

# EVERY DAY!



## 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 provides you with many ideas for talking, reading, creating and playing, every day, with your child at home!

For more fun ways to engage your child in learning and play follow us on [Instagram](#) and [Facebook](#).

### The WTK Team

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## 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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# Talking and Reading Together



## 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...).



### WHY IT MATTERS

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



## 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



## 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”.

## WHY IT MATTERS

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



## 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. Ask your child to count how many small containers it will take to fill the larger container.
3. Ask your child to guess “how many” (estimate) scoops of water to fill something. Then try it.







## 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



### 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.



### 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.



# Exploring Feelings Together



## 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](#)



### WHY IT MATTERS

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



# Cooking Together

## Apple Ladybugs

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

Many types of apples are grown in Canada. During a neighbourhood walk or at the grocery store, talk about the types of apples (e.g., shapes, colours etc.).

With your children, draw the different stages of the apple: the seed growing into a tree; a tree in blossom; ripe apples hanging on the tree; and making a healthy apple snack.

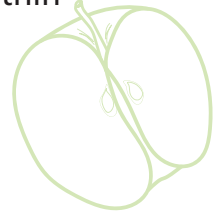
**Yield:** 4 servings

**Preparation time:** 15 min



### Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 Tbsp peanut butter OR 1 tsp SunButter (Sunflower Butter), WOW Butter
- 8 thin pretzel sticks or 8 thin celery sticks



### Equipment

- Knife
- Cutting board
- Melon baller or apple corer



### 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, then stick the raisins on the dots to create the ladybug's spots. Repeat the process to make eyes. 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.



**Try preparing some new recipes :**

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





## 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.

You are your child's first and best teacher,  
so have fun talking, reading, creating and playing every day!

For more ideas, Follow Us on



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## 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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