



EARLYON AT GERRARD RESOURCE CENTRE



This booklet has been put together by the EarlyON at Gerrard Resource team that were sent to our participants weekly. They have been put all together at your convenience for easy access. Please feel free to distribute to your clients/families as well.

If you would like to be added to our subscription list to receive our weekly newsletters, please email anatejada@ryerson.ca and nina.cabaguio@ryerson.ca.

**Kind Regards,
EarlyON at Gerrard Resource Team**

TABLE OF CONTENTS

Cognitive

Creative Arts

Fine and Gross Motor

Group Time

Science and Sensory

School Readiness



COGNITIVE

Sorting Shapes

Materials:

- Paper
- Scissor

Instructions:

1. Cut out big types of shape, i.e, triangle, star, circle, square, heart etc.
2. Cut out smaller types of the same shapes.
3. Allow children to differentiate the various shapes by categorizing and organizing them.



You can also modify this activity by sorting colors.

Pipe Cleaner Counting

Materials:

- Paper cups
- Pipe cleaners
- Thin and small screwdriver or awl.
- Marker

Instructions:

1. Put the cups upside down and write a number on each cup.
2. Make the same amount of holes at the bottom of each cup.
3. Place the cups on a table or on the floor and many pipe cleaners.
4. Encourage the children to look at the numbers and to put in the paper cup the number of pipe cleaners written on the cup while counting out loud.



Pipe Cleaner
Counting Activity



Color Block Puzzles

Materials:

- Paper of different colours
- Scissor
- Marker
- Duplos

Instructions:

- 1) Cut out a rectangle of each colour.
- 2) Use the duplos to draw different shapes.
- 3) Give the children the opportunity to look for the right duplo and color.



You can also modify this activity by drawing and using wooden blocks, and motivating the children to stack up the same shape in both cases (when using duplos and when using wooden blocks)

CREATIVE ARTS

Homemade Paint

Materials:

- ½ cup of salt
- ½ cup of flour
- ½ cup of water
- Food Colouring
- Ziploc bags

Instructions:

1. Mix ½ cup of flour with ½ cup of salt
2. Add ½ cup of water and mix until smooth
 - a. If you want the paint to be thinner, add water until you get your desired consistency



3. Put the mixture in separate ziploc bags and add a drop of food colouring, with the colour of your choice
4. Allow them to squish up the paint inside the bag until it is well combined
5. Cut a corner off the ziploc bag and use the ziploc bag as a “squeeze bottle”
6. Because of the salt, it will have a grainy texture to it which makes this paint great for finger painting



Link: <https://tinkerlab.com/salt-and-flour-paint/>

Ice Painting





Materials:

- Ice cube tray
- Food colouring
- Water
- Popsicle sticks
- Card or paper

Instructions:

1. Fill the ice tray with water
2. Mix a small amount of food colouring into the water, with your desired colours
3. Put popsicle sticks into each of the cubes and put the tray in the freezer for about 2 hours
4. Once the ice has frozen, take the ice paint pods out and you are ready to paint!
5. It is recommended to paint on a card or thick paper so the ice paint does not go through the paper.

Link: <https://www.messylittlemonster.com/2015/02/ice-painting-process-art-techniques-for.html?m=1>

Unwrap It!



Have any leftover wrapping paper? This activity can entertain your little one while working on their motor skills! With just a few materials, you can create a fun activity for your child!

Materials:

- Empty Cereal Boxes
- Wrapping Paper
- Little stuffed toys or snacks to put in the box for a surprise for your little one!

Instructions:

- Find an empty cereal box in your home
- Put in little things your child likes such as toys or snacks inside the box
- Wrap the box with wrapping paper
- Engage your infant with the activity while they use fine and gross motor skills to rip the paper and open the box. Please watch out for the paper, we don't want little pieces to end up in our little one's mouth!



Painting with Nature

Materials:

- Different coloured paint
- Paper
- Anything you will find in nature- leaves, pine cones, branches/twigs, rocks etc.

Instructions:

1. Allow children to go outside and explore their nature through looking for materials they can use to paint.
2. Wash the materials found from outside with hot water and soap before using as an art work.
3. Put paint on a flat surface (i.e, plate) so children can dip the materials they found and stamp it into their sheet of paper.





Flower Painting with Forks



Materials:

- Plastic forks
- Paint of choice (acrylic paint, finger paint or washable tempera)
- Green paint
- Paper

Instructions:

1. Steep the fork in the paint of your choice
2. Press the fork onto a sheet of paper
3. Repeat, with other colours
4. Press your fingers into the green paint to make the stem and the leaves
5. Design your page however you want! Add clouds, the sun and grass!

Video link:

https://www.youtube.com/watch?time_continue=6&v=YseOZpS_ZAc&feature=emb_title

Other paintings (using a fork):



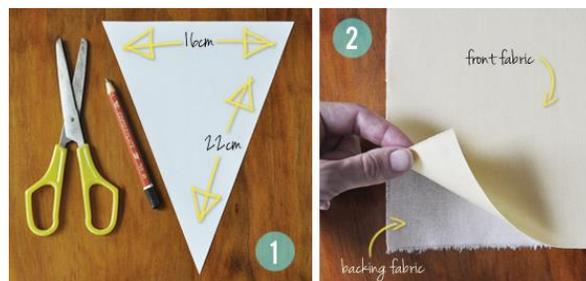
Festive Bunting

Materials:

- Construction paper
- Markers
- Crayons or coloured pencils
- Pencils
- Scissors
- Ruler
- Hole puncher
- String or yarn (long enough for the bunting decoration)

Instructions:

1. Draw a triangle (16 cm width, 22 cm triangle) as a template and cut it



2. Cut as many triangles as you want, using the triangle template.
3. Decorate the flags with markers, crayons, coloured pencils. Let the creativity flow!



4. After decorating, punch some holes on the top corners of the flags, on the wider part of the triangle (the 16cm side).
5. Cut a long piece of yarn. Make sure it is long enough to fit all your flags!
6. Once you have pulled the string through the flags you have decorated, you will have a festive bunting like this:



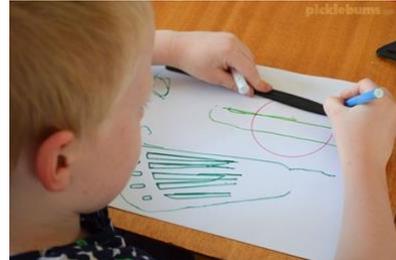
The original instructions on this link called for sewing. We've simplified it for those who do not have a sewing machine!

Link: <https://picklebums.com/kid-made-bunting/>

Object Tracing

Materials:

- Popsicle sticks (optional)
- Paper
- Washable writing materials
 - Coloured pencils
 - Washable markers
- Household items such as:
 - Cups and bowls
 - Plastic containers
 - Spatulas
- Objects and toys around the house, such as:
 - Legos
 - Puzzle pieces
 - Shoes



Instructions:

1. Ask the kids to pick at least 5 items in the house that they would like to trace. You can suggest the items that we've listed above.



2. Trace each item on the paper using coloured pencils or washable markers. Let them experiment on how they want to place the items on the paper.

3. They will end up with a collection of interesting outlines, some will put the items together to form different shapes and patterns. Allow them to decide if they want to colour the designs in or they could leave them as outlines.





