

# Music and movement



## Resources

Ball, Welcome to Kindergarten music



## Playing with a ball and moving to music

- helps develop large and small muscle control, rhythm, spatial awareness and hand-eye coordination
- helps to express ideas and get along with others

## Your child will learn

- about rhyme, rhythm and sounds
- to take turns, share, and listen to music
- about language, culture and traditions
- that music and moving is fun, and a great way to be active and keep healthy

## Activities we can do together

- playing, singing, dancing and moving together is fun and supports a child's love of music
- showing your child how to hold, toss, pass, catch, roll and bounce the ball
- clapping, counting, rhyming and more are things we can learn when we listen
- using the ball in games like "Simon Says" or tag games
- using numbers while playing (e.g. throw the ball three times and count aloud to each other)



### Sing and dance together!

Children's songs are available for free download through our Welcome to Kindergarten app or website at [www.thelearningpartnership.ca/WTK-music](http://www.thelearningpartnership.ca/WTK-music)

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# Playing with playdough



## Resources

### Playdough



## Playdough is

- enjoyable and relaxing
- builds muscle strength, muscle control and coordination needed for cutting and writing
- a creative material – it can be formed into different shapes and structures using hands and other tools

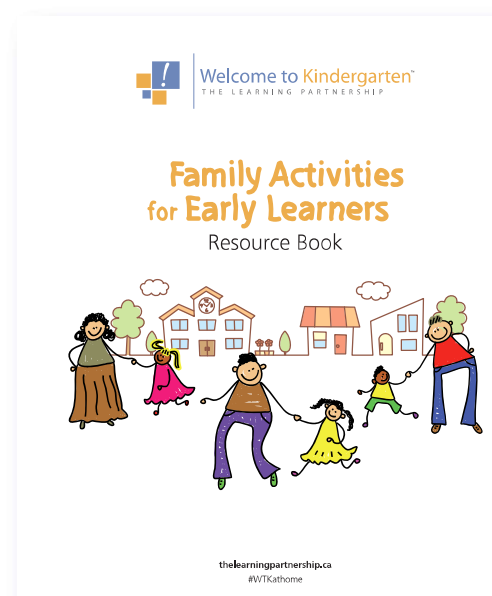
## Your child will learn

- about textures and new words (e.g. soft, squishy, smelly, cut, roll)
- how to create new things and experiment with designs
- through investigation and problem solving with playdough

## Activities we can do together

- squish the playdough, roll it, flatten it, cut it
- use small objects and toys like toothpicks, popsicle sticks, forks, small animal figures and scissors to make new creations
- try making shapes, numbers or letters

Look for more talking and reading activities in the *Family Activities for Early Learners Resource Book*.



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# Talking and reading together

## Resources

Books & Chirp magazine

## Talking and reading with your child every day

- develops interest in books and print
- develops appreciation for family stories and oral traditions
- builds strong relationships between you and your child

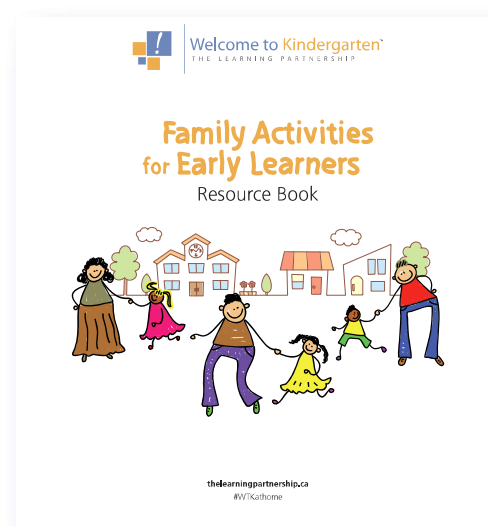
## Your child will learn

- vocabulary and basic knowledge
- listening and speaking skills
- print, letter and number awareness
- a sense of story

## Activities we can do together

- sit and read with your child every day
- read with your child in your first language
- reread favourite books
- let your child hold the book and turn the pages
- talk about the pictures and the story
- make connections to your child's life
- read with expression – use different voices, make puppets, act out the story!

Look for more talking and reading activities in the *Family Activities for Early Learners Resource Book*.



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# Noticing print



## Resources

Magnetic letters and numbers

## Talking about and playing with letters and numbers

- helps your child pay attention to letters and numbers in the world around them
- practises listening, talking and sharing with others

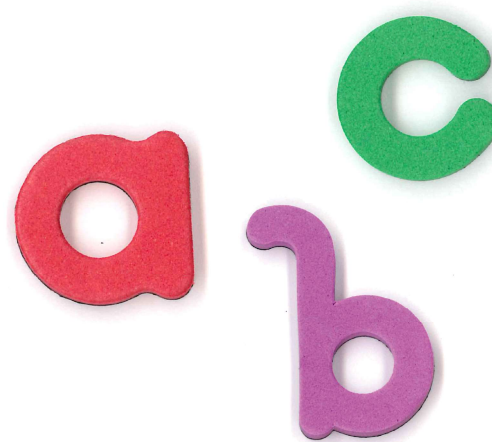
## Your child will learn

- to identify letters and numbers by their characteristics
- to read and write for a variety of purposes and reasons
- through investigation and problem solving

