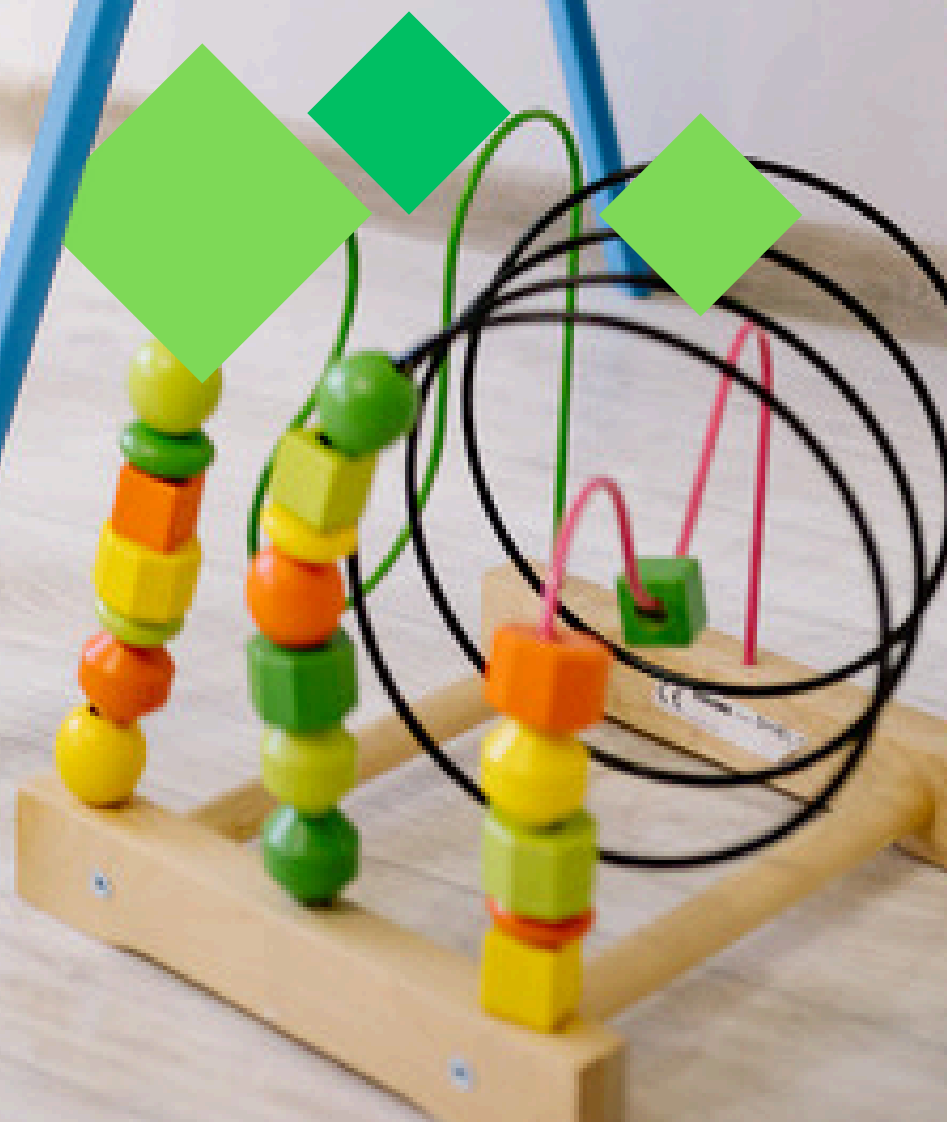


LEARNING THROUGH PLAY



Dear Families,

This Learning Through Play newsletter is filled with simple, fun ideas to help your child learn through everyday activities. When children are playing and exploring, they are learning about the world around them.

You can try activities like making a shopping list together, reading it, and finding items at the store—this is a fun and meaningful way to learn.

There are also movement activities, like walking along a “tight rope,” which help children build balance and body control.

Hands-on ideas like “Does It Measure Up?” help children compare sizes using everyday objects and begin to understand measurement.

You’ll also find activities about patterns, your family, and simple breathing exercises to help children feel calm.

All of these ideas are easy to try at home and are designed to support learning while having fun together.

Enjoy your time learning and playing together!

