



**EVERY DAY!**

WTK Learning Through Play Series 2023 - Issue 4

**DEAR KINDERGARTEN FAMILIES:**

Welcome to Issue 4!

We hope that you and your family were able to participate in a Welcome to Kindergarten family orientation at your school. This issue provides some ideas on ways you can use items in your WTK kit.

We encourage you to talk, read, create, and play with your child over the summer. Here is a link to even more activity suggestions.

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



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# TALKING AND READING TOGETHER



## WHY IT MATTERS

Curiosity and wonder lead children to new discoveries.

## READ ALOUDS

- Talk and read with your child in your first language.
- Explore books that interest your child.
- While reading, ask open-ended questions, for example: "What do you think...," "What would happen if...," "I wonder...".

*Hearing a story read aloud helps children learn to focus and appreciate the sound of language.*



## WE'RE GOING ON A PICNIC!



*We hope you enjoy talking and reading together with the books and Chirp magazine, found in your WTK kit. Does your child have a favourite?*

## Word games help build your child's attention, memory and vocabulary.

- Start this game by saying "We're going on a picnic and I will bring..." hummus.
- The next person will start the same way and add their own item, e.g. "We're going on a picnic and I will bring hummus and pita bread."
- Continue on until it gets too hard to remember the list. Seven or eight items is a good goal.
- Use the WTK Cookbook for fun ingredient lists you can use in this activity.

# EXPLORING MATH TOGETHER



## WHY IT MATTERS

Children build problem-solving skills through math exploration.

## GAMES

- Simple board games are a fun way to spend time together and they help children practice many math skills. Enjoy playing the games found in the Chirp magazine.
- Try making a game outdoors with sidewalk chalk.



Source: <https://shop.cew-ec-boutique.com/990004657-natural-assortments-wood-ce6942-ready2learntm.html> source CE6942 -

## NUMBER FUN!

- Gather a collection of various items (e.g., buttons, spoons, little cars, rocks, blocks, playdough balls etc.).
- Place the magnetic numbers, found in the WTK kit, in a small bag or container.
- Have your child pull out a number.
- Help them name that number.
- Together, count out the number of items to match.



## CREATIVE EXPLORATION

### SCISSOR EXPLORATION:

Children often start to show an interest in using scissors when they are 3 or 4 years old. Scissors help strengthen small muscles needed for cutting, drawing and writing. Exploring with scissors can be lots of fun. It takes time and practice to develop cutting skills.

Here are some things to do with the WTK scissors:

- Create a basket of recycled materials for your child to cut (e.g., assorted paper, greeting cards, styrofoam, straws, junk mail, envelopes...)
- Try cutting playdough
- Gather some natural materials and try cutting these (e.g., grass, leaves, dandelions, small twigs...)



#### WHY IT MATTERS

Physical activity and creative exploration help children develop muscle control and coordination.



## EXPLORE FEELINGS TOGETHER



#### WHY IT MATTERS

Nurturing a sense of well-being supports children as they learn about the world around them.



### MOVING LIKE A ...

When you're outside, look around and see the movement in nature. Being in nature provides a sense of calm and promotes well-being.

How does a butterfly move? How does a frog jump? What do leaves do in the wind?



Can you...

- slink like a cougar
- swoop like a swallow
- stand still like a tree
- sway like the leaves in the wind
- wiggle like a puppy

Here are some other ways to move:

- Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh.
- Start with your knees and hands on the ground. Next, slowly straighten your knees while you lift your hips in the air. Keep your head between your arms.
- Squat with your knees apart with your arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Use your imagination to move in different ways.

## LISTEN TO WATER (WTK MUSIC)

Try singing and moving to the song Listen to the Water, found in the WTK Music

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



- Move your hands and body to the music (e.g., hand to ears for “listen”, roll hands for “rolling”).
- Make hand movements for the animals in the verse (e.g., fish - hands make swimming motions).
- You can find words for the WTK songs [here](#).
- Activity ideas for songs can be found [here](#)

# HUMMUS

Hummus is a delicious, plant-based option for a snack on pita bread or as a dip with vegetables.

It is a healthy fat, filled with plenty of slow burning carbohydrates, nutrients and antioxidants. Hummus is an excellent source of protein for vegans and vegetarians.

You can experiment with different flavours of hummus by adding ingredients such as pumpkin puree for a fall-themed hummus or roasted red peppers for a boost in flavour.



## Ingredients:

- 1 can (19 oz/540 mL) chick peas, drained and rinsed
- 2 cloves garlic or 5 mL (1 tsp) minced garlic
- 60 mL (¼ cup) plain, low-fat yogurt
- 125mL (½ cup) of olive oil
- Salt and pepper to taste

## Instructions:

Mash ingredients by hand or in a blender until smooth.

Yield: 24 servings (2 tbsp serving)

Preparation Time: 5 minutes



## 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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