Paper Towel Roll Stamps



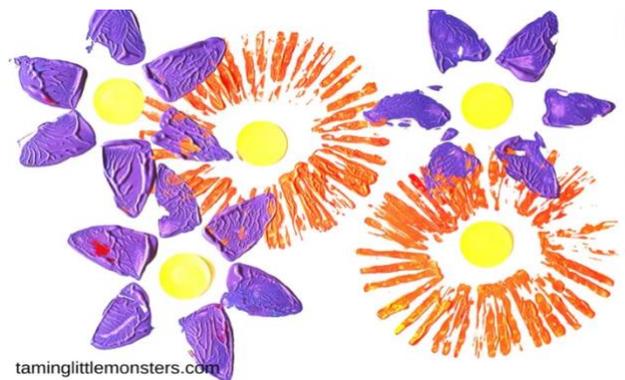
Materials:

- Paper Towel Rolls (This is the preferred and cleaner choice)
- Paint of choice (acrylic paint, finger paint or washable tempera)
- Scissors
- Paper

Instructions:

1. Cut the paper towel roll in half
2. With the pre- cut roll, cut the top with your desired pattern, be creative!
3. Dunk the stamps into some paint and stamp them on your paper

Link: http://taminglittlemonsters.com/toilet-roll-stamp-flowers-spring-art-for-kids/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=991208092_44838438_143004



Blow Paint Creatures



Materials:

- Washable tempera paint
- White paper or cardstock paper
- Straws
- Markers

Instructions:

1. Squeeze a good amount of paint on the centre of the paper. You can pick as much colours as you want
2. Give the child a straw. Show them how to blow through the straw just above the paint, using the air to push the paint around the canvas.
 - They would be controlling the direction of the paint by the way they move their straws, making it fun to shape their creatures and mix the colours!



3. Let the paint dry and design your own creature. Add some eyes, hair, arms and feet. BE creative!**Link:**
<https://www.theseasonedmom.com/easy-art-activity-kids-blow-paint-monsters/>



Paper Plate Fish



easypeasyandfun.com

PAPER PLATE FISH CRAFT



Materials:

- Paper Plate
- Paint of choice (acrylic paint, finger paint or washable tempera)
- Scissors
- Construction Paper (any colour you'd like!)
- Glue
- Black marker
- White paper

Instructions:

1. Paint the paper plate any colour you wish and let the paint dry completely!
2. Cut a triangle (piece of the pie) out of the paper plate. This will make the fish mouth (and the extra bit will be used for the tail)



easypeasyandfun.com

3. Glue the triangle on the opposite side where you cut the triangle.



4. Cut a circle out of the white paper. Using a black marker, circle inside the white circle you just cut. You made the eye of the fish!
5. Glue the eye on the paper above the mouth.



6. Cut circles with your construction paper (the more colours the merrier).
7. Fold all of the circles in half. Press down nicely so they are more closed than not.
8. Start gluing them in rows on the paper plate fish.



9. Cut fins out of construction paper and glue them on the paper plate fish.



Link: <https://www.easypeasyandfun.com/paper-plate-fish-craft/>

More Paper Plate Animal Crafts: <https://iheartcraftythings.com/20-paper-plate-animal-crafts-for-kids.html>

Squiggle Art



Materials:

- Paper
- Drawing materials
 - Pencils
 - Markers
 - Crayons

Instructions:

1. Use a marker to draw some doodles or squiggles on the paper.

Challenge: Ask them to draw as much squiggles on the paper without lifting their hand off the paper for 10 seconds

2. Fill in the blank spaces with colours



Another Variation of Squiggle Art: <https://reliefteachingideas.com/2014/06/19/rainbow-squiggle-line-drawing/>



FINE AND GROSS **MOTOR**



GROSS MOTOR

Working on gross motor skills helps a child gain strength and confidence in his/her body, to perform everyday functions, such as crawling, walking, running, and playground skills like climbing, and sporting skills like catching, throwing and hitting a ball. It also helps them get exercise and physical activity, which is important for their well-being and health. Developing these skills assist children's ability to do more complex skills in future activities, such as playing soccer with a team or biking. Even though going outside is limited, that does not mean we cannot bring the fun indoors! These activities can be modified and adapted to your child's needs, skills, and abilities.



Create an indoor obstacle course!

This fun game will enhance their gross motor skills while allowing children to problem solve, have a cause-and-effect and spatial exploration. You can create it for your children or follow their lead, using furniture, toys, sheets and different objects. You can modify the obstacle course based on your child's skills and needs.



Follow the line.

Cut out long strips of paper and tape it on the floor or use different colour tapes to create different lines. Encourage children to move along on the lines. Challenge them by walking backwards, using one foot, moving sideways etc. This will allow children to follow spatial relations but also allowing themselves to coordinate and balance along the lines.



Create a move cube! Or an activity dice!

On each side of the cube, add a movement that kids can do. Once finished, let the kids roll the cube and act out the movement they got. This enhances their imagination, and practices every aspect of their gross motor skills - walking, jumping, wading, balancing, etc. You can modify this activity based on your child's abilities.



Noisy moves.

Tape bubble wrap on the floor and let kids pop them with their body! It's both sensory and a gross motor activity! This will also allow for children to problem solve and have a cause-and-effect exploration as they try to pop the bubble wrap! Children can also roll with their torso across the bubble wrap.



Paper plate skates.

Use paper plates to glide along on a carpet or a smooth floor. Let them be creative and make them try to imitate speed skaters, hockey players, or figure skaters. This helps with the children's coordination and balance. Children can also lay on their stomach to slide across the room.



Tissue dance! Every child place a tissue on his or her head. As the music starts, the children begin dancing. Parents should encourage as much movement as possible. The goal is for the children to keep the tissues on their heads as they dance. If it falls off, the child can grab it and

place it back on his or her head, but if it touches the ground, the child is out. This allows for coordination, balance and concentration.

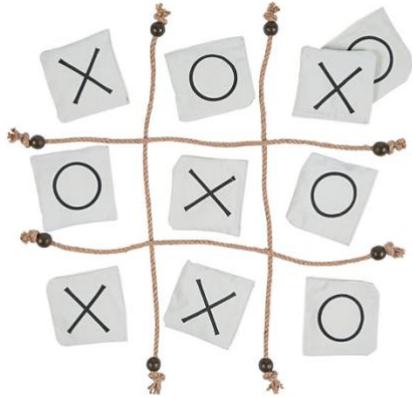


Throwing game. Crumple different sheets of scrap paper/old newspaper/magazine put tape on the floor creating different shapes and let them throw or shoot the crumpled paper into the different shapes. Children can also remain sitting down so they can practice their throwing and eye-hand coordination skills instead.



Tic Tac Toss. Mark out a LARGE Tic-Tac-Toe board on the floor with a painters tape. Hard surfaces work best. Give two players a set of bean bags or crumpled paper each and let them play a giant version of Tic-Tac-Toe, or TIC-TAC-TOSS. The catch? Instead of marking their X's and O's with a pen, they will need to toss their bean bags into the squares to get three in a

row! Children can remain sitting down so they can practice their throwing and eye-hand coordination skills instead.



©2018

Red Light, Green Light. Use this game to practice starting and stopping on command. Red means stop. Green means go. Any children can play along!



Tummy time for babies

Playing With Your Baby - Tummy time!

‘Tummy time’ is the time that your baby spends lying on her stomach while she is awake.

Once your baby’s cord has fallen off, you can put her down to play on her tummy or her side. Start with just a few minutes several times a day and gradually increase the time as your baby gets used to this new position. Make sure you’re watching her while she’s on her tummy.



‘Tummy time’ is important because it helps your baby learn to:

- Hold up her head and get strong enough to turn her head from side to side
- Get up on her elbows
- Get up on her hands with straight elbows
- Roll from her tummy to her back and then onto her tummy again
- Shift her weight to reach for toys
- Crawl forward on her tummy and then all fours

It can even help keep your baby from getting a “flat head” (which happens when the baby always lies the same way).

