

EVERY DAY!



DEAR KINDERGARTEN FAMILY,

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.

The WTK Team

info@welcome-to-kindergarten.ca

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



Read alouds

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

- 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...”.
- Re-read favourite books many times. Repetition can help reinforce vocabulary, comprehension and storytelling skills.



WHY IT MATTERS

Curiosity and wonder lead children to new discoveries.



We're going on a picnic!

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.
- You can change the game to “We're Going to the Grocery Store”, or other locations.

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?



Exploring Math Together



Games

- Board games are a fun way to spend time together and children learn and practice math skills. Enjoy playing the games found in the **Chirp** magazine.
- Try making a game outdoors with sidewalk chalk.
- Number Bingo: Create a simple bingo card with numbers and use small objects like buttons or coins as markers. Call out a number and your child can place a marker on the corresponding number on their card.



WHY IT MATTERS

Children build problem-solving skills through math exploration.

Number fun!

Counting on is an important math concept for children.

- 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



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?

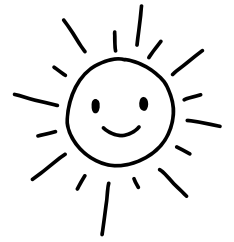
Try using the Pocket Dice and Animal Action cards to move like different animals.



WHY IT MATTERS

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





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:

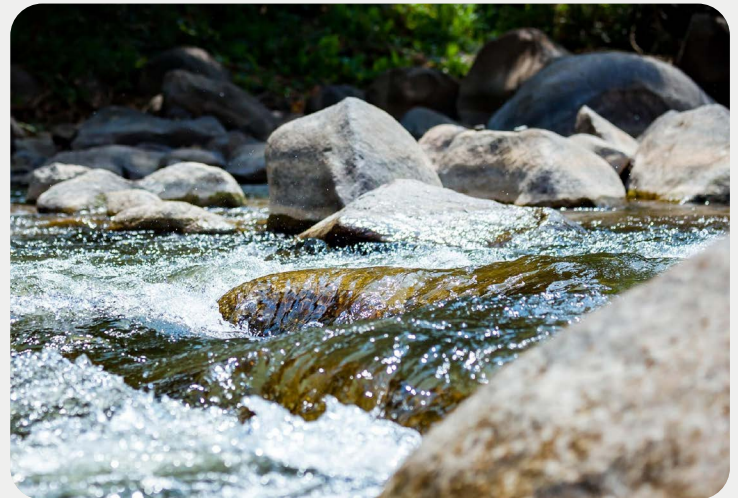
- Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh.
- Start with your knees and hands on the ground. Next, slowly straighten your knees while you lift your hips in the air. Keep your head between your arms.
- Squat with your knees apart with your arms resting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

Use your imagination to move in different ways.

Listen to the water

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

- 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).



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



Cooking Together



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.

Yield: 6 servings

Preparation time: 10 mins



Equipment

- Blender or food processor
- Measuring spoons and cup
- Medium mixing bowl



Ingredients

- 15-ounce can chickpeas (garbanzo), rinsed and drained well
- Juice from 1 lemon (about 1/4 cup)
- 3/4 tsp kosher or sea salt
- 2 cloves garlic, very finely minced
- 1/4 cup plain yogurt
- 3 Tbsp extra virgin olive oil, plus more for drizzling
- 1/4 tsp smoked paprika
- Minced fresh parsley



Instructions

1. In a food processor, combine the chickpeas, lemon juice, salt, garlic and yogurt.
2. Process for 1 minute, then open the food processor and scrape the sides.
3. Process for another minute.
4. While the processor is running, pour in the olive oil.
5. Taste and check for smooth consistency.
6. If the hummus is too thick, add 1 tablespoon of water. Just before serving, sprinkle with smoked paprika, fresh parsley and drizzle with additional olive oil.

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.

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.

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!

EXPLORE MORE RESOURCES HERE

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



Welcome to Kindergarten™
CANADIAN EDUCATION WAREHOUSE

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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