



## HELLO PARENTS,

Sounds are waves of vibrations made by objects and we hear millions of different sounds every day just about everywhere we go. Exploring the sounds made by various things in the everyday environment inspires curiosity and experimentation, which are fundamental qualities for learning. In this newsletter, you will find activities that will encourage your whole family to discover and have fun with sounds.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### SOUND BOWLS

##### MATERIALS:

- Plastic and metal bowls
- Wooden spoon

##### DIRECTIONS:

- Let your baby explore the bowls.
- Observe what they do and comment on that.
- Your baby may explore by tapping, banging, dropping or touching.

[Click here](#) for more ideas for your baby.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### SOUND SHAKERS

##### MATERIALS:

- Plastic containers with lids
- Small objects to place inside the containers, for example: (paper clips, beads, dried beans, salt)
- Tape

##### DIRECTIONS:

- Fill each container with different material to create different sound effects, and seal tightly (you can wrap tape around the lid to secure it).
- Encourage your child to shake the containers and notice different sounds they make.
- Label the sounds ("loud", "soft", "rattling", etc.).

[Click here](#) to find more ideas.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### EXPLORING PITCH

##### MATERIALS:

- Words to practice the pitch:

Birds go "tweet"- HIGH

Cows go "moo"- LOW

Cats go "meow"- HIGH

Frogs go "ribbit"- LOW

Dolphins go "cry"- HIGH

Lions go "roar"- LOW

##### DIRECTIONS:

- Practice with your child the high and low pitches that animals make.

[Click here](#) to find more animal sounds.

### JK/SK (4 – 6 YEARS)

#### SOUND JARS

##### MATERIALS:

- Four identical clear glasses or mason jars
- Water
- Wooden spoon or stick

##### DIRECTIONS:

- Arrange glasses in a line.
- Fill them with water (first glass full, next glass  $\frac{3}{4}$  full, the third one  $\frac{1}{2}$ , and the last one  $\frac{1}{4}$ ).
- Use a wooden spoon or stick to tap gently on the rim of each glass and discover the different sounds they make.
- Try to create a tune tapping on the glasses.
- Experiment with the amount of water in each glass.

[Click here](#) to explore more sounds.

### SCHOOL-AGERS (6 – 12 YEARS)

#### TALK TO ME

##### MATERIALS:

- 2 paper cups
- Long string
- A sharp pencil to poke holes in the cups
- Scissors

##### DIRECTIONS:

- Cut a long piece of string (4 meters).
- Poke a small hole at the bottom of each cup.
- Using each end of the string, thread it through the bottoms of the cups, tie a large knot so that the string does not fall out of the cup.
- With a partner, hold the cups and move away from each other so that the string is far enough to make it tight.
- Taking turns, talk into the cup (use high and low pitch) while the other person listens by putting the cup to their ear.

[Click here](#) to learn more about sound.

[Click here](#) for sounds of Japanese drums.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

### WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)

#### A TIP FOR TODAY

- Go for a "listening walk" and discover the sounds: birds chirping, sticks cracking when you step on them, cars passing in the distance, children laughing, etc.
- Pay attention to sounds that everyday objects make: a coffee maker, running water, footsteps, etc.
- Ask your child to imitate different sounds (rain, siren, construction, lawnmower, etc.).
- Have fun with your child making silly sounds, changing pitch (high-low) and amplitude (loud-quiet).