‘Tummy time’ Ideas:

- Lie on your back and have her lie on your chest
- Lay your baby down on a clean, firm surface (like a mat on the floor)
 - Avoid putting your baby down on a high surface like a change table because they could roll off
- Sit or lay on the floor with your baby while they play on their tummy. Holding up toys or objects will help her to develop reaching and grasping skills
- Remember, blankets and quilts can block your baby's face and prevent proper breathing
- If your baby gets tired and falls asleep, you can roll him gently onto his back to sleep.

(Source: [Peel Public Health](#))



SCIENCE AND SENSORY



Playdough/ Slime/ Moon Sand

With the young ones at home, they might be looking for something they can make and play with. How about some play dough fun?! Moon Sand?! Slime?! They are very simple and totally-in budget! This will allow some helping skills, co-operation, enhancing their reading and language/communication skills, and lastly, how to follow directions! Here are the recipes on how to make easy and fun play dough, moon sand, and slime with your young ones!

PLAYDOUGH: (Recipe we use at the centre)

INGREDIENTS:

- 2 cups flour
- 1/2 cup salt
- 2 tbsp cream of tartar (if there is no tartar, that's okay, it only acts as a preservative).
- 2 tbsp cooking oil
- approx. 2 cups of water
- food colouring (If you would like to add colours)

INSTRUCTIONS:

1. On a large bowl, mix all dry ingredients together (2 cups flour, 1/2 cup salt, 2 tbsp cream of tartar)
2. Add the 2 tbsp of cooking oil in the same bowl.
3. Slowly, with small amounts, add the boiling water and knead them together. You may need less than 2 cups, so be careful. If it becomes too watery, continue to add dry ingredients until consistency is smooth.
4. Knead in food colouring slowly.

MOON SAND: <https://afewshortcuts.com/how-to-make-moon-dough/>

INGREDIENTS:

- 8 cups all purpose flour
- 1 cup vegetable oil or baby oil
- Food color (if you want to color it)
- Essential oils for fragrance

INSTRUCTIONS:

1. Pour flour into a large plastic container or tub and add food coloring and essential oils if you desire.
2. Dump in the oil to the center and mix together with your hands until it is evenly distributed and the flour sticks together when you squeeze it. Add more oil if needed to get the correct consistency.

3. Give the kids molds, scoops, and more and let them enjoy.
4. This can be stored for a couple weeks in an airtight container before drying out.

GLUTEN FREE:

1. Use Corn Flour or other gluten free flours if your child has a gluten intolerance. I have also heard that you can make this using playground sand and oil (however I have not personally tried it)

SLIME: <https://temeculablogs.com/laundry-detergent-slime/>

INGREDIENTS:

Glue

Laundry Detergent (We realize Tide works best for slime).

INSTRUCTIONS:

1. Add some white glue to a bowl, maybe about 1/2 c. worth to begin with
2. Add 1 tbsp. of liquid Tide laundry detergent at a time stirring in between until it thickens.
3. It's a trial and error. If it is still sticking to the side, add more detergent. If they are not sticking together, add more white glue.
4. Once it is thicker and not sticking to sides of the bowl pick it up and knead it
5. The more you knead it the better consistency / stiffer it becomes



Busy bag(s)

Material:

- Paint
- Ziploc bag

Instructions:

1. Combine two paints into one ziploc bag
2. Allow children to mix and feel the movement of the paint inside the bag. Encourage them to discuss what color they are seeing.



Hair Gel Sensory Bags for Practicing Writing

Want to help your little one practice their writing in a fun and engaging way? Follow these steps in creating a sensory bag for your little one! This activity will be both fun and practical for your family!

Materials:

- Ziplock Bags
- Tape
- Q-Tips
- Hair Gel (Coloured or Clear)
- Food Colouring (for clear hair gel)
- Alphabet Letters on Paper/Alphabet Magnets for reference

Instructions:

- Fill the Ziplock Bag halfway with hair gel
- For clear hair gel or if you would like to add more colour, put a few drops of food colouring. This will help tracing the letters and make it more visible!
- Close the bag tightly. If you would like to secure the bag further, tape the top of the bag.
- Lay some alphabet letters on a table or magnets that the child can use for reference when tracing. Place the bag on the table and let your child practice writing letters! They can either use their fingers or they can practice by holding a Q-Tip as if they were holding a pencil!





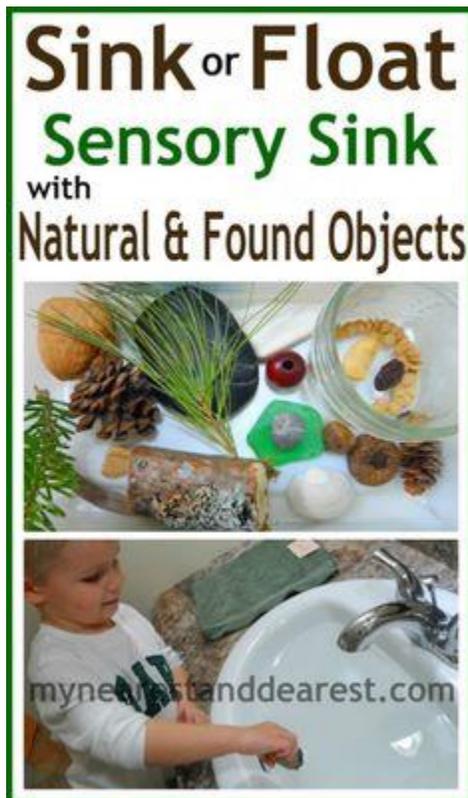
Sink or Float with Natural and Found Objects

Material:

- A container with water
- Safe objects from nature or at objects found inside the home/classroom
 - I.e, rocks, leaves, branches, pinecones, spoon, pencil, paper, egg etc.

Instructions:

1. Fill the container with enough water.
2. Gather materials for children to explore. Make sure they are safe, and have been pre-cleaned before using for exploration and play. Ensure they are also not a choking hazard.
3. Allow children to place the materials in the water to start their exploration. Ask questions such as, “is it going to stay on top of the water, or is it going to go down?” for younger children.





Melting ice experiment



MATERIALS

- Cake pan
- Liquid Watercolor Paint
- salt (table salt)
- paint brushes, small spoons
- ice cube tray
- bowl of warm water
- shallow baking dish
- plastic tablecloth or towels (to protect work area)

MAKE YOUR ICE AHEAD OF TIME AND PUT THEM IN ANY CONTAINER.

If you're using your freezer, I would suggest setting your cake pan(s) on a baking sheet to prevent any spills as you set them into your freezer.

NOW THE FUN BEGINS!

A vinyl tablecloth protected the coffee-table from any drips or spills. Each child had their own tray of water colours, some paintbrushes, a small spoon and a bowl of very warm water for science discoveries.

SPRINKLE THE SALT ON YOUR ICE

Pour some salt into directly into the trays of watercolours and sprinkle a generous amount of salt over each container.

WHAT'S HAPPENING?

The ice made lots of loud popping and cracking noises.

This was the perfect opportunity to talk about the chemical reaction that was occurring, and how salt affects the melting point of ice.

Simply talking about science is a wonderful experience for preschoolers.

Source: <https://happyhooligans.ca/melting-ice-with-salt-and-watercolours/>





Exploring Colors with Baking Soda and Vinegar

In this science activity, not only will children get to create a chemical reaction, but they'll also be able to explore color mixing and create some colorful "artwork"!

