



LEARNING THROUGH PLAY



Starting kindergarten is an exciting time for children and families. As your child gets ready for this new step, everyday moments at home can help build confidence, curiosity, and a love of learning.

This Welcome to Kindergarten newsletter is here to support you. Inside, you'll find easy, playful activity ideas that fit into daily family life and help children prepare for kindergarten. The activities explore topics such as literacy, mathematics, physical activity, social and emotional learning, and more.

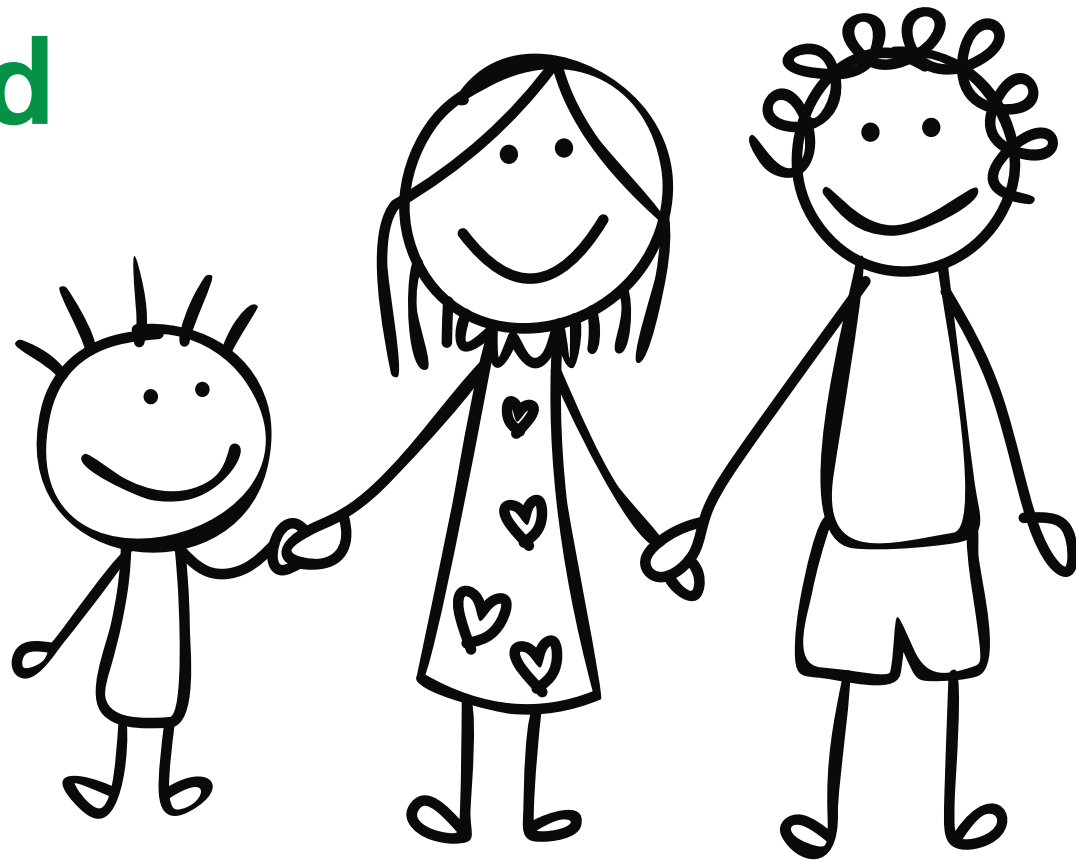
You don't need special materials or lots of extra time—just simple play, conversations, and shared experiences. We invite you to explore the ideas, choose what works best for your family, and enjoy learning together as you get ready for kindergarten.



Table of Contents:

- ◆ **Let's read and play!**
- ◆ **Cooking together**
- ◆ **Clap with me! Pat-a-cake!**
- ◆ **Exploring feelings together**
- ◆ **Science fun - Bubble towers**
- ◆ **Explore the outdoors - Nature bingo**
- ◆ **Let's create - Playdough power**

Let's read and play



Reading Together

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

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 humus 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.