Warm Regards,
From the WTK Team

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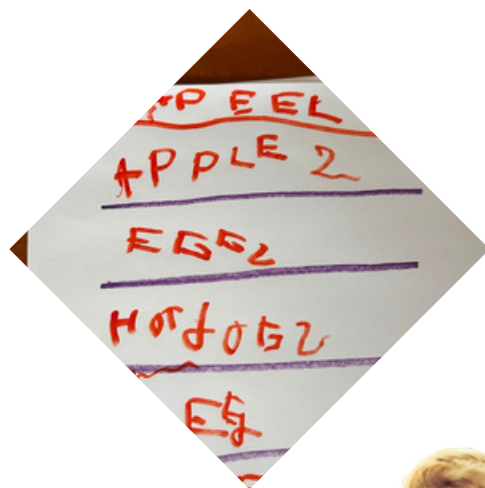
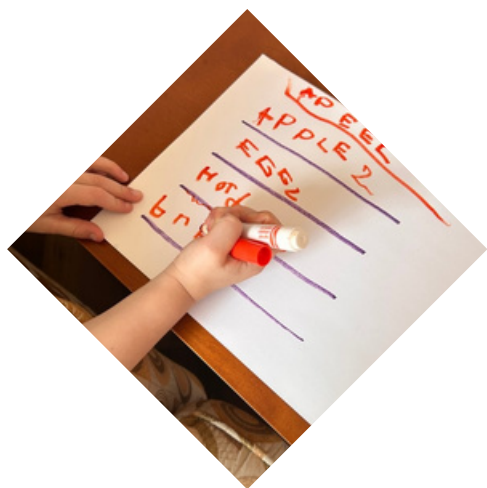


Let's go to the grocery store!

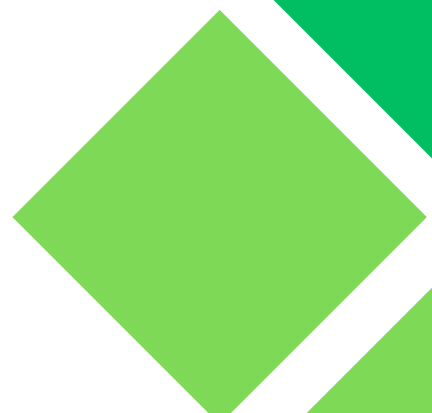


Children learn a lot about letters and sounds by helping to make lists and writing for real reasons. As children learn to write, they may draw pictures, write just a few letters, or write some familiar words. Accepting all writing attempts encourages your child to keep trying and to view themselves as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

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 items on the list.

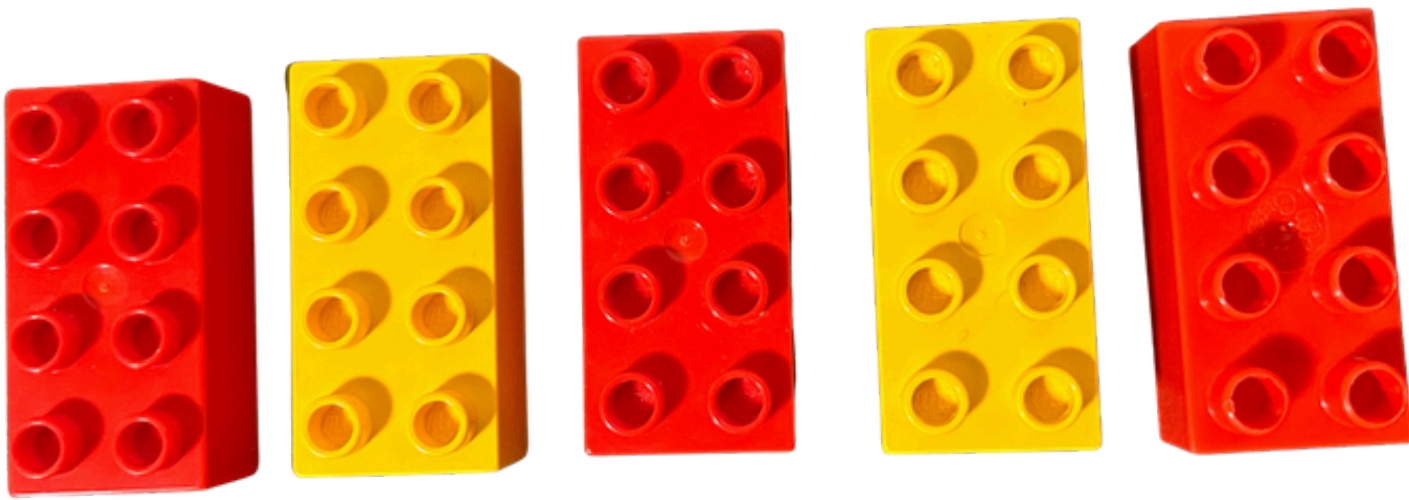




Patterning



Look for **collections of objects** in your house, for example: rocks/gems, clothespins, blocks, cars/trucks, beads, buttons, animal figures...