MATERIALS:

- Tray
- Baking soda
- White vinegar
- Containers to hold the colored vinegar i.e ice cube trays.
- Pipettes
- Liquid watercolors or food coloring

INSTRUCTIONS:

1. Give a tray to your child
2. Fill the tray with baking soda.
3. Fill each ice cube tray (or other container) with vinegar. Add liquid watercolors to the vinegar so each child or group has a variety of colors to use.
4. Use a pipette or dropper to place a few drops of the colored vinegar.
5. Continue exploring with other colors.

Source:

<https://buggyandbuddy.com/exploring-colors-with-baking-soda-and-vinegar/>



How to make a Volcano

Materials:

- 10 ml of dish soap
- 100 ml of cold water
- 400 ml of white vinegar
- Food coloring
- Baking soda slurry (fill a cup about $\frac{1}{2}$ with baking soda, then fill the rest of the way with water)
- Empty 2liter soda bottle

Instructions:

NOTE: This should be done outside or in the bathtub due to the mess.

1. Combine the vinegar, water, dish soap and 2 drops of food coloring into the empty soda bottle.
2. Use a spoon to mix the baking soda slurry until it is all a liquid.
3. Eruption time! ... Pour the baking soda slurry into the soda bottle quickly and step back!

How it Works:

A chemical reaction between vinegar and baking soda creates a gas called carbon dioxide. Carbon dioxide is the same type of gas used to make the carbonation in sodas. What happens if you shake up a soda? The gas gets very excited and tries to spread out. There is not enough room in the bottle for the gas to spread out, so it leaves through the opening very quickly, causing an eruption!

Source: <http://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/>



Rain Cloud in a Jar

It's Springtime! It might be raining outside, but you too can make your very own rainstorm in your home. This activity is an engaging one for our little scientists! Explore and see how rain is formed with your very own rain cloud in a jar!

Materials:

- Clear Wide Jar
- Little plastic containers/cup
- Tap Water
- Shaving Foam (Please be aware that some children might be sensitive to the smell)
- Blue Food Colouring
- Eye dropper (if your food colouring doesn't have a built-in one)

Instructions:

- Fill your clear jar with three quarters full of tap water
- Drop the blue food colouring into a little plastic container/cup and dilute it with water
- Use the shaving foam to squeeze "clouds" on top of the water
- Let the shaving foam settle a little bit
- Drop the colours into the "clouds" with the dropper.
- As the food colouring fills the clouds, the colour will start falling down into the water, creating an effect that looks like rain is falling down!



Source: <https://funlearningforkids.com/rain-cloud-jar-science-experiment/>



Fireworks In A Jar



Materials:

- An empty jar
- 4 tablespoons of cooking oil
- Food colouring
- Water
- A bowl
- Paper towels
- A spoon

Instructions:

1. Begin by filling an empty jar $\frac{3}{4}$ of the way with water. Set this to the side.
2. In a bowl, combine 4 tablespoons of cooking oil along with several drops of food colouring.
 - You will want to add 3 to 5 drops of food colouring for each colour that you are using.



3. Use a spoon to stir the food colouring into the oil
 - It will not mix, but stirring will help to break the food colouring into smaller droplets
4. Pour the container of oil into the jar of water.
5. After a moment or two, the oil will settle at the top of the jar, but the food colouring will begin to shoot down and mix into the water, creating a “fireworks” effect!

SOURCE:

<https://www.growingajeweledrose.com/2019/02/fireworks-in-jar.html>





Colourful Sugar Water Density Tower

Materials:

- Water
- 5 clear glasses or clear plastic cups
- Tablespoon
- Food colouring
- Sugar



Instructions:

1. Fill the cups with 8 oz (237 ml) of hot tap water. Use your method of choice to color the water. You'll want a different color for each cup, for example, blue, green, yellow, and red.
2. Add 2 level tablespoons of granulated sugar to the first cup, 4 to the second cup, 6 to the third cup and 8 tablespoons to the fourth cup.

Be sure to label each color with the amount of added sugar. For example:

- Blue = 2 tablespoons
- Yellow = 4 tablespoons
- Red = 6 tablespoons
- Green = 8 tablespoons

3. Use a separate spoon to stir each cup and stir until the sugar is *completely* dissolved. It's crucial that all of the sugar be dissolved in each cup. Use separate spoons so you don't dilute one density with another.
4. You'll need to move to a supersaturated solution to dissolve all the sugar and this means heating the water. Place a cup in a microwave oven for 20 seconds to warm the water. Stir the warmer water. Continue warming and stirring in stages until all of the sugar is dissolved in all of the cups.
5. Start with the cup containing the most dissolved sugar (green water in the example). Using a pipette, dropper, or a turkey baster, add the bottom layer of colored sugar water to another clear glass or cup. Keep the sides of the test tube dry by placing the baster well down into the center of the tube before gently squeezing it.

NOTE: If you have only one pipette or baster, be sure to rinse and dry it between each color change so one solution doesn't mix with another.

6. Add the solution with 6 tablespoons, then 4 tablespoons solution and the 2-tablespoon last. Admire the awesome layers of colour you've created!

Source: <https://www.stevespanglerscience.com/lab/experiments/colorful-sugar-density-tower/?source=pepperjam&publisherId=21181&clickId=3055867111>





Growing Sugar Crystal

This easy sugar crystals recipe lets kids observe the crystallization process firsthand while making some pretty delicious treats. Sugar, water, and a few more items found at home are all you need to turn your kitchen into a rock candy laboratory!

Materials:

- 2 cups of water
- 4 cups of sugar
- A pot
- Wooden sticks
- Clear jar
- Food colouring (optional)
- Flavour enhancements (optional)
 - Vanilla extract
 - Peppermint extract

Instructions:

1. Bring two cups of water to a boil in a large pot on the stove.
2. Next, stir in four cups of sugar. Boil and continue stirring until sugar appear dissolved. This creates a supersaturated sugar solution.
3. Add in any flavor enhancements, such as vanilla or peppermint. Allow the solution to cool for 15-20 minutes.
4. While waiting for the solution to cool, prepare your wooden sticks for growing the rock crystals. Wet the wooden sticks and roll them around in granulated sugar. Make sure you allow the sugared sticks to completely dry.



5. Once the sugar solution is cool, add in food coloring to create rock candy of your preferred color.
6. Pour the cooled solution into a glass jar and insert the sugar-covered wooden stick into the center of the glass. Make sure that the stick is not touching any part of the jar. If it does, the candy crystals could get stuck to the bottom or to the sides.





7. Once in place, secure the stick in place using a clothespin. Cover the top of the glass with a paper towel. You may have to poke a hole in the paper towel for the wooden stick to poke through.



8. Place the glass in a cool and quiet place. They will reach their maximum growth potential by two weeks!



Youtube link: https://www.youtube.com/watch?v=ZJ448SMHYS8&feature=emb_logo
Source: <https://momypoppins.com/kids/how-to-make-rock-candy-with-kids>

Save Mother Earth!

Last Wednesday constituted the 50th anniversary of **Earth Day**. Even though the day has passed, it is never too late to dedicate an activity! One way is through planting with your kids! You may also want to engage your children sorting out your recycling, organic and garbage! Or, simply doing the three R's (Recycle, Reduce, Reuse). What other ways can you think of staying connected with our mother earth?