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),
- 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, + for drizzling
- 1/4 tsp smoked paprika
- Minced fresh parsley

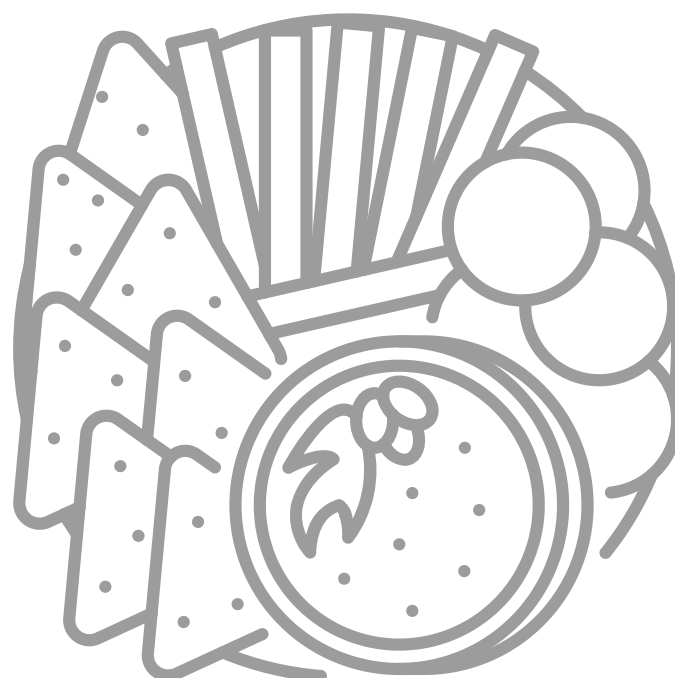


Instructions

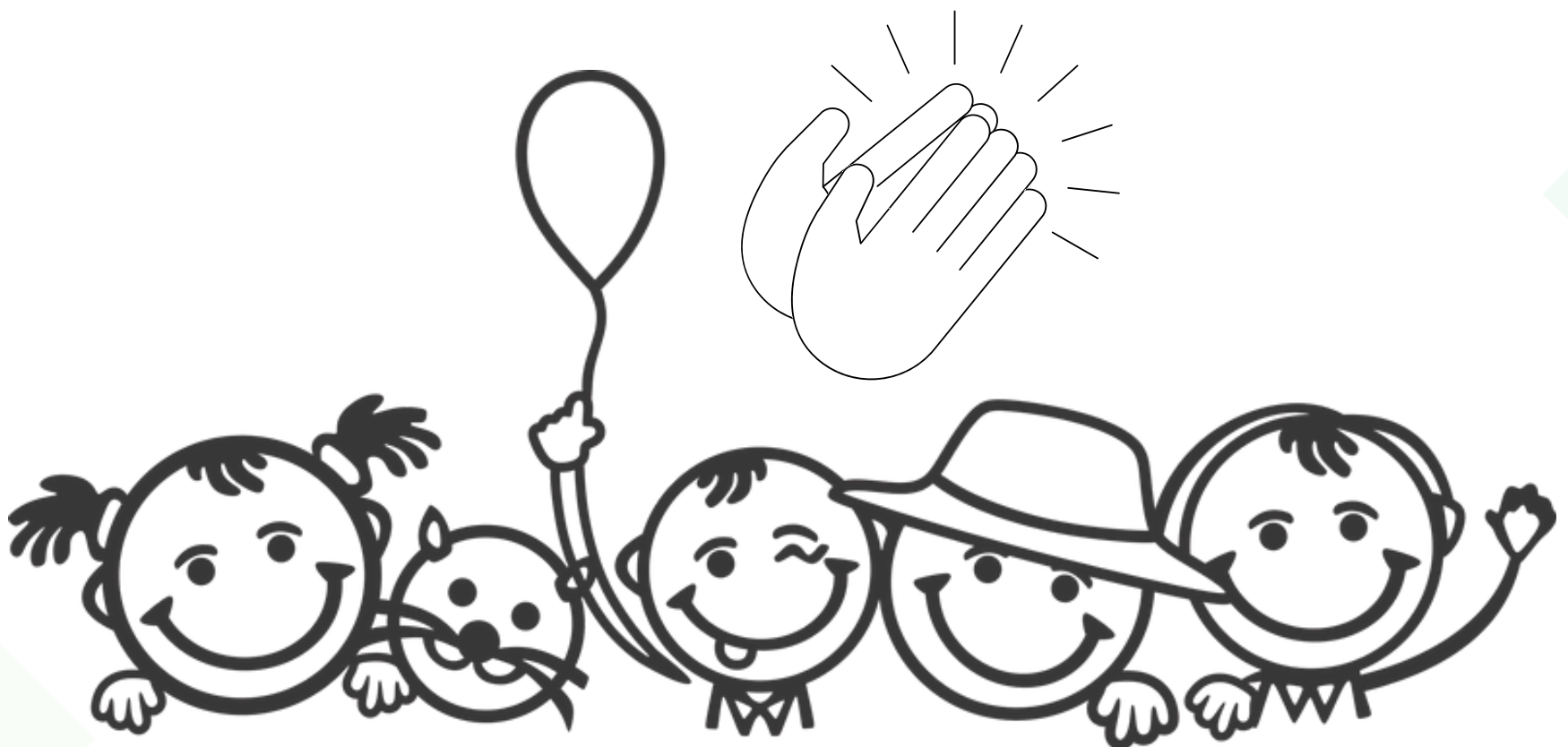
1. In a food processor, combine the chickpeas, lemon juice, salt, garlic and yogurt.
2. Process for 1 minute, then open the food processor and scrape the sides.
3. Process for another minute.
4. While the processor is running, pour in the olive oil.
5. Taste and check for smooth consistency.
6. If the 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



