're beginning to read and do math.

Some ideas you can try are:

- match letters to names and familiar words in your environment (e.g. F like Fatima, S for stop and Sarah, and so on)
- build your child's name with magnets and other items (e.g., twigs, stones, Lego or other materials)
- cut out labels and make a book for your child to recognize words and letters



Creative Exploration Together

When your child explores and creates with a variety of materials, it develops their natural curiosity and sense of wonder.

Using various items and recycled materials at home, invite your child to create and build. Egg cartons, recycled containers, bubble wrap, cardboard tubes, boxes, and cartons are wonderful materials to spark imagination!



What creative activities do you enjoy doing together?



What food do you and your child enjoy making and sharing?

Cooking Together



Cooking together is a great way to explore measurement, where food comes from, and talk about healthy choices.

Try preparing some new recipes :

<https://welcome-to-kindergarten.ca/family-cookbook>



Yogurt Crunch Recipe

Yogurt Crunch is nutritious and delicious and something your child can learn to make independently.

You can introduce descriptive taste and texture-related words such as the crunchiness of the cereal, the smooth and creamy taste of the yogurt, and the tanginess or sweetness of the fruit.

Ask questions such as: “What is happening?” “What do you see and hear?” “How does it taste?”



Ingredients

- ¼ cup dry cereal
- ½ cup yogurt
- 1/3 cup of fresh or frozen fruit

Instructions:

1. Crush 60ml of dry cereal
2. Measure 125ml of yogurt
3. Measure 80ml of fresh or frozen fruit
4. Using a tall glass, layer the cereal, yogurt and fruit
5. Sprinkle the top with a little more crushed cereal

Yield: 1 serving

Preparation time: 5 mins



Equipment

- Tall glass
- Measuring cup
- Spoon to crush cereal





What music do you and your child enjoy together?

Music & Movement



Music and Movement provide many benefits. When you listen to music with your child, they are learning about sounds, words and patterns.

They are learning about various cultures and starting to form their personal preferences. Moving to music helps children explore and develop muscle control and coordination.

Some ideas you can try are:

- use music to calm or energize
- move to music using light objects like ribbons and scarves
- pretend to move like an animal (e.g., rabbit, elephant, snake, butterfly)
- sing and enjoy a variety of music from around the world!

Listen to WTK Music found here:

<https://welcome-to-kindergarten.ca/ten-fun-interactive-songs>



Exploring Feelings Together

When you explore feelings with your child, it helps them understand and manage their emotions, feel and show empathy for others, and resolve conflict.

Some ideas you can try are:

- talk about feelings while reading stories or watching videos
- make puppets to help your child learn how to express their feelings
- create a “Kindness Calendar” with thoughtful ways to be kind to others (e.g., draw a picture for a grandparent, give someone in your family a hug, donate a toy, feed the birds, etc.)
- celebrate your child when they use words to express their feelings



What creative activities do you enjoy doing together?



MORE RESOURCES TO EXPLORE

We hope you enjoyed reading this newsletter. You are receiving this newsletter because your child's school participates in the Welcome to Kindergarten™ Program.

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!

EXPLORE MORE RESOURCES HERE

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



Welcome to Kindergarten™
CANADIAN EDUCATION WAREHOUSE

About Welcome to Kindergarten™

Welcome to Kindergarten™ is a registered Canadian trademark of Canadian Education Warehouse.

Welcome to Kindergarten™ (WTK) supports new Kindergarten children and families, in warmly welcoming them to school. WTK offers high quality early learning materials and family support. All WTK activities and resources are based on current research and effective practice in early learning, transition to school, family engagement and community involvement.

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