Planting with your little one will surely make this spring season a memorable and an amazing experience! It enables the child/ren to be an engaged learner! Children will be able to use all their senses through sensory exploration, explore the different tools used in gardening, and they will get a chance to observe how a plant grows which will expand their inquiries and enhance their expressive language. The most fun part of it all? It promotes healthy eating and spending some time with one another!

Below are some videos on how to get you started with growing some of your own produce!

- [Regrow your veggies, fruits and herbs](#)
- [What can we grow at home?](#)
- [Carrot using a carrot seed](#)
- [Carrots using a carrot plant](#)
- [Tomatoes](#)
- [Potatoes](#)
- [Yellow peppers](#)





GROUP TIME





HOMEMADE INSTRUMENTS

Rain stick/ Shaker

<https://www.kixcereal.com/kix-cereal-recycled-craft-make-a-rainstick/>



Materials:

- Paper towel tube
- Aluminum Foil
- Dry beans or popcorn kernels
- Tape
- Plastic cling wrap
- Paper / Construction Paper
- Decoration (Optional)
 - Paint
 - Stickers
 - Markers

Instructions:

1. Crumple up one long, thin piece of aluminum foil and insert it into the paper towel tube. The aluminum foil will act as the barrier to keep the beans or popcorn kernels moving through the tube at a slow rate, making the rainfall sound.



- Put two pieces of plastic wrap over one end of the paper towel tube, and tape in place. Make sure it is strong enough so the beans or kernels won't fall out!
- Pour a tablespoon of either the beans or kernels into the open end of the tube.



- Again, seal the open end with a doubled-up piece of plastic wrap. Tape it in place.
- Tape paper (could be construction paper) around the paper towel tube, then wrap it, securing it with tape.



- Decorate it as you please!



Tip the rain stick back and forth to hear the sweet sound of rainfall!

Paper Plate Tambourine

<https://www.sheknows.com/parenting/articles/993639/diy-homemade-instruments-for-kids/>

Materials:

- 2 heavy-duty paper plates
- Hole punch
- String or yarn
- Jingle bells
- Markers or crayons

Instructions:

1. Hold two paper plates face to face and punch holes around the perimeter of the plates about an inch and a half apart to string your yarn.
2. Take your length of yarn and weave it up through a hole, around the outside and back up the same hole again and tie a knot to secure the plates together. Then, string a jingle bell through your yarn and continue weaving your plate. Alternate your jingle bells every other hole or more, depending on how many bells you have.
3. When you get back to the hole in which you started, tie off your yarn again and let your child decorate his DIY instrument to make it his own. Then, shake to play and your kid's instrument is ready for the big show!



Musical spoons

<https://www.howweelearn.com/spectacular-homemade-musical-instruments/>



A couple of spoons are all you needed to make your own kids' band worthy of a front porch concert!

Materials:

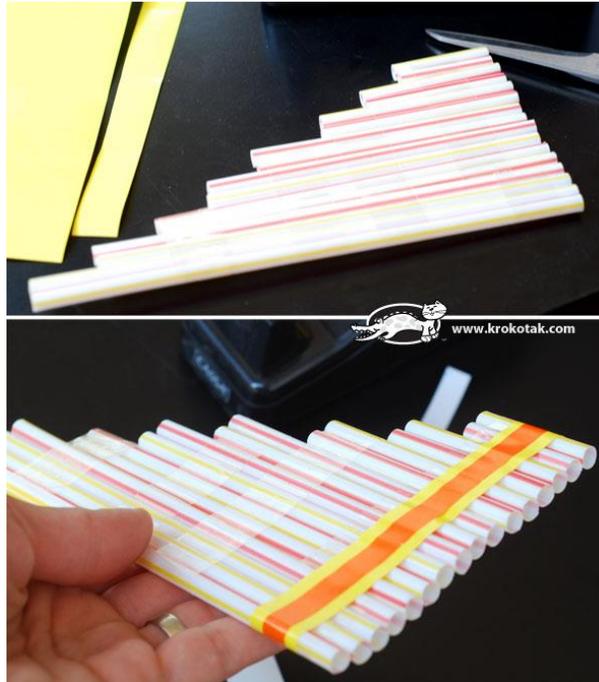
- Two metal spoons
- Small piece of paper (optional)
- Rubber band (optional)

Instructions:

1. In order to make this DIY instrument work, you'll need to place two spoons back to back so that the round parts are facing one another.
2. Hold one spoon between your child's first and middle fingers.
3. Hold the second spoon between your child's middle and ring fingers.
4. Then, teach them to slap the spoons on their palms or knees along with the words of your favorite childhood song!
5. Optional: Younger band members may have trouble balancing the spoons between their fingers, so you can roll up a small piece of paper, place between the spoons and loosely weave the rubber band around the paper and the spoons to hold in place. Then, have your child hold the spoons by the paper roll and rock on!

Singing Straws:

<http://krokotak.com/2013/04/singing-straws/>



Materials:

- 6-8 Straws
- Scissors
- Tape

Instructions:

1. Cut a long strip of sticky tape and put the straws on the sticky side, arranging them in twos from the shortest to the longest ones.
2. Secure well with more sticky tape so that the straws will not move around.
3. If you have colored sticker paper, you may decorate your instrument



Shoebbox Guitar

<https://www.realsimple.com/work-life/entertainment/crafts-hobbies/make-a-shoe-box-guitar>



Materials:

Scissors and utility knife, markers, ruler, rubber bands, glue, tape (transparent, duct, masking, or colored), gift wrap or decorative paper, kraft paper, kid-size shoe box, paper-towel tube, cardboard tube from a dry-cleaner hanger, cut into two 4-inch p

Instructions:

1. Remove the box lid. Cover the box, lid, and paper-towel tube with the paper of your choice. Lay the tube on a table, positioning one end against the short side of the box and centering it along the bottom edge. Trace a circle around the tube. Draw 4 lines bisecting that circle (as if cutting a pie), then, with a utility knife, cut along the lines and through the box. Slide the tube through the bisected hole until it hits the other end of the box and secure it with tape.
2. Cut an oval in the center of the lid, then put it on the box.
3. Stretch 6 rubber bands lengthwise around the box.
4. Slide the 2 dry-cleaner-tube pieces (decorated with tape or paper, if desired) under the rubber bands above and below the oval. Glue to secure. This will allow the “strings” to twang. (Cut chopsticks would work, too.)
5. Screw the brads into the top of the cardboard-tube neck for the tuning pegs.
6. Pick away with the bread-bag tag.





GREETING SONGS:

Good Morning:

Good Morning, Good Morning, Good Morning everyone
I'm so glad to see you, Good Morning everyone!
Good Morning to the sunshine, Good Morning to the rain,
Good Morning to whatever the day may bring.

Hello:



Hello everybody and, how are you? How are you? How are you?
Hello everybody and how are You? How are you today?
C'mon everybody and clap your hands, clap your hands, clap your hands,
C'mon everybody and clap your hands, clap your hands today.
C'mon everybody and stomp your feet, stomp your feet, stomp your feet,
C'mon everybody and stomp your feet, stomp your feet today.
C'mon everybody and shout "Hooray", shout "Hooray", shout "Hooray"
C'mon everybody and shout "Hooray", shout "Hooray" today!

TRANSITION SONGS:

5 More Minutes:

5 more minutes, 5 more minutes,
Left to play, left to play
5 more minutes, 5 more minutes,
Left to play.

Tidy up:

It's time to tidy up, it's time to tidy up,
It's time to put the toys away,
It's time to tidy up

Time to put the toys away:

It's time to put the toys away,
It's time to put the toys away,
It's time to put the toys away,
Play time is over now

Clean up:

Clean up, clean up,
everybody everywhere,
Clean up, Clean up,
Everybody do your share

Washing hands:

Wash wash wash your hands,
Wash them every day,
Wash your hands with water and soap,
Wash those germs away!



