

# EVERY DAY!

WTK Learning Through Play Series  
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## DEAR KINDERGARTEN FAMILY,

Our WTK Learning Through Play series provides you with ideas on how to use the Welcome to Kindergarten™ resources as you talk, read, create and play with your child every day!



Find a time each day to sit and read with your child and practice the three Cs of reading:


**Cuddle, Conversation and Choice**

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

## RHYME 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.
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**Hearing rhymes in words is important for learning to read.**

- Try singing songs, reading poems and making up your own rhymes.
- A good place to find rhymes are in the songs from the [Welcome to Kindergarten](#) album.



**Check out "Got A Hat Hat" and "Colours Are Pretty" by downloading the [Welcome to Kindergarten music folder](#).**

# EXPLORING MATH TOGETHER



## WHY IT MATTERS

Children build reasoning, spatial understanding, and problem-solving skills through math exploration.

## SORTING

Sorting involves noticing and talking about similarities and differences.

- Create collections using objects in and around your house, for example: rocks and leaves, buttons, toys, etc.
- Encourage your child to sort these collections into different groups, for example, by colour, texture, size, shape, etc.
- Count “how many” and place magnetic numbers beside each group.



# CREATIVE EXPLORATION TOGETHER



## WHY IT MATTERS

Children develop and express their unique personalities through art and movement opportunities.

## PUPPET PLAY



Puppet play helps children develop their language and creativity skills, and work through their feelings.

- Explore different ways of making puppets (finger puppets, paper bag puppets, shadow puppets, sock puppets, etc.).
- Using various materials, e.g. crayons, glue, paper, scissors, encourage your child to create a puppet.
- Invite your child to use their puppet to tell you about their day.
- Invite your child to create their own story to tell with the puppets.

# EXPLORING FEELINGS TOGETHER



## WHY IT MATTERS

Children feel a sense of well-being and belonging through healthy relationships, and a positive personal and cultural identity.

## SENSORY BOX

Provide your child with opportunities to explore their senses by playing with various materials, textures or actions, for example: running, jumping, scooping, burying, etc.

Gather some materials that help your child feel calm, such as a squeeze ball, a bag filled with rice or sand, their Family Time picture, fidget toys, etc.

Put these items in a box or bag that can be easily accessed by your child.



## HERE ARE MORE RESOURCES TO EXPLORE:

- [Positive Parenting Ideas](#), Positive Parenting Connection
- [Top 10 Art Activities for Kids](#), The Artful Parent
- [10 Popular Kids' Games from Around the World](#), Explore Parents
- [Moose Stew Recipe](#) (video), Michele Longshaw, The Indigenous Friendship Centre, North Bay, ON



# HEARTY MOOSE STEW



On a chilly fall or winter's night there is nothing more comforting and delicious than a bowl of hearty stew. Chat with your child about why the recipe is called hearty.

Moose meat is naturally low in fat so preparation is key. Low heat over a longer period of time tenderizes the meat.

You can also substitute beef, deer/venison, bison, etc. instead of moose meat.



Adapted from: [food-guide.canada.ca](http://food-guide.canada.ca)

## Ingredients:

- 2 tsp canola oil
- 1 lb 4 oz / 600g moose, cubed (or meat of your choice)
- 2 small onions, cut into large chunks
- 3 celery stalks, chopped
- 5 carrots, peeled and chopped
- 4 cups no-salt beef broth
- 5 medium yellow-fleshed potatoes, peeled and diced
- 3 cups / 600g mixed vegetables, frozen
- ½ tsp parsley, dried
- ½ tsp thyme, dried
- 4 bay leaves, dried
- 1 tsp pepper

## Instructions:

Cut the onions and celery. Peel and cut the carrots and potatoes.

In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.

Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7 to 8 minutes, stirring frequently.

Add the moose meat and stir. Add in broth, potatoes, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Add frozen vegetables 15 or 20 minutes before serving and cook until tender. Remove whole bay leaves before serving.

Yield: 6 servings

Preparation time: 10 minutes

Cooking time: 2 hours 30 minutes

## TALK

### TALKING AND SINGING BUILD:

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

## READ

### READING BUILDS:

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

## CREATE

### CREATING BUILDS:

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

## PLAY

### PLAYING BUILDS:

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



## 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

### ABOUT THE LEARNING PARTNERSHIP

The Learning Partnership is a registered Canadian charity that brings together business, educators and partners to design and deliver inclusive innovation education programs focused on K-8 students in publicly-funded schools across Canada. Our programs build the essential skills and competencies needed in tomorrow's leaders, innovators and problem solvers. They enhance provincial curricula, are aligned with Canada's innovation agenda, and are made available to students, parents and educators through the generous support of our education sector partners and funding from corporate, government, foundation and private donors.

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