



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

VOLUME #70
"HOW DOES LEARNING HAPPEN?"
EXPRESSION

HELLO PARENTS,

We continue the series of newsletters that focus on how learning happens at home through the lens of four learning foundations. Expression is the fourth foundation of How Does Learning Happen?. It is the ability to express yourself in many different ways. When adults are aware of and able to understand and respond to the many "languages" children use to communicate, they will build a sense of connection and enhance children's language skills, social conversational skills, and cognitive abilities. In this newsletter, we provide activities that promote communication in all forms, and encourage creative expression of ideas.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

IDENTIFY FEELINGS

MATERIALS:

- Pictures or books with people's facial expressions

DIRECTIONS:

- Sit with your child and show them the different people's facial expressions.
- Name and imitate the different facial expressions in the pictures.
- Encourage your child to imitate you.

[Click here](#) to listen to "The Feelings Song" song.

TODDLERS (19 MONTHS – 2.5 YEARS)

MUSIC ART

MATERIALS:

- Tape
- Large sheet of paper
- Crayons
- Source of music

DIRECTIONS:

- Tape a large sheet of paper on the table or the floor and give your child crayons.
- Play a distinctive type of music, such as jazz, opera, or country, and encourage your child to draw on the paper while listening to the music.
- Observe how the music inspires your child's drawing.
- Play different types of music and observe how your child changes the colours and drawing style.
- Your child may naturally respond to the music by adding body movements and dance while drawing which further enhances their experience and provides another outlet for self-expression.

[Click here](#) to listen to and read "Happy Hippo Angry Duck" by Sandra Boynton.

PRESCHOOLERS (2.5 – 5 YEARS)

BEAR HUNT

MATERIALS:

- [Click here](#) to listen to "We're Going on a Bear Hunt".

DIRECTIONS:

- Listen to "We're Going on a Bear Hunt" with your child and encourage them to join in chanting the repetitive phrases.
- Help your child name all of the obstacles encountered in the chant.
- Ask your child to use their imagination and create movements and make sounds to dramatize the different events in the story (going through a wheat field, over a bridge, up a tree, and into a cave).
- Your child can add more obstacles to this story and think of special movements and sounds to accompany each idea.
- As an extension of this activity, invite your child to go outside for a leaf hunt or a bird hunt and act out the adventures as you encounter the real or imaginary obstacles on your way.

[Click here](#) to read "We're Going on a Leaf Hunt" by Steve Metzger.

[Click here](#) to listen to our CPS staff reading the book "We're Going on a Bear Hunt".

JK/SK (4 – 6 YEARS)

OPEN-ENDED ART

MATERIALS:

- A collection of various open-ended materials. For example: string, paper plates, Styrofoam trays, popsicle sticks, construction paper, markers, tissue boxes, bottle caps, etc.
- Glue · Tape · Scissors

DIRECTIONS:

- Provide a wide range of materials and invite your child to explore them.
- Ask your child how these materials can work together as they explore them.
- Encourage your child to use the materials and create something unique.
- Ask your child to describe what they have created and how they used the materials.
- Your child can also come up with a story about their creations.
- Encourage your child to continue collecting different recyclable, open-ended materials and use them in future art projects.

[Click here](#) for art or craft ideas to boost creative expression.

SCHOOL-AGERS (6 – 12 YEARS)

EXPRESS EMOTIONS WITH PICTURES AND WORDS

MATERIALS:

- Different colours of felt (if you do not have felt, you can use fabric scraps or construction paper)
- Pencils · Permanent markers (for example Sharpies)
- Scissors · Notebook · Ziploc bag · Glue

DIRECTIONS:

- Cut a big oval shape (the head) from felt with an ear on each side.
- Using a permanent marker, draw and cut from other colours of felt eyes, eyebrows and mouths. Use different shapes to represent facial expressions, such as happiness, anger, excitement or sadness.
- Put your facial expression pieces in a Ziploc bag for later use.
- Glue the felt head on the notebook cover.
- Whenever you need, pick the facial expression felt pieces from the Ziploc bag and arrange them on the felt head according to your feelings that day. Re-arrange the parts as you change your mood.
- In the notebook, write a paragraph or a poem of what happened that day and why you felt this way.
- Read your book and share your thoughts with your family or friends.

[Click here](#) for more activities to help children explore emotions.

This newsletter concludes our series of four foundations of How Does Learning Happen?

For more information on How Does Learning Happen? [click here](#).



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Provide open-ended materials to encourage expression through creative play.
- Encourage your child to play with words and sounds using songs and rhymes.
- Read books with or to your child and listen to them telling stories in their own way.
- Encourage your child to express themselves in their first language at home.