

# EVERY DAY!

## WELCOME TO KINDERGARTEN

Written by Wendy Goulden  
Illustrated by Sophie Corbett



### DEAR KINDERGARTEN FAMILIES,

We hope your child is making a positive transition to Kindergarten. We wish you all a great school year! Enjoy Issue 5 of our *Learning Through Play* newsletters!

These newsletters, and the resources in your **Welcome to Kindergarten™** Kit, provide ideas on how you can talk, read, create and play every day with your child, at home.

#### The WTK Team

info@welcome-to-kindergarten.ca

Follow Us on [Instagram](#) and [Facebook](#)

## 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.

## INSIDE

Talking & Reading Together - Let's go to the grocery store!/I Spy Colours	2
Exploring Math Together - Hide and Seek/Simon says...	3
Creative Exploration - Playing with Playdough/Find a Special Tree	4
Exploring Feelings Together - Talking about Feelings Together	5
Cooking Together - Fruit Salsa	6



# Talking And Reading Together



## Let's go to the grocery store!

Children learn a lot about letters and sounds by helping to make lists and writing for real reasons. As children learn to write, they may draw pictures, write just a few letters, or write some familiar words. Accepting all writing attempts encourages your child to keep trying.

**Ask your child to create a short list of groceries that you need to buy. If your child is just learning to write, ask them to draw some of the items. While at the grocery store, help your child find the item on the list.**



### WHY IT MATTERS

When children see print they start to model it in their own way and see themselves as writers.



## I Spy Colours

**Encourage your child to learn the names of colours and identify the range of colours found around them. Here is a game that can be played anywhere - at home, at the park, while travelling, or while looking at pictures in a book.**

*How to play:*

The leader begins rolling the **WTK Pocket Dice** and names the colour that lands (e.g., green). The leader looks for and describes as many green things that they can see (e.g., I spy a green leaf, a green toy car, a green marker etc.). The game continues with each player rolling a colour and spying that colour in their environment. Another way to play is to name and draw an object.

Together, you and your child can create a "My Colour Book" using the crayons found in the WTK kit.

**This fun game helps your child develop their observation skills as they learn to discriminate colours.**



# Exploring Math Together



## Hide and Seek

- Hide a toy in a room, and give your child directions on how to find the toy using positional words.
- For example, you might say, “Look behind the chair.” “Look beside your bed”.
- Have your child hide an object and give you clues on how to find it (e.g., the book is under the bed, my shoes are behind the door, my coat is on top of the washing machine).

## WHY IT MATTERS

Learning to understand positional words and spatial sense is important for mathematical thinking, geometry, and problem-solving.



## Simon Says...

**A game that promotes positional language and spatial sense for young children is “Simon Says with Directions.” This variation of Simon Says focuses on giving directions that involve different positions.**

How to play:

1. Choose one person to be Simon, the leader
2. Simon gives commands with specific positional language.  
*For example:*  
“Simon says touch the top of your toes.”  
“Simon says stand behind a chair.”  
“Simon says put your hands above your head.”
3. The players must listen carefully to Simon’s commands and follow the directions given.



4. The game continues with Simon giving more directions, and the players follow the commands only if “Simon says” is included.

Remember to keep the language simple and make the game interactive and engaging.



# Creative Exploration



## Playing with Playdough

Encourage your child to explore using playdough and a variety of materials, for example: cookie cutters, stones, potato masher, garlic press etc.

- Model creating a scene for a story with the playdough using materials such as pine cones, animals, action figures etc., and telling a story to go with them.
- Invite your child to create their own story and share it with you or their friends.



### WHY IT MATTERS

Encouraging creative exploration enhances a child's imagination and self esteem.



## Find a Special Tree

- Find a special tree in your neighbourhood.
- Encourage your child to describe what they feel, smell, see and hear.
- Try creating art works (e.g., tree bark rubbing, tree leaf collages etc.).
- Visit your tree through spring, summer, fall and winter to observe what stays the same and what changes.
- Make a book of drawings or photos of what happens to the tree through the seasons.



# Explore Feelings



## Talking about Feelings Together

Children are learning to name their feelings (e.g., happy, sad, angry, afraid) and understand that all humans have a range of emotions based on different experiences and situations.

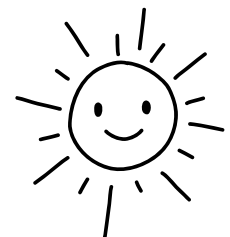
### Help your child to learn about feelings by:

- Talking about feelings, ones that feel good and ones that feel uncomfortable. You can help by saying “How would you feel if...” (e.g., you were invited to a birthday party, you spilled milk on the floor, your brother wouldn’t let you have a turn with the ball).
- Read All About Feelings (p.6) in **WTK Chirp** magazine. Talk about feelings in this story and other books you read together.
- Use the **WTK pocket dice** and activity cards and make faces, matching the emotions of the cards. Talk about why we all have feelings.



## WHY IT MATTERS

When children read and learn about feelings, it helps them to describe and understand emotions.



# Cooking Together



## Fruit Salsa

This simple recipe uses fruit to make a sweet version of salsa. Use any combination of fruit to make this yummy salsa. This salsa is delicious on its own or as a topping on ice cream, frozen yogurt or even oatmeal.

When preparing the fruit talk about how many pieces, how many cups, the shapes, or other features of the fruit.

Using a knife with supervision makes your child feel competent and capable!

**Yield:** 3 cups

**Preparation time:** 20 mins

**Cooking time:** 15 mins



### Ingredients

- 2 granny smith apples
- 1 lemon
- 1 cup finely diced melon and/or kiwi
- 2 cups fresh strawberries
- 1 cup raspberries
- 4 Tbsp preserves (raspberry or strawberry)



### Equipment

- Knives
- Large bowl
- Zester
- Spoon



### Instructions

1. Zest the lemon and set aside. Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.
2. Finely chop strawberries and melon or kiwi. Gently combine all ingredients. The raspberries will break apart a bit.
3. Allow to sit at room temperature at least 15 minutes before serving.



**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.

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

**For more ideas, Follow Us on**



[Instagram](#)



[Facebook](#)



**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.

Copyright © Canadian Education Warehouse 2024. All rights reserved.  
Welcome to Kindergarten™ is a trademark of Canadian Education Warehouse  
[www.welcome-to-kindergarten.ca](http://www.welcome-to-kindergarten.ca)