Circle Time is Over:

Circle Time is over,
Over, over
Circle time is over,
And now it's time to play
(or read, leave, go, sleep, etc).





STAND UP AND MOVE
SONGS:

Shaky Shaky Up

Shaky shaky it up
And shaky shaky it down
Shaky shaky it up
And shake it all around
Shake it on your shoulder
Shake it on your head
Shake it on your knee
And tuck it into bed...

Hurry Hurry Drive the Firetruck:

Hurry, hurry, drive the fire truck
(Hands on steering wheel or sit the child on your lap)
Hurry, hurry, drive the fire truck
Hurry, hurry, drive the fire truck
Ding, ding, ding, ding, ding!
(Ring bell)



Hurry, hurry, turn the corner
(Lean to the right)
Hurry, hurry, turn the corner
(Lean to the left)
Hurry, hurry, turn the corner
(Lean to the right and left)
Ding, ding, ding, ding, ding!
(Ring bell)

Hurry, hurry, climb the ladder
(Pretend to climb ladder)
Hurry, hurry, climb the ladder
Hurry, hurry, climb the ladder
Ding, ding, ding, ding, ding!
(Ring bell)

Hurry, hurry, squirt the water

(Pretend to spray hose)
Hurry, hurry, squirt the water
Hurry, hurry, squirt the water
Ding, ding, ding, ding, ding!
(Ring bell)

Slowly, slowly, back to the station
(Lean slowly to the left and right)
Slowly, slowly, back to the station
Slowly, slowly, back to the station
Ding, ding, ding, ding, ding!

Zoom Zoom Zoom

Zoom, Zoom,
Zoom
We're going
the moon



to

If you want to take a trip,
Climb aboard my rocket ship.

Zoom, Zoom, Zoom
We're going to the moon.

1,2,3,4,5 Blast Off!

Heads and Shoulders, Knees and Toes

Head, shoulders, knees and toes,
Knees and toes.

Head, shoulders, knees and toes,
Knees and toes.

And eyes, and ears, and mouth,
And nose.

Head, shoulders, knees and toes,
Knees and toes.



Elevator:



Oh, the city is great and the city is grand (*Stand up and dance with a bouncy step*)
There are lots of tall buildings
On a little piece of land
We live way up on the fifty-

seventh floor
And this is what we do
When we go out the door

Take the elevator up, take the elevator down
(3 times) (*lift baby up, lower baby down*)
Then we spin around (*spin around*)

Animal song:

There was a crocodile (put arms straight out and clap your hands)

An eagle flying (put arms straight out and pretend you are a bird)

A Bunny (place bunny ears behind your head)

A beaver (place your fingers by your mouth like beaver teeth)

And a silly elephant (place your arm like an elephant nose)

Na,
Na, Na

The Wheels on the Bus:

The wheels on the bus go round and round
Round and round
Round and round
The wheels on the bus go round and round

All through the town

The wipers on the bus go Swish,
swish, swish
Swish, swish, swish
Swish, swish, swish
The wipers on the bus go Swish,
swish, swish
All through the town



The horn on the bus goes Beep, beep, beep
Beep, beep, beep
Beep, beep, beep
The horn on the bus goes Beep, beep, beep
All through the town

The doors on the bus go open and shut
Open and shut
Open and shut
The doors on the bus go open and shut
All through the town

The Driver on the bus says "Please move on
back, move on back, move on back"

The Driver on the bus says "Please move on
back"
All through the town

The babies on the bus say "Wah, wah, wah
Wah, wah, wah
Wah, wah, wah"

The babies on the bus say
"Wah, wah, wah"
All through the town



The
mommies/daddies/parents/grandparents/aunt
ies/uncles etc. on the bus say/s
"Shush, shush, shush
Shush, shush, shush
Shush, shush, shush"

The mommies/etc. on the bus says "Shush,
shush, shush"
All through the town

B-I-N-G-O:

There was a farmer who had a dog
And Bingo was it/his/hers/their name O
B-I-N-G-O
B-I-N-G-O
B-I-N-G-O
And Bingo was it/his/hers/their name O

There was a farmer
Who had a dog
And Bingo was it/his/hers/their name O
Clap-I-N-G-O
Clap-I-N-G-O
Clap-I-N-G-O
And Bingo was it/his/hers/their name O

There was a farmer who had a dog
And Bingo was it/his/hers/their name O
Clap-clap-N-G-O
Clap-clap-N-G-O
Clap-clap-N-G-O
And Bingo was it/his/hers/their name O

There was a farmer who had
a dog
And Bingo was
it/his/hers/their name O
Clap-clap-clap-G-O
Clap-clap-clap-G-O
Clap-clap-clap-G-O
And Bingo was it/his/hers/their name O



There was a farmer who had a dog
And Bingo was it/his/hers/their name O
Clap-clap-clap-clap-O
Clap-clap-clap-clap-O
Clap-clap-clap-clap-O
And Bingo was it/his/hers/their name O

There was a farmer who had a dog
And Bingo was it/his/hers/their name O
Clap-clap-clap-clap-clap
Clap-clap-clap-clap-clap
Clap-clap-clap-clap-clap
And Bingo was it/his/hers/their name O

B-I-N-G-O, B-I-N-G-O, B-I-N-G-O
And Bingo was it/his/hers/their name O
Bingo was it/his/hers/their name O
Bingo was it/his/hers/their name

Row-Row-Row Your Boat:

Row, row, row your
boat
Gently down the
stream
Merrily, merrily,
merrily, merrily
Life is but a dream



Row, row, row your boat
Gently up the creek If you see a little mouse
Don't forget to squeak!

Row, row, row your boat
Gently down the stream
If you see a crocodile
Don't forget to scream!

Row, row, row your boat
Gently to the stream
If you see a lion
Don't forget to roar!

Row, row, row your boat
Gently to the stream
If you see a giraffe
Don't forget to laugh!

Row, row, row your boat
Gently to the stream
If you see a polar bear

Don't forget to shiver!

FINGERPLAY AND HAND SONGS:

ABC

A - B - C - D - E - F - G

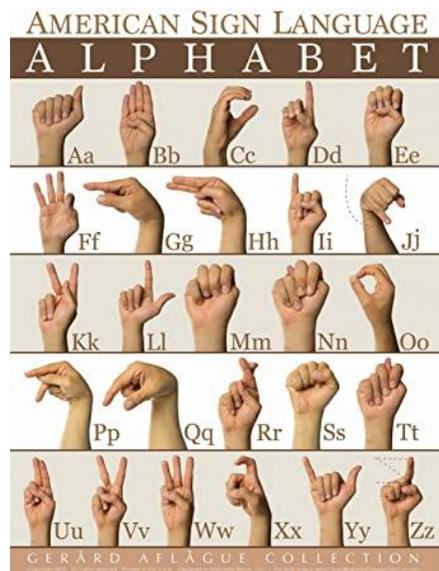
H - I - J - K - L - M - N - O - P

Q - R - S - T - U - V,

W - X - Y and Z

Now I know my ABC's

Next time won't you sing with me.



Twinkle Twinkle Little Star:

Twinkle, twinkle, little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are



Itsy Bitsy Spider

The itsy bitsy spider
Went up the water spout
Down came the rain and
Washed the spider out
Out came the sun

And dried up all the rain
Now the itsy bitsy spider
Went up the spout again
Repeat...

