



EVERY DAY!

DEAR KINDERGARTEN FAMILIES:

Welcome to Issue 2 of Learning Through Play! Families are children’s first and most important teachers. Here are more ideas for your family to play and discover together. Have fun talking, reading, creating and playing, everyday!

The WTK Team
Canadian Education Warehouse
info@welcome-to-kindergarten.ca



TALKING AND SINGING BUILD:



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

READING BUILDS:



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

CREATING BUILDS:



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

PLAYING BUILDS:



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

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

Family Time

- Pick a photo or draw a picture of something that your family has fun doing together, for example: cooking, hiking, celebrating family traditions, sharing cultural stories, etc.
- Talk with your child about the photo or drawing. Share which activities you both enjoy the most and why.



WHY IT MATTERS

Children connect with others and share their culture and heritage through listening, speaking and singing.



Read the Pictures!



There is no app to replace your lap-spend time reading with your child.

- Choose any book and focus on “reading the pictures”.
- Encourage your child to tell the story in their first language.
- Looking at pictures and talking about stories builds language and literacy!

EXPLORING MATH TOGETHER

The Number March

- Combining music and movement is a fun way to learn and to get some exercise. Enjoy singing and moving to music.
- See the link to "The Number March" song and other WTK music at the end of the newsletter.



WHY IT MATTERS

Children build science and math skills when they sort, compare, measure, describe and predict.



TEN FUN, INTERACTIVE SONGS

How many ways can you and your child find to move along to music?

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



SORTING



Sorting involves noticing and talking about similarities and differences.

- create collections using objects in and around your house, for example: toys, socks, cutlery...
- encourage your child to sort these collections into different groups, for example: by colour, texture, size, shape...

CREATIVE EXPLORATION TOGETHER



OUBLECK



WHY IT MATTERS

Children develop independence, problem-solving and thinking skills through creative exploration.

- Oobleck is a great way to show how some materials change. Oobleck behaves like a solid or a liquid depending on the pressure you apply.
- Mix 2 cups of cornstarch and 1 cup of water in a bowl.
- Mix the cornstarch and water until your oobleck is formed. If your mixture is too watery and not forming into a solid when you remove it from the bowl, add more cornstarch. If it is not dripping like a liquid, add a little more water.
- For coloured oobleck, add food colouring to your water.

REDUCE, REUSE, RECYCLE

- Use empty cardboard boxes to make a house, a robot, a truck, an animal – whatever your child is interested in. Your child could paint the box or decorate it with craft materials.
- Use empty kitchen or toilet rolls or small plastic juice bottles to make people. Draw on faces, stick on paper clothes, and use cotton wool for hair. Your child could use these new toys to make up stories.
- Go on a nature walk to look for natural materials to make art. For example, in autumn collect fallen leaves for drawing, pasting onto paper or dipping into paint.
- Keep a 'busy box' with things like string, wrapping paper scraps, ice-cream sticks, stickers and straws that your child can use to make whatever they want.
- Find apps or games that your child can use to make digital art. For example, there are apps for free drawing or arranging photos into collages.

Everyday recycled objects are great for encouraging your child's creative development.



EXPLORING FEELINGS TOGETHER



WHY IT MATTERS

Children learn to understand and manage their feelings, which helps them feel and show empathy for others and resolve conflict.



CARING COMMUNITY

- Talk about the different ways we care for one another in our family and community.
- Ask your child about some of the nice things they can do at home (for example, by setting the table, making their bed, sharing with their sibling, etc.).
- Praise your child when they care for others (e.g. greeting neighbours, picking up litter, etc.) and encourage them to continue.

CARING FOR ANIMALS



- Talk and read about your child's favourite animal.
Where do they live?
What do they eat?
How do they sleep? etc.
- Use scissors, glue, crayons, and a variety of recycled materials to create your own animal shelter.

CHICKEN, COCONUT AND TOMATO CURRY



Yield: 4 servings
Preparation Time: 5 minutes
Cooking Time: 20 minutes

Ingredients:

- 1.5 tbsp coconut oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- 1/2 tsp grated fresh ginger
- 2 tsp garam masala
- 1 tsp curry powder
- 1½ cups coconut milk
- 150ml / 5 oz tomato puree (or tomato paste) 500g / 1 lb chicken breast, diced
- 2 tomatoes, chopped

Instructions:

- Melt the coconut oil in a large saucepan over medium heat.
- When melted, add the onion and sauté for two minutes until softened.
- Add the garlic, ginger, garam masala and curry powder and sauté for another two minutes, stirring continuously.
- Add the coconut milk and tomato paste and whisk until everything has combined.
- Add the diced chicken pieces and simmer for 15 minutes.
- Finally, add the tomatoes and continue to simmer for another two to three minutes.
- Serve immediately with rice and poppadoms or naan bread

- This easy-to-make recipe is prepared and cooked in one pan for about 30 minutes.
- Although this recipe calls for raw chicken, if you wish to cut down the cooking time you can also use cooked left-over chicken and adjust the cooking time to about four to five minutes to warm thoroughly before adding the fresh tomatoes.
- Engage your child by having them open the cans and measure the spices. Chat to them about the Indian spice garam masala, a blend of spices that translates as “hot spices” – not as spicy hot but hot as in having a warming effect on your body.
- During dinner, as everyone eats this curry, it will be fun to chat more about the warming effect especially if it is a cold wintry evening.



OUTDOOR PLAY

Outdoor play can be a fun, family experience!

- gives your child the chance to explore nature and experience adventures.
- children can play games, challenge their physical skills, and build their self-confidence.
- when outside, children often have more space and freedom for big movements like running, jumping, dancing and throwing.
- outdoor activities are good for your child's fitness and overall development.



WHY OUTDOOR PLAY MATTERS

“Children and youth who spend time outside when they're young are much more likely to take part in outdoor programs or explore nature on their own when they're older.”

David Suzuki Foundation.
Youth Engagement with Nature and the Outdoors

Playing outside and being in natural environments can also help children relax and feel calm.





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.

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

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

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