



HELLO PARENTS,

Stargazing is a wonderful way to spend time with your child and a great way to turn that time into something educational. Astronomy is more than just gazing at stars; it teaches children about the universe, provides them with what can be a lifelong hobby or even a career later in life. In this newsletter, you will be provided with activities that develop your child's interest in astronomy and learn scientific concepts.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

WHERE ARE THE STARS?

MATERIALS:

- Plastic bottle with lid
- Cut-outs of yellow stars and moon
- Cotton

DIRECTIONS:

- Fill the bottle with the cotton, moon and stars.
- Close the lid tightly and put it in front of your child.
- Encourage your child to shake the bottle and try to find the stars.
- Once your child finds a star, sing a song to the tune: "Twinkle, Twinkle Little Star"

At night I see the twinkling stars
At night I see the twinkling stars
And a great big yellow moon!
My mommy tucks me in at night
And sings a goodnight tune.
Goodnight!

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

HIDDEN STARS

MATERIALS:

- Paper stars
- Basket
- Markers
- Glue
- Your child's picture

DIRECTIONS:

- Hide paper stars in unexpected locations in your house.
- Encourage your child to find the stars and put them in the basket.
- Let your child draw on their star and glue their picture in the centre of their star when they are done.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

CONSTELLATION MOBILE CREATION

MATERIALS:

- Cardboard or poster paper
- Hole punch
- String
- Coat hanger
- Scissors
- Coloured pencils or crayons

DIRECTIONS:

- Help your child draw four large stars and one half moon from cardboard or poster paper and cut them out.
- Ask your child to punch a hole on one tip of each star and moon.
- Let them colour and decorate as desired.
- Have your child cut five different lengths of string as they like.
- Help your child to tie a piece of string to each star and moon and then line them up across the base of the coat hanger.
- When they are happy with the arrangement, tie them in place.

[Click here](#) to read "Our Stars" by Anne Rockwell.

JK/SK (4 – 6 YEARS)

GALAXY JAR

MATERIALS:

- Clean glass jar with a lid
- Paint, different colours
- Cotton balls
- Glitter
- Water

DIRECTIONS:

- Fill 1/3 of the jar with water, add several drops of paint, put the lid on and shake to mix the paint and water.
- Add a bit of glitter to the water and paint solution.
- These are stars in your galaxy!
- Stretch out and elongate your cotton balls.
- Add the cotton balls to the water until the bottom is covered. Press them down into the water with a stick.
- Fill another 1/3 of the jar with water and add several drops of contrasting paint. Repeat steps 2-4 so your colours start to mix and blend into each other.
- Fill the final 1/3 of the jar with water and repeat steps 2-4.
- Now you have created a gorgeous galaxy jar.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

SKY JOURNAL

MATERIALS:

- Pencil
- Notebook
- Flashlight
- Compass

DIRECTIONS:

- Draw a circle that is at least 12 centimeters across. This will represent the horizon on all sides.
- Figure out which way is north using the compass. Mark it on the edge of the circle.
- Draw some landmarks that you see at the horizon, such as trees and buildings. This will help you keep track of which way you are looking, and also compare observations from different days.
- Look straight up and record what you see. Use little circles or dots to represent the stars.
- Make a note of the date, time and weather conditions.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Encourage your child to explore and experiment. Science, not just astronomy, is based on coming up with ideas and testing them out to see if they work.
- Look for books that explain astronomy in language you and your child can understand. A good book about astronomy should explain concepts in simple, clear, real-world language, with examples that your child can relate to, with plenty of pictures.