(The Great Big Spider, The rock and roll Spider, The eency wincy Spider)

The More We Get Together:

The more we get together
Together, together
The more we get together
The happier we'll be
'Cause your friends are my friends
And my friends are your friends
The more we get together
The happier we'll be
Oh, the more we get together
Together, together
The more we get together

Rolly Polly:

Roly poly, roly poly
Up up up
Roly poly, roly poly
Down down down

Roly poly, roly poly
In in in
Roly poly, roly poly
Out out out

Roly poly, roly poly
Fast fast fast
Roly poly, roly poly
Slow slow slow

Roly poly, roly poly
Loud loud loud
Roly poly, roly poly
Soft soft soft

Rain is Falling Down

Rain is falling down- Splash!
Rain is falling down- Splash!



Pitter Patter pitter patter
Rain is falling down- Splash!
Sun is peeking out – Peek!
Sun is peeking out- Peek!
Peeking here, Peeking there
Sun is peeking out – Peek!



Easy and Fun Recipes!

Yummy food equals happy tummy! What's a more fun way to cook than cooking with your young ones? While being indoors, this is a great time to spend some time with each other! Like what most popular chefs have said, "Food brings people together on many levels!"

Cooking with young children has many benefits! It helps children to learn and practice skills such as their fine motor- tool use, literacy skills- reading and communication, and their science and math abilities. Most especially, it also teaches them life skills and promotes healthy eating!

Through cooking, you can involve children in the kitchen by incorporating some basic math by counting how many eggs to include or pouring water into a measuring cup. You can also incorporate new vocabulary by introducing them to new ingredients and showing them how and what it is used for. Children can also explore with their senses through smelling what's baking in the oven or cooking in the pan/pot, tasting the freshly baked goods or meal, listening to the mixer, and seeing how the quality changes as the goodies go into the oven or seeing how the color changes when frying! All these allow children to be an engaged learner and express their exploration through forms of communication - verbally or nonverbally.





Rainbow Fruit Skewers Recipe



INGREDIENTS:

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries

DIRECTION:

Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.

Source: BBC Good Food





No-Bake Honey Nut Cheerios Snack Bars

INGREDIENTS:

1/4 cup creamy unsalted butter (half of one stick)
 1/4 cup honey (light-colored corn syrup may be substituted and will keep the bars firmer at room temp than using honey)
 1/4 cup light brown sugar, packed
 1 tablespoon vanilla extract
 3 cups Honey Nut Cheerios (or similar storebrand cereal; plain Cheerios may be substituted for a less sweet bar)
 1 cup raisins, optional (1 cup honey-roasted peanuts, 1 cup chopped almonds, or 1 cup trail mix may be substituted)
 about 1/2 cup chocolate-covered sunflower seeds, optional (I used Trader Joe's)
 pinch sea salt or Kosher salt for sprinkling, optional



DIRECTIONS:

1. Line an 8-inch square pan with aluminum foil leaving overhang, spray with cooking spray; set aside.
2. In a large microwave-safe bowl, combine butter, honey, brown sugar, and heat on high power for 1 minute to melt.
3. Stop to stir. Mixture will be on the granular side, this is okay.
4. Return bowl to microwave and heat for 1 more minute on high power. Stop to stir.
5. Return bowl to microwave and heat for 1 more minute on high power. Stop to stir. On this third and final burst, mixture will become quite bubbly and foamy; use caution when removing from the micro because this is boiling hot caramel and can cause burns.
6. Stir in the vanilla using caution because the mixture could bubble up.
7. Stir in the cereal.
8. Stir in the optional raisins (or nuts).
9. Turn mixture out into a prepared pan, packing it down firmly with a spatula and smoothing the top.
10. Optionally, sprinkle evenly with sunflower seeds and salt (the salt cuts some of the sweetness and I recommend it).
11. Cover pan with a sheet of foil (to prevent fridge smells), and place the pan in the fridge to set up for at least 2 to 3 hours, or overnight, or until bars are completely set before lifting out with foil overhang, slicing, and serving.
12. Bars will keep airtight in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months. I recommend storing them in the fridge rather than room temp because they soften and get loose.

Source: [Averie Cooks](#)





No-Bake Cookies and Cream Bars

INGREDIENTS:

- One 16 oz package of Oreo
- 5 cups Large Marshmallows
- 4 tablespoons butter

DIRECTION:

1. Place Oreos in a food processor and pulse until ground. Melt marshmallows and butter in the microwave until puffed, about 1 1/2- 2 minutes. Remove and pour in ground Oreo Cookies. Stir to combine then transfer to a foil lined 8x8 inch baking pan. Let sit for 10 minutes. Remove bars out of the pan with edges of foil and cut into squares.



Source: Picky-Plate





Shells and White Cheddar

INGREDIENTS:

2 cups milk
2 cups shells
1 cup white cheddar cheese

DIRECTIONS:

In a medium saucepan, bring the milk and pasta to a simmer over medium heat. Cook for about 20 minutes, stirring often and making sure that the milk doesn't boil. Once the pasta is al dente, remove from heat and add the cheese. Stir until melted. If you like it a little creamier, you can add more milk. Add salt to taste.



Source: [She Makes and Bakes](#)





Chicken and Bacon Roll-Ups

INGREDIENTS:

1 can (9-3/4 ounces) chunk white chicken, drained
1 carton (8 ounces) spreadable garden vegetable cream cheese
1 cup salsa, divided
4 pieces ready-to-serve fully cooked bacon, crumbled
6 flour tortillas (8 inches), room temperature

DIRECTION:

Mix chicken, cream cheese, 1/2 cup salsa and bacon; spread over tortillas. Roll up tightly; wrap in plastic. Refrigerate at least 1 hour. Just before serving, unwrap and cut tortillas into 1-in. slices. Serve with remaining salsa.



Source: [Taste of Home](#)





Frozen Banana Cereal Pops

INGREDIENTS:

- 3/4 cup strawberry yogurt
- 2 cups Fruity Pebbles cereal
- 4 medium bananas, peeled and cut crosswise in half
- 8 wooden pop sticks

DIRECTIONS:

1. Place yogurt and cereal in separate shallow bowls. Insert pop sticks through the cut side of bananas. Dip bananas in yogurt, then roll in cereal to coat. Transfer to waxed paper-lined baking sheets.
2. Freeze until firm, about 1 hour. Transfer to airtight freezer containers; seal containers and return pops to the freezer.



Source: [Taste of Home](#)



SCHOOL READINESS

Prosocial behaviour? Socioemotional?

Last week, we shared simple ideas that will help your children to develop fine motor skills. This week, we are focusing on the acquisition of prosocial skills, which are very important skills to practice for getting ready for school and for later in life!

Prosocial skills like sharing, helping, cooperating, and empathy, help children deal with day-to-day events in ways that are helpful. Prosocial behaviours are the actions we do, voluntarily, to help others.

Right now, it might be difficult to interact with people outside of the family circle but even being at home you can find the moments to incorporate and practice those prosocial skills.

How can you practice prosocial skills at home?

By encouraging your children to:

- Sharing a toy with a sibling and/or with you
- Giving a call to grandparents, cousins and other family members or friends.
- Doing simple chores such as, help to fold the laundry, help to set the table, dust the furniture with you, water the plants, help to put their toys away, etc.
- Responding or comforting emotional needs of another person.
- Encourage your children to acknowledge other people from the community either by saying “good morning!” or waving ‘hello!’



Each time your children are doing one of these things, emphasize how that action makes you feel and ask your children to express how they feel about it. Also, recognizing how important it was for you to have their help. By doing this, your children will feel reassured and what they are doing is helpful and kind, they will be willing to continue practicing those skills and will contribute to their socio-emotional development as well.