Create patterns using these items. For example, make a patterned necklace using beads and string: red bead, blue bead, yellow bead, red bead...

You can make patterns with your body (e.g., clap, hop, clap, hop).





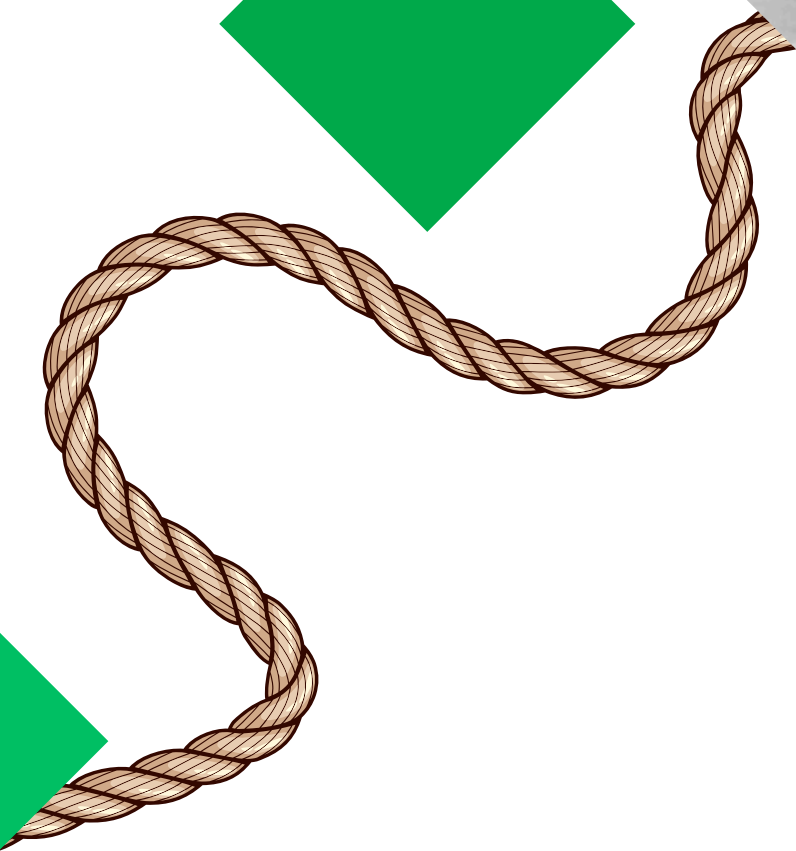
Be a Tight Rope Walker



Test your balance and coordination skills. Walk across an imaginary tightrope, but watch out for the alligator pit below!

How to Play:

- Lay a straight item on the floor to serve as your 'tightrope' (e.g., a piece of string, rope, tape, or a broom handle).
- Walk carefully along the 'tightrope', focusing on your balance.



Challenge yourself by creating longer tight ropes, walking backwards, putting obstacles to step or hop over or putting gaps between tight ropes to jump across.

Breathing Together

Sometimes little bodies hold big feelings.

A slow, calm breath can help everyone feel more settled.

You can show your child how to do this by pretending to smell a flower—breathing in through the nose—and then blowing out a candle—breathing out through the mouth. It turns a calming skill into a playful moment you can share.



Other ways to practice breathing:

