



WELCOME TO KINDERGARTEN™

Learning Through Play



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Dear Kindergarten Family,

The different seasons bring opportunities to explore and discover how things change over time. For example, winter might bring a chance to slow down, notice different sounds in the outdoors, observe light and shadow, as well as, get creative, and enjoy playful learning together.

Children find joy in small discoveries—listening to stories, helping at home, or exploring the outdoor world.

You don't need special supplies to support your child's learning—just time, curiosity, and conversation.

Simple play keeps minds active and hearts connected.

Try these ideas to spark learning this season.

With care, 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 explore
together**

**Talk and read with
your child in your
first language**

**Support
sharing and
taking turns**

**Celebrate every step of
learning and growing**

WHAT'S INSIDE

**Magical Paper
Stories**

**Sounds of
Nature Walk**

Cookie Count

Light Explorers

Kindness Tree

**Winter Nature
Stretch and
Move**

MAGICAL PAPER STORIES



Try This: Magical Paper Creations

Fold a sheet of paper into quarters and cut simple shapes with your WTK scissors.

Open the paper to reveal a unique shape — it might look like a snowflake, a star, or a leaf.

Ask your child: “What could this be?” “What story could this shape tell? Where did it travel from?”

Write or draw the story together using the crayons from your WTK kit.

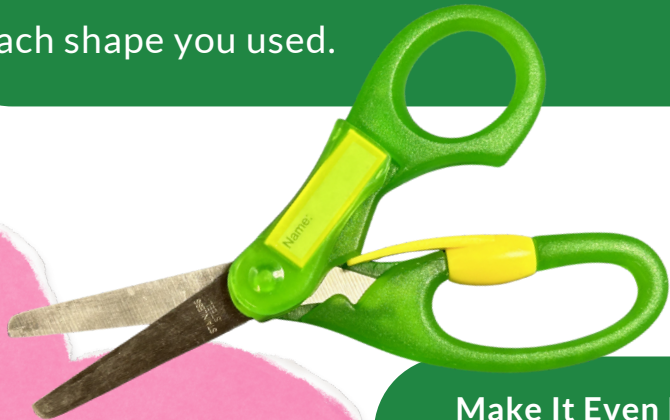
Use the magnetic numbers to count how many of each shape you used.

Why it's great for learning:

Builds oral language and storytelling skills.

Strengthens fine-motor control.

Encourages creativity through art and words.



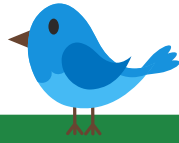
Tip: Tell your story in your home language - language learning grows in every language!

Make It Even More Fun:

Hang your creations in a window and tell their stories aloud.

Add new characters or endings each day.

SOUNDS OF NATURE WALK



Take a short walk or open a window and listen together.

Ask: “What do you hear? Leaves rustling? Birds? Raindrops? The wind? Maybe even crunching snow if it’s around?”

Back inside, use containers or household items to copy those sounds—tap, shake, or clap a rhythm. Try singing and tapping to a simple song your child knows.



Make It Even More Fun:
Sing a simple repeating song about what you hear:
“I hear the wind go whoo whoo whoo!”

Tip: Use words in your home language to name sounds and actions—this builds vocabulary in fun ways! Exploring sound helps children tune in to rhythm, pattern, and language.

COOKIE COUNT

Measuring, counting, and sorting build number sense in delicious ways!



Try This: Cookie Count

Use toy cookies, buttons, or playdough circles as “cookies.” Place the magnetic numbers from your WTK kit in a line. Ask your child to count out that many cookies for each number.

Make It Even More Fun:

Sort cookies by colour or size, or make patterns—chocolate, vanilla, chocolate, vanilla! If you bake real cookies, count how many fit on the tray.



Why it's great for learning:

Builds problem-solving and planning skills.

Encourages observation and early science thinking.

Strengthens fine motor coordination.

Fosters creativity and persistence.

Tip: Count together in your home language—it builds strong thinking in every language!

LIGHT EXPLORERS

Exploring light and shadow builds curiosity about science and how things work.

Try This: Light Explorers

Darken a room and use a small flashlight or the light from a phone.

Hold up objects—hands, toys, paper cut-outs—and see what shadows appear.

Ask: “What happens when we move it closer or farther away?”

Invite your child to draw the shadow shapes with your WTK crayons.

Make It Even More Fun:

Create a shadow puppet show and make characters move as you tell a story.

Why it's great for learning:

Builds observation and prediction skills.

Encourages curiosity about cause and effect.

Combines science, storytelling, and art.

Tip: Try naming shapes and movements in your home language to build vocabulary and scientific thinking!

Tip: Talk about kindness using words from your home language—children understand caring in every language!

KINDNESS TREE

Helping children notice and celebrate kindness builds empathy and connection.

Try This: Kindness Tree

Draw a bare tree on paper using crayons or markers.

Each time someone in your family shows kindness, add a “kindness leaf” or “snowflake” to the tree.

Write or draw what happened—*shared a toy, helped clean up, gave a hug.*

Make It Even More Fun:

Cut out paper shapes with scissors from your WTK kit to decorate the tree.

Watch your Kindness Tree “grow” all year long.

Why It's Great for Learning:

- Builds empathy and emotional awareness.
- Encourages positive social behaviour.
- Helps children see that small actions make a big difference.

WINTER NATURE STRETCH AND MOVE

Movement keeps bodies strong and helps children release energy indoors.



Try This: Stretch and Move

Pretend to be things together:

- Stretch tall like an evergreen tree.
- Curl up small like a cozy winter animal.
- Slide side to side like a skating penguin.
- Jump gently like drifting leaves or snowflakes (if you have them)!

Flap your arms like a bird flying in the sky, or add a blanket “ice rink” or use soft pillows to mark spaces to move safely.

Make It Even More Fun:

Play music and move faster or slower with the beat.
Let your child create their own animal or nature moves to teach you.

Why it's great for learning:

Builds balance, strength, and coordination.

Encourages creativity through movement.

Promotes self-regulation and body awareness.

Tip: Try this activity before bedtime or after screen time to help your child relax and refocus.

MORE IDEAS FOR FAMILIES

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, check out our future newsletters or our resource page at

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



ABOUT WTK

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.

WTK Contest

Send us a photo of you trying out one of these activities or playing with items from your WTK kit. You could win one of our WTK books! We will draw with every newsletter! Send photos to info@welcome-to-kindergarten.ca

