

GETTING READY FOR SCHOOL IS FUN!

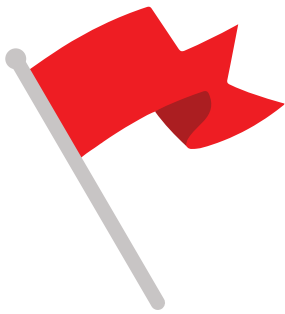


PLAY "I SPY"

I spy with my little eye something that is...

- Red (try other colours)...
- Bigger/smaller than
- Rhymes with...
- Three books...

Tip: Take turns with your child.



FOLLOW THE LEADER

Take turns being the leader or the follower by...

- Taking big steps/little steps.
- Moving fast/moving slow.
- Moving like an animal.
- Telling a story: Make it up! Be silly!

Play indoors or outdoors!



I CAN DO IT!

Let your child practice...

- Putting on their shoes.
- Opening and closing snack/lunch containers.
- Jumping 5 times.
- Balancing on one foot.
- Rolling, throwing or catching a ball.

Use your imagination!



FUN WITH WATER

Play in the bathtub or a bin of water!

- Measure, scoop and pour using spoons, cups or whatever you have.
- Paint with brushes, sponges, sticks or leaves.
- Wash toys, dishes or rocks.
- Ask why things float or sink.

Add colour, bubbles or ice for a different experience.



ALL FEELINGS ARE OK

- Make faces together: Am I sad? Am I happy?
- Can you guess how I am feeling? Try using a mirror!
- Blow bubbles to release tension.
- Take 3 deep breaths together.
- Ask "how do you feel?" All feelings are OK!



TRY SOMETHING NEW

- Plan and pack a picnic together.
- Make a snack and talk about the steps to make it.
- Plan a meal you can eat with your hands.
- Make a rainbow meal - count the colours!



SNUGGLE TOGETHER

- Share a book or tell a story.
- Sing songs together.
- Play games.
- Talk about your day. What made you smile?
- Share a HUG!



BUSY HANDS

- Rip or cut up scrap paper or flyers.
- Play with playdough: Squish! Roll! Cut!
- Scribble or draw with pencils, chalk or even a stick in the dirt!

WE'RE IN THIS TOGETHER...

Visit your local Library, Family Centre or playground for free and fun activities!

www.familyinfo.ca