



## HELLO PARENTS,

Summer is just around the corner. For children, it is a break from the structure directed by the school day and a time for much deserved free play. The warm weather and sunny days make the outdoors even more accessible. Children will benefit physically and mentally from many summer outdoor activities, such as hiking in the woods, camping near a lake, splashing in the pool, etc. In this newsletter, we provide you with exciting and fun activities to enjoy this summer.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### WATER PLAY

##### MATERIALS:

- Water
- Water toys
- Plastic cups, spoons, bowls, etc.
- Large tub or small inflatable pool
- Infant bubble bath solution (optional)

##### DIRECTIONS:

- Pour some water into the pool or tub.
- Add water toys and plastic cups, spoons, bowls, etc.
- Let your child play and have fun with the water.
- For more excitement, add bubble bath solution to the water.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### MAKE YOUR OWN POPSICLE

##### MATERIALS:

- Ice cube tray
- Juice
- Popsicle sticks

##### DIRECTIONS:

- Together with your child pour juice into the ice cube tray.
- Help your child place one popsicle stick in each cube and put the tray in the freezer for a few hours.
- Invite your family to enjoy the popsicles.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### SAND FOAM

##### MATERIALS:

- Sand
- Shaving cream
- Large tray
- Shells, plastic animals or cars (optional)

##### DIRECTIONS:

- Set a large tray in your backyard.
- Ask your child to add three cups of sand to the tray.
- Gradually, add the shaving cream to the sand and have your child mix them together using their hands.
- Continue to add more cream until desired consistency is made.
- To extend this activity, add shells, plastic animals or cars to encourage imaginative play.

[Click here](#) to read "The Wonders of Summer" by Kealy Connor Lonning.

### JK/SK (4 – 6 YEARS)

#### FLOATING CLOUDS

##### MATERIALS:

- Paper
- Different coloured pens

##### DIRECTIONS:

- Take your child for a walk or to the park.
- Bring a piece of paper and different coloured pens with you.
- Ask your child to look at the sky and find a cloud that they like.
- As they notice the cloud, ask them to draw its shape using a coloured pen. After about 10 to 15 seconds, ask them to look at the same cloud again. Has the shape changed? Has the cloud moved?
- Encourage your child to draw it again next to the previous drawing using a different coloured pen. Repeat this process several times.
- After about 5 minutes, they should have a piece of art consisting of many clouds of different shapes, drawn in different colours.
- Have a discussion about what clouds are and why they move.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### JUMP ROPE WATER SPLASH

##### MATERIALS:

- Large jump rope
- Plastic cups
- Water

##### DIRECTIONS:

- Invite your friends or family members to play jump rope.
- Assign two players to hold each end of the rope.
- Give each of the other players a cup full of water.
- While the jump rope twirls, jumpers one by one should try to do three consecutive jumps while holding their cups of water.
- The player who has the most water left in their cup wins.
- You can also make your own rules. For example, players must jump for a predetermined amount of time; recite a rhyme or sing a song while jumping and holding the cup, etc.

[Click here](#) for more activities.



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#### A TIP FOR TODAY

- Together with your child, make a list of summer activities that you would like to do. For example: going to the beach, visiting a zoo, camping in the backyard, etc.
- Spend time together by going to the park or taking a walk.
- Limit technology and focus on hands-on activities.
- Take a lot of pictures and make a summer photo album or scrapbook.