Clap with me! Pat-a-cake



Clapping games are part of many cultures, passed down orally from generation to generation. They don't require any equipment or props so you can engage your child at any time. Clapping games activates various areas of the brain responsible for memory, logic and motor skills.

Start out with simple clapping motions

Clap your hands together, then use both hands to clap both your partner's hands. Then back to your own clap. A simple 1, 2, 1, 2 pattern.

Try : **Pat-a-cake** 

Song

Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can

Roll it
and pat it
and mark it with a 'b'
And put it in the oven
for baby
and me!

Actions

(Clap your hands together, then use both hands to clap both of your partner's hand, **repeat** these actions for these two lines)

Pretend to roll a ball of dough,
Lightly pat the back of your hand,
Draw a letter B in the air
Pretend to put a pan in the oven
Pretend you are rocking a baby
Point to self

You can gradually increase the complexity of the motions. Try **adding in** different motions such as; clapping your partner's opposite hand or crossing your arms to touch your shoulders or slapping your thighs.

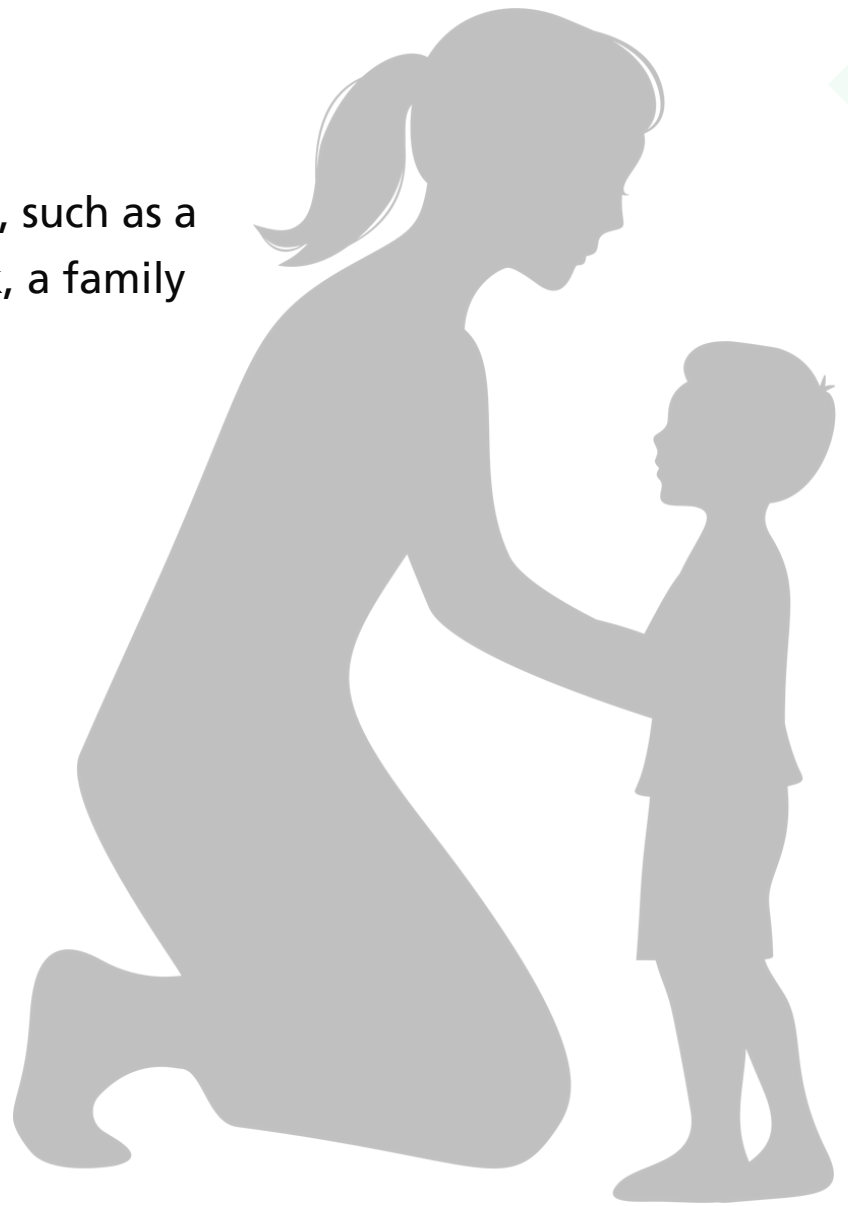
DISCOVER OUR RESOURCES
FOR FAMILIES



Exploring Feelings Together

Calming Kit

- Gather items that help your child feel calm, such as a squeeze ball, a small stuffy, a favourite book, a family picture, fidget toys, favourite book, etc.
- Put these items in a box or bag that can be easily accessed by your child.
- Encourage your child to use these calming materials when they are feeling sad or upset.



WHY IT MATTERS

When we talk about feelings with children, they learn to understand the feelings of others and to manage their feelings.

YOU ARE YOUR CHILD'S FIRST AND BEST TEACHER!

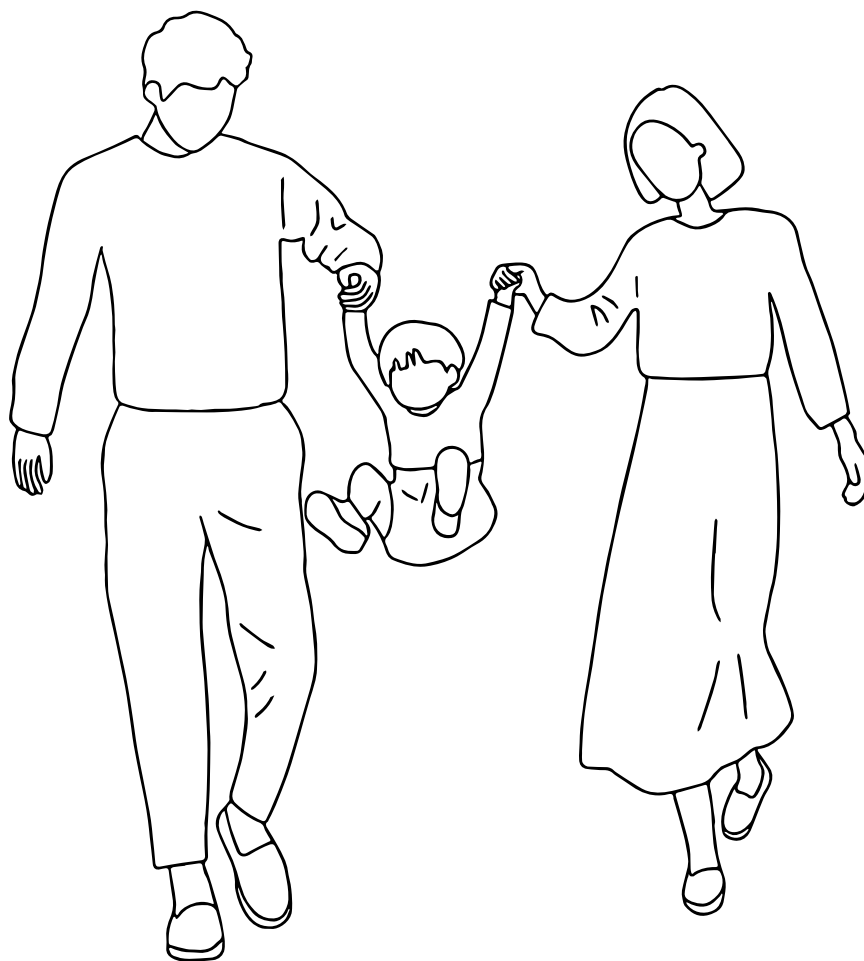
Follow your child's lead as you play and discover together.