Social-emotional development includes the children's experience, expression, and management of emotions and the ability to establish positive and rewarding relationships with others.

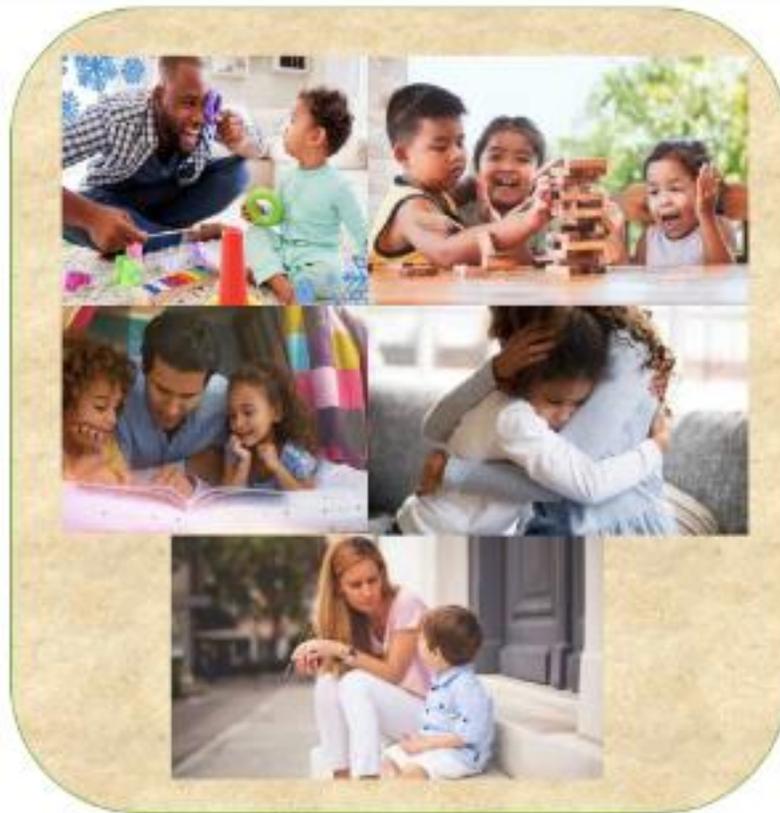
How can you promote social-emotional development in your children at home?

- Show your love and affection for your children by hugging, cuddling, reading, listening, playing and talking with them throughout the day.
- Encourage your children to try new things.
- Show your feelings and explain them when something makes you happy, sad, frustrated, relieved, excited, etc.





- Acknowledge your children's feelings by taking the time to help them go through that emotion. For example, avoid telling them “Don’t cry”. Instead you may say, “ I could see that you are not happy. Do you think a hug may help?”
- Use positive discipline by emphasizing what they are doing well.
- Explain right from wrong with short and clear messages.
- Establish daily routines which will allow children to anticipate what will be happening next.
- When the current situation changes, give your children opportunities to play with other children their age.



Children who have prosocial behaviours tend to adjust well to school. They will be able to develop positive relationships with their peers and teachers, will be able to understand and manage their emotions in healthy ways, develop problem-solving skills and tend to perform well at school.



Fine Motor Importance in School Readiness and Independence!

Fine motor development during children's early years gives them the independence to perform daily tasks like holding and manipulating small items - a toy, a cup-, buttoning clothing and zipping, turning pages, eating, cutting with scissors, drawing and writing, using a computer keyboard, etc. These fine motor skills are accomplished when children learn to use their smaller muscles in their hands, fingers, and wrists.

Many of the activities that we do at the centre are set intentionally to give your little ones the opportunity to make those small muscles stronger and to practice the fine motor skills they are developing. Despite the centre's temporary closure, you can continue practicing at home!



- Press items on sticky paper
- Tear and scrunch paper
- Use dot markers on a white board
- Scribble with crayons or markers
- Color with chalk on sandpaper
- Press pasta and poke sticks in playdough
- Transfer water from a cup to another one
- Drop pom poms, cotton balls or cheerios through a cardboard tube
- Insert pipe cleaners or thin sticks into holes of a colander or a box with small holes
- Put small items inside a plastic bottle
- Transfer pompoms or cotton balls into cups or muffin tray
- Twist and untwist the lid of a plastic bottle
- String pipe cleaners on buttons
- Using a dropper, drop watercolors onto coffee filters
- Squeeze and release basters in the bathtub
- Peel masking tape from a table or the floor
- Peel and stick stickers on paper
- Transfer water to ice cube trays
- Transfer blocks (i.e., duplos), to a muffin tin with a spatula
- Use small cut straws or use pasta to make a necklace
- Draw with the finger on sand or corn flour in a tray
- Waving around cardboard
- Clip clothespins to cardboard
- Place buttons on drawn lines
- Use a hole punch with paper
- Cut with a scissor around the edges of a piece of paper
- Wrap rubber bands around cans or cardboard tubes
- Wrap and unwrap toys in paper
- Button up and unbutton (sweater, pants)
- Zip and unzip (jacket, pants, boots)





Learning Independence for Transitions and School Routines

By playing at home with household items and asking your child/ren to help with daily tasks, they learn the important skills to be independent and work in a group setting with others. When the time comes and your child/ren are willing to have autonomy, it will be the right moment to learn skills that you might be currently doing for them. Gaining those skills now will become very handy for your child/ren when they start school, especially during transitions, such as getting ready from indoor to outdoor, going from lunch to work time, transitioning from carpet time to a table activity and vice versa, and finally, getting ready to go home.

Here are some ideas on tasks that your child/ren can do to practice independence:

- Put on a hat (winter and summer)
 - Slide on and off a neck warmer (much easier and safer than a scarf)
 - Put on and remove gloves and mittens
 - Zip up and unzipped (jackets, pants)
 - Put on and remove shoes and boots
 - Wash and dry hands properly
 - Blow and wipe own nose
 - Discard dirty tissue paper in the right bin
 - Zip the backpack and lunch bag open and close
 - Eat sitting at a table, with own plate and fork
 - Open a yogurt bottle or cup
 - Twist off and on the lid of a water bottle
 - Unwrap a snack
 - Put their hair into a ponytail or clip on a hair clip
- Put away all items described above at a designated spot. Ex. hats and mittens in a cubby or in a backpack; hang a jacket on a hook; put garbage, recycling and organic into the right bin; put containers with lids on and cutlery back into the lunch bag; put shoes and boots on the shoe rack, mat or tray.

If your child/ren are still young and not getting ready to go to school yet, it does not matter - the earlier the better! By doing all those tasks, they will learn life skills, gain more confidence, have a sense of belonging to a community (family and/or classroom), learn responsibility and self-reliance, improve planning and time management skills, and feel proud of themselves. It's a win, win!

To read more about it:

- [Why You Should Encourage Independence/](#)
- [Ages Stages Nurturing Young Childrens independence/](#)



Toilet learning for school readiness

Previously, we shared with you ideas of how to work at home to develop fine and gross motor skills, socio-emotional and pro social skills, and what to do to promote learning independence for transitions and school routines.

Knowing what to do and how to use the washroom is a very important skill to master before starting school, and will definitely give more independence to your child/ren. To be able to manage washroom needs, start at home by specifically practicing:

- Wiping themselves
- Flushing the toilet
- Handling clothes
- Washing and drying hands



To learn more:

- [Supporting Children Through Potty Training..pdf](#)
- [Toilet Learning](#)