## Activities we can do together

- sort the letters and numbers into groups (e.g. by colour, letters and numbers, upper/lowercase)
- count each group
- learn the names of the letters a few at a time
- find the letters in your child's name and in other words that are important to your child
- find the numbers that are important to your child
- learn the names of the numbers a few at a time
- count the number of letters in each word

**Use the magnetic letters and numbers to turn your refrigerator into a reading and counting zone!**



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# Creative exploration



## Resources

Crayons, pencil, paper, glue and scissors



## Art is a natural and fun way to support exploration and experimentation

- helps your child freely communicate their ideas and feelings
- helps to learn and practise skills like patterning and cause and effect
- helps your child understand concepts like size, shape, making comparisons, counting, and spatial reasoning.
- develops fine motor skills through grasping pencils, crayons and scissors

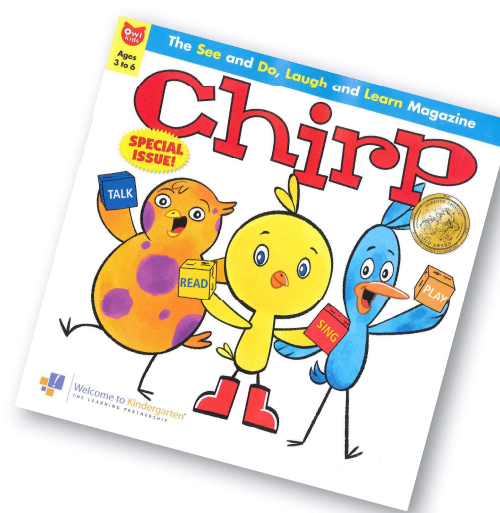
## Your child will learn

- to listen, talk and share with others
- to express thoughts and ideas in a variety of ways
- to investigate and problem solve

## Activities we can do together

- encouraging your child to use these resources to express their thoughts and feelings in a variety of ways
- praising your child's creative thinking and decision making
- modelling how to hold and use the scissors, crayons, pencil and glue safely

Check out the Welcome to Kindergarten special issue of *Chirp* magazine for great art ideas and projects you can do together!



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# Healthy choices



## Resources

Welcome to Kindergarten  
Cookbook



## Healthy, well-rested and independent children are better learners

- learning is made easier for your child when they are healthy and well-rested
- building familiarity with a variety of foods through cooking activities develops confidence and positive feelings about trying new foods
- developing a child's independence makes them more confident learners (e.g. how to open and close snack/lunch containers, how to get dressed, practising healthy washroom routines)

## Your child will learn

- to become responsible for their decisions and choices
- to be active and make healthy food choices that keep our bodies healthy and growing strong

## Activities that promote healthy children

- use Canada's Food Guide as a guide to make healthy meals or snacks
- set regular times for meals and snacks
- cook and eat together often as a family
- make water your family's drink of choice
- hand washing before meals and after using the washroom

**Explore the Welcome to Kindergarten Cookbook!  
Discover healthy recipes that promote cooking  
together and enjoying food.**

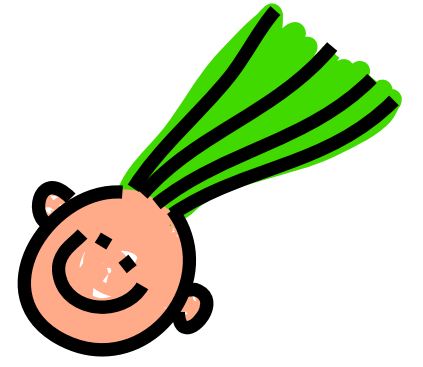
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# Social and emotional learning



## Resources

Talking Together  
cards

## Talking and reading with the Talking Together Cards

- develops an understanding of human emotions
- builds shared vocabulary to identify and talk about emotions
- considers how other people feel and our important responses to them
- explores managing powerful feelings and solving problems peacefully

## Your child will learn

- personal skills to better know themselves and get along with others
- social responsibility to develop healthy relationships and contribute to their family and those around them

## Activities that you can do together

- explore the animal's picture before reading the story
- take time to enjoy the story and follow your child's lead in talking together
- listen carefully to your child and respect their thoughts
- as you listen make connections to your child's everyday life's experiences
- when helping your child deal with difficult emotional or social situations consider the Talking Together Cards and return to a story that speaks to the situation

**Visit your local library to find children's books that explore emotions, social situations and developing healthy relationships.**

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# Science exploration



## Resources

Books & Chirp  
magazine

## Science activities are a fun way to explore the natural world around us

- learn about the basic needs (food, water, shelter and space) required of plants and animals
- properties including colour, texture, absorbency of familiar materials including water
- effects of pushes/pulls, size, shape and materials on movement

## Your child will learn

- skills of observing, measuring, questioning, predicting, communicating, analyzing information, and problem-solving
- basic ideas of how the natural and human worlds interact and function

## Activities that you can do together

- notice natural or unusual things in your environment to develop a sense of curiosity that leads to innovation and exploration
  - Select objects with interesting details or textures, and use a magnifying glass to explore. Draw some of the details and patterns that you find.
  - Read books about animals that live in your area. Where is their home? What do they eat? How do they move? How do they change from babies to adults?
- explore water
  - Add the following to water and see what happens: salt, sugar, oil, sand, food colouring and vinegar.
  - Water plants and measure their growth.

**Check out the Welcome to Kindergarten special issue of Chirp magazine for great science experiments you can do together!**

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