



**EVERY DAY!**

WTK Learning Through Play Series 2023 - Issue 8

**DEAR KINDERGARTEN FAMILIES:**

This is the final issue of **Learning Through Play** this year. We hope you have found the activities and information helpful as you continue to talk, read, create and play with your child. Spending time together tells your child they are important!

Adjusting to kindergarten is a big step for children and families. Talk with your child about what they have learned since the beginning of school - what has made them laugh, a new friend they have made, and new skills they have developed.

Have fun learning and playing!

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



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# TALKING AND READING TOGETHER



## WHY IT MATTERS

Reading aloud to children is one of the best ways to help them become good readers.

## Read! Read! Read!

Reading to your child has numerous benefits. It introduces them to rich and varied vocabulary. Through exposure to a wide variety of books, children learn new words and develop new ideas. Try reading a variety of information books and magazines (e.g., dinosaurs, animals, vehicles).

- Make reading a fun, interactive and special time together.
- Let your child choose the books they want you to read to them.
- Encourage your child to explore all kinds of books (e.g., storybooks, information books, magazines like Chirp, folktales, poetry, nursery rhymes)
- The teacher-librarian at your school can help your child find books in their areas of interest.
- Read favourite books more than once and ask questions as you read.
- Point out and read printed items around you such as food labels, street signs and shopping lists.



## Bag of Sounds

Look around the house or outside for pairs of small objects that have the same beginning sound (e.g., ball and banana, toy car and cotton ball, spoon and sock, button and bead, rock and ring, paperclip and pencil, marker and money etc).

- Put one item from each pair on a tray or baking sheet. Put the other item from each pair in a paper bag (or another bag you can't see through).
- Have your child pull objects from the bag and find matching objects on the tray.
- Find the WTK magnetic letter that goes with each sound.



## EXPLORING MATH TOGETHER



### WHY IT MATTERS

As we count and explore numbers with children, they learn number sense - the ability to understand how the number system works and how they relate to each other.

## Counting Songs and Fingerplays

Children learn about counting and numbers by singing songs and reciting poems with actions (fingerplays). Songs and poems play a crucial role in helping build foundational math skills.

Have fun trying some of these with your child!



### Here is the Beehive

This is a beehive (hands cupped)

Where are the bees?

Hidden away where nobody sees...

One, two, three, four five (extend fingers one by one)

Five bees!

Bzzzzz!



### 1 Potato 2 Potato

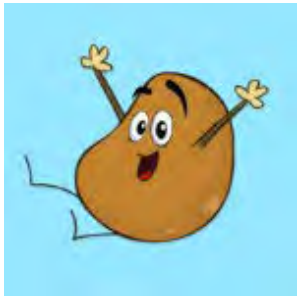
1 potato, 2 potato, 3 potato, 4

5 potato, 6 potato, 7 potato, more.

Each player clenches their fist (like a potato).

While the rhyme is being said, one person clenches their fist while counting out the other potatoes (fists).

The person that lands on "more" puts one of their clenched fists behind their back, and the poem is repeated until there are no "potatoes" left.



### One, Two Buckle My Shoe

1, 2, buckle my shoe. (pretend to buckle shoe)

3,4, shut the door. (pretend to shut the door and continue for each line)

5, 6, pick up sticks.

7, 8, lay them straight.

9, 10, let's start again.

### 5 Little Squirrels Up in a Tree

Five little squirrels sat up in a tree. (Hold up five fingers)

The first squirrel said, "Well, what do I see?" (Point to thumb)

The second squirrel said, "I see a dog!" (Point to next finger and so on)

The third squirrel said, "I see a frog!"

The fourth squirrel said, "Let's run into the shade!"

The fifth squirrel said, "I'm not afraid!"

Then RUFF went the dog, and away the squirrels ran,

One, two, three, four, five!

In Kindergarten classrooms, children often sing about numbers. Ask your child to sing some songs they have been learning at school. There are many fun songs that can be found on various websites. Here is a link to a popular song about ducks!

## Counting On

Counting on is an important math concept for children.