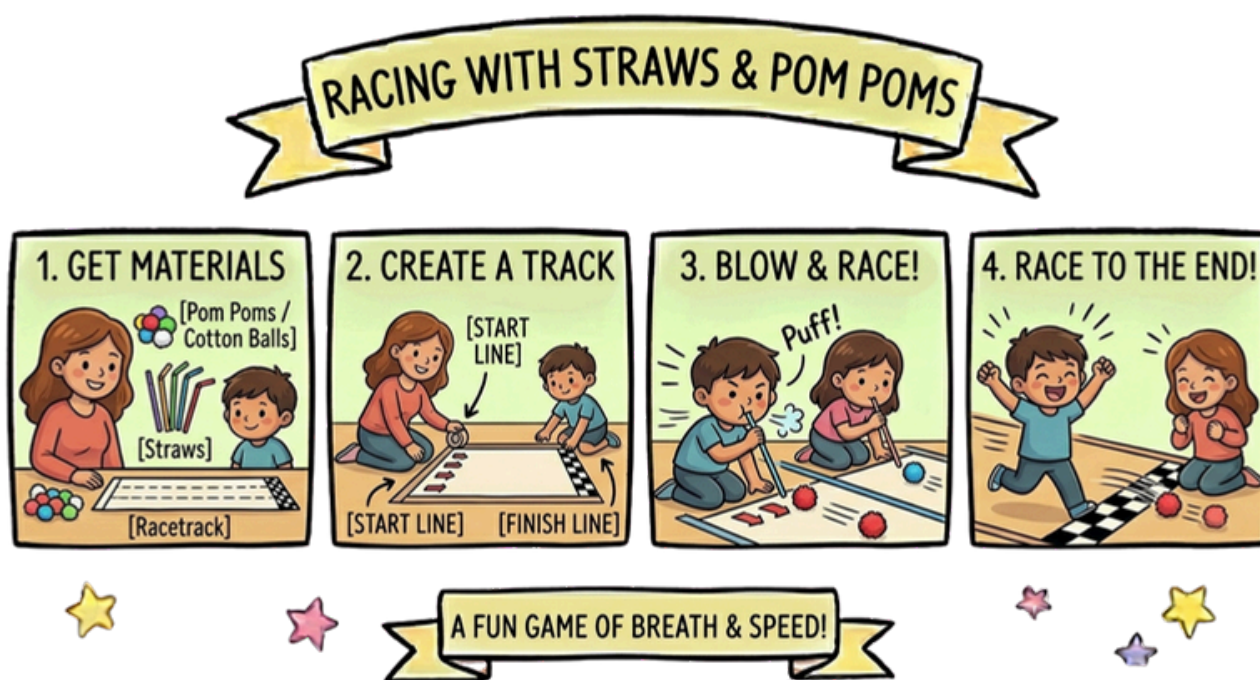
- Blowing bubbles.
- Blowing a pinwheel.
- Belly breathing - lay down, place a stuffed animal on your belly. Watch the stuffed animal rise and fall as you breathe in and out.



Ready, Set... Blow!



Create a simple racetrack with a clear finish line, then invite your child to blow a lightweight object—like a cotton ball or ping-pong ball—using a straw to help it “race” to the end.



Variations:

- Try different surfaces such as carpet, a tabletop, pavement, or grass to see where the object moves most easily.
- Experiment with new objects to discover which ones move with a gentle puff of air and which ones stay put.
- Talk about the results by asking your child why some objects move quickly while others don't.



This playful activity helps children understand that wind is simply moving air. They experience how wind occurs naturally—and how we can create it ourselves.



Does it Measure Up?



Let's go for a walk! Can you find a twig or a stick?

Ask, "Is your stick shorter or longer than your hand? Your foot? Your whole body?"

After they guess, help them check! Show them how to line up one end of the stick with the end of the thing they are measuring.



What do you see?

Now, look around! Can you find something that is:

- The same size as your stick?
- Bigger than your stick?
- Smaller than your stick?

Can you find something that's the same size as YOU are?



Try out using different comparison words—smaller/bigger, lighter/heavier, thinner/thicker—to help build their vocabulary and early measurement skills.

My Family Portrait



Your child is learning about their place in the world. Try these activities together to help your child discover more about themselves and what makes them special.

- **Listen and Talk:** Listen to the song One Big Family from the WTK Interactive Song collection. This song is a great starting point for talking about your own family and what makes them special—like siblings, the languages you speak, traditions, or your culture.
- **Draw Your Family:** Use the WTK rainbow and skintone crayons to draw a picture of your family together. Make sure to include everyone (even pets!) and talk about the unique things that make each family member look and feel special.



Have a wonderful time celebrating your child and your family!



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.

Blowing Bubbles



Children love blowing bubbles! You can use pipe cleaners, plastic hangers, slotted spoons or twist ties as your “bubble wands”. Here is a simple recipe that you can try with your child, using common household ingredients.

1. Mix 1/2 cup sugar into 2 cups of warm water until dissolved.
2. Stir in 1 cup of dish soap gently.
3. Add 1 cup room temperature water and mix slowly.

Tips: Let the solution rest overnight for better bubbles. Avoid foam. Stir very gently. Store in a sealed container in a cool, dark place.