



HELLO PARENTS,

Whether your child is just beginning kindergarten or starting a new grade as a returning student, there is lots to be done to prepare for the year ahead, including checking in about their fears, anxieties, and concerns. As summer winds down, it is natural for children to experience nervousness, after all, your child is entering a structured group setting after months away. Some children will accept the change with joy, while others may need a bit more hand-holding to adjust. In this newsletter, we will provide you with fun activities to get your child ready for school.

ACTIVITIES INFANTS (3 – 18 MONTHS)

THE WHEELS ON THE BUS

MATERIALS:

- Cardboard box/basket

DIRECTIONS:

- Put your child in an open cardboard box or basket.
- Push the box or basket, pretend your child is on the bus and sing the song "The Wheels on the Bus".
- Sing one verse at a time and have your child sing with you.
- Encourage your child to act out the motions as you sing.

[Click here](#) to read "Happy Baby Sad Baby" by Leslie Patricelli.

TODDLERS (19 MONTHS – 2.5 YEARS)

TOYS IN A BASKET

MATERIALS:

- Paper
- Pencils
- Toys

DIRECTIONS:

- Draw or print pictures of baskets on separate sheets of paper.
- Number the pictures and draw corresponding dots. For example, for number two write "2" and draw two dots.
- Encourage your child to repeat after you the number on the paper.
- Together count the toys to put in the baskets. For example: one car for basket number one, two small balls for basket number two, etc.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

SNATCH THE LETTER

MATERIALS:

- Two buckets
- Foam letters

DIRECTIONS:

- Fill one of the buckets with foam letters and leave the other one empty.
- Put the two buckets at least twenty feet apart.
- Ask your child to find a letter and run back and forth to fill the empty bucket.
- To challenge your child, ask them to sound out each letter as they fill up the bucket.

[Click here](#) to listen to "Back at School" song.

JK/SK (4 – 6 YEARS)

LET'S GET TO KNOW YOU!

MATERIALS:

- Paper bags
- Paper
- Pencils

DIRECTIONS:

- Invite your friends and family members for a fun activity day.
- Give each player an empty bag, pencil and a piece of paper.
- Ask them to write a get-to-know-you question on their paper. For example: "How many brothers and sisters do you have? Do you have any pets? What is one fun thing you did this summer?" etc.
- Next, have the players put their question inside the bag and toss their bags up in the air.
- When you catch a bag, open it, read and answer the question inside.

[Click here](#) to read "The Night Before First Grade" by Natasha Wing's.

SCHOOL-AGERS (6 – 12 YEARS)

BACK TO SCHOOL VOCABULARY

MATERIALS:

- Paper
- Pencils

DIRECTIONS:

- Write the alphabet on a piece of paper.
- The goal of the game is to write as many words as you can, starting with each letter of the alphabet. The words have to be related to school.
- You can write more than one word for each letter, but you will only select one word to read out loud once everyone is done.
- Read through the list and compare, if no one else uses the same word as you, you give yourself a point, the player with the most points wins.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- A few weeks before school starts, get your child into the habit of going to bed earlier.
- Write the steps in the routine and rehearse them with your child.
- Review outdoor safety rules – things like looking both ways before crossing the street, taking the same route every day if they are walking, familiarizing themselves with crosswalk rules, and being cautious in talking to strangers.
- Reassure your child that being nervous is natural – even for teachers.