Talk and read with your child in your first language.

Help your child to share and take turns.

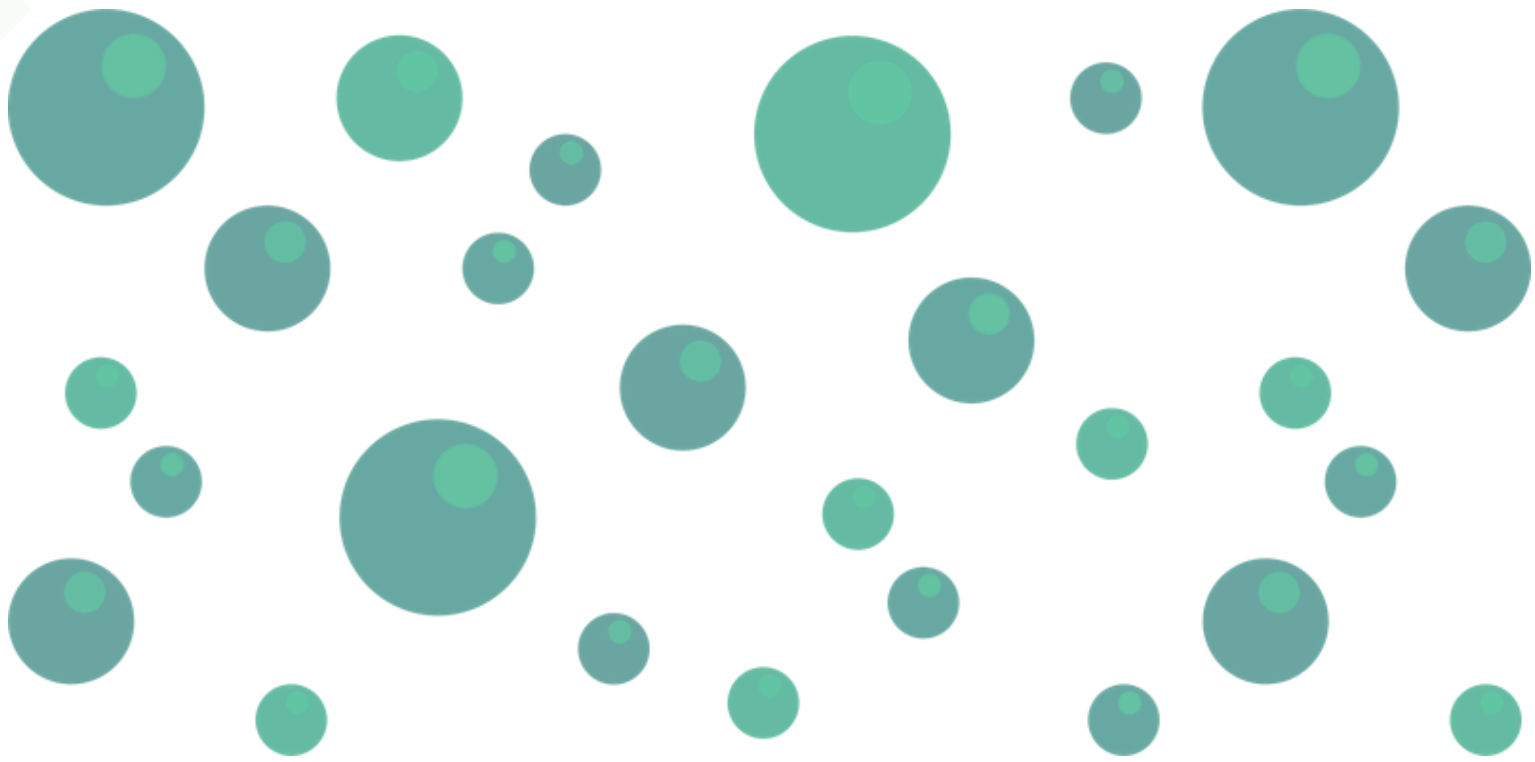
Encourage your child to make choices and decisions.