- When going up or down stairs, count the first four steps, stop, and then count on with five, six, etc., rather than starting back at one.
- Encourage your child to predict how many steps it is from their bedroom to the kitchen, or how many scoops of cereal it will take to fill their bowl. Then compare the actual number of steps or scoops.
- Place the magnetic numbers in a container. Take turns pulling a number out of the container. Name the number and then count on to 10 after identifying the number you have pulled!



# CREATIVE EXPLORATION



## WHY IT MATTERS

Music and movement is a fun way to encourage children to use their creativity and imagination.

## Drumming

- Use materials that you have at home to create a variety of drum sounds (e.g., coffee cans, plastic ice cream tubs, metal or plastic bowls...). Try drumming with your hands or use chopsticks, wooden spoons, sticks etc. to act as drumsticks.
- Explore the sounds, volume and various ways to drum.
- Introduce a rhythm and have your child repeat this.
- Bang out words with various syllables (e.g., cat, el-e-phant, hipp-o-pot-a-mus)
- Try drumming to a favourite song.



### Other games to try:

1. Tissues Tango - Place a tissue on your head and dance to your favourite music. Move any way to the music, trying to keep the tissue on your head! Try putting the tissue on other body parts and seeing if you can dance and keep it there.
2. Body Part Wiggles - Turn on some dance music and have one person call out a body part. Everyone dances using just that body part. For example, you can call out “fingers” and everyone dances with their fingers. After a while, the next person calls out another body part, like “mouth”! Everyone dances with just their mouth (e.g., wagging tongues, puckering lips, squeezing cheeks). Wild arms, marching legs, waving hands and more can be so much fun!

## EXPLORING FEELINGS TOGETHER



### WHY IT MATTERS

Children's imaginations grow quickly in their first 5 years of life. When children engage in pretend play, they are developing language, learning life skills, and socializing. Pretend play is acknowledged as the most important type of play in developing creativity.

## Pretend Play

Whether your child likes playing with dolls, toy animals, trucks, dress-up clothes or characters from movies, pretend play opens up their creativity and imagination. Despite the allure of screens in our busy lives, we can encourage children to create imaginative worlds, act out going on the bus, or play school. It doesn't take expensive stuff to use your imagination.

**Are you wondering how to encourage pretend play? Here are 3 ideas;**

- *Dress-up clothes and props as inspiration*  
Create a dress up box with clothes and props that can be used for pretending, ( e.g., apron, old hats, short dresses, old business shirts, gloves, scarves, wallet, mirror, hair brush or comb, rubber gloves, an old cell phone, old keys on a key ring, a magnifying glass, old costumes and jewelery, play money).
- *Encourage your child to create imaginative worlds. Follow their lead.*  
Immerse yourself in whatever scenario your child is creating, let them take the lead. They are the chef and you are eating in their restaurant. A hairbrush turns into a microphone and toilet paper rolls become binoculars. Coming up with different pretend play scenarios and negotiating the rules with others develops the language and skills of social problem solving.
- *Use real life situations*  
Using real life scenarios for pretend play helps children develop confidence to face new situations. Some real life examples include playing school, going to the dentist, visiting the doctor, solving a problem, having a picnic and more!



## Banana Energy Balls

This simple easy to make recipe is a perfect energy boost, when combined with a protein such as cheese or yogurt.

You may wish to have your child use a table knife to cut the banana first into large chunks before mashing the banana with a fork. Together measure the ingredients. If time, have your child draw the ingredients and steps to make this delicious snack. Your child can proudly share the snacks and the drawing.

If you have time and the extra ingredients you can also add the following ingredients - 1 Tbsp. flaxseed, 1 Tbsp. chia seed - to give even more energy!



**Yield: 12 balls**      **Preparation time: 5 minutes**  
**You'll need: Medium sized bowl, spoon, fork**

### Ingredients:

- 1 ripe medium banana
- 1 cup dry oats
- 1/2 cup dried cranberries, minced

**Freezing Time: 1 hour**

### Instructions:

1. In a medium bowl, add the peeled banana and mash thoroughly with a fork.
2. Add dry oats and cranberries and stir to combine.
3. Refrigerate until the mixture holds together when pressed into a ball (approx. 1 hour).
4. Use a spoon to scoop a tablespoon of mixture into your hands and roll into a ball.
5. Repeat this with the remaining mixture, and place balls in a freezer safe container.
6. Keep in freezer until needed. To serve, let sit for 15 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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