Celebrate your child's learning.



Science Fun! Bubble Towers

A simple, giggle-filled activity that builds breath control and early science skills.



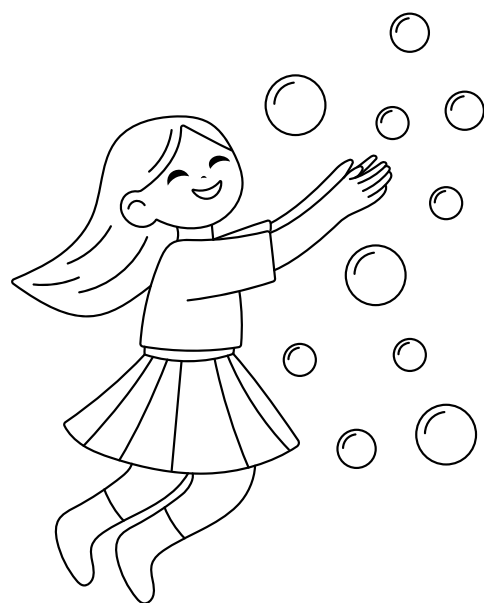
What you need:

- A cup with a small amount of water.
- A few drops of dish soap.
- A straw.
- A shallow tray or a spot like the sink or bathtub to catch overflow.



What to do:

- Add soap to the water and stir gently.
- Place the cup on a tray or in the sink.
- Put the straw into the cup and blow to create a tower of bubbles.
- See how tall your bubble tower can grow before it collapses.
- Talk about what happens when the tower gets too high and why bubbles pop.



Safety tip



Practice blowing out through the straw before starting so no one accidentally gets a mouthful of soapy water. A tiny pin-prick hole at the top of the straw can make it harder to suck in and easier to blow out."

Explore the Outdoors

Nature Bingo



A simple walk becomes an adventure when you bring along a bingo card and a crayon. As you explore outside together, your child searches for the items on their card—like a pinecone, a bird, or a smooth rock—and marks them off when they spot them. When every item is found, they get to shout “Bingo”, which always feels like a victory.



Why it's great for your child

Building observation skills:

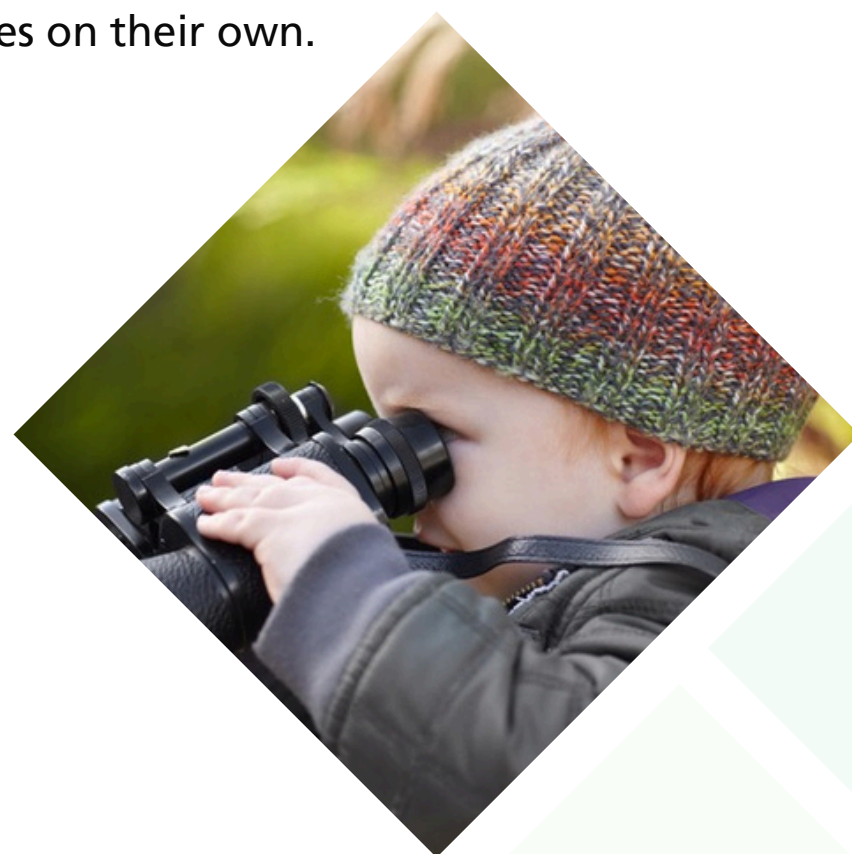
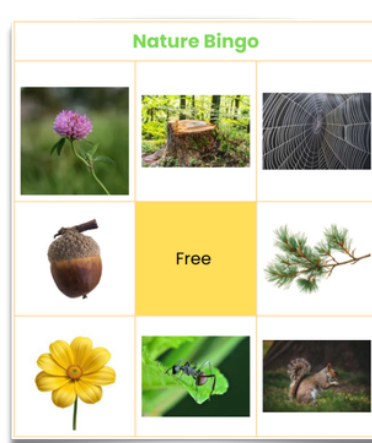
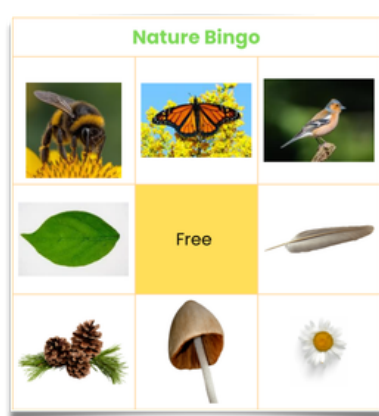
They learn to slow down and notice details in the world around them.

Growing vocabulary:

Talking about what they find helps them learn new words naturally.

Encouraging independence:

They get to lead the search and make discoveries on their own.



Fun variations

Create your own bingo cards:

Draw simple pictures or use stickers to make a personalized version.

Let your child design the cards:

Kids love choosing the items—they'll be even more excited to find them.

Themed walks:

Try “winter bingo”, “park bingo”, or “backyard bingo” depending on where you are.



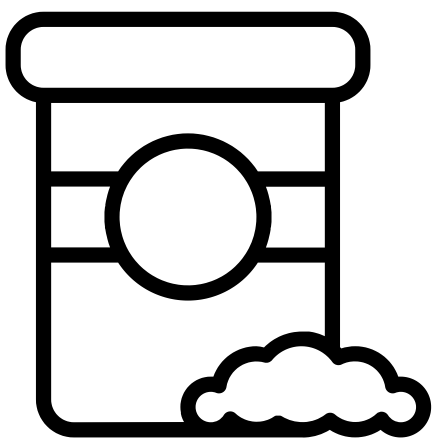
Let's create - Playdough Power



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.

Here is a recipe for homemade playdough



- 2 ½ cups flour
- ½ cups salt
- 2 tsp cream of tartar or alum
- 2 cups boiling water
- 3 tbsp oil
- Food colouring

1. Combine all ingredients together and stir well
2. Knead the dough and it is ready to use.
3. Store in a covered plastic container or zip-lock bag.



**DISCOVER OUR RESOURCES
FOR FAMILIES**

About us

Welcome to Kindergarten™

- ◆ supports new Kindergarten children and families, in warmly welcoming them to school.
- ◆ offers high quality early learning materials and family support.
- ◆ All **Welcome to Kindergarten™** activities and resources are based on current research and effective practice in early learning, transition to school, family engagement and community involvement.

NATURE BINGO