



Our Family Activity Cards feature play-based activities you can use with your child anywhere! These cards offer examples of skills your child will need as they reach developmental milestones. We hope you enjoy them, and if you have feedback about these activities, please be sure to send it to: eye@thelearningbar.com

Awareness of Self and Environment



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Awareness of Self and Environment



What are awareness of self and environment skills?

Awareness of self and environment refers to children's perception of themselves and the world around them. With time, they begin to make connections between places, things, and experiences.

What's the goal?

Recognize colours.

How to play?

Match a coloured feather to its corresponding coloured dot. Start with just two or three colours. Naming the colours as you play will help your child recognize colours more quickly.

What are awareness of self and environment skills?

Awareness of self and environment refers to children's perception of themselves and the world around them. With time, they begin to make connections between places, things, and experiences.

What's the goal?

Name articles of clothing.

How to play?

Encourage your child to pick clothes and get dressed by him or herself. Name each article of clothing and discuss if it fits with the day's weather and activities.

What are awareness of self and environment skills?

Awareness of self and environment refers to children's perception of themselves and the world around them. With time, they begin to make connections between places, things, and experiences.

What's the goal?

Name animals native to Canada.

How to play?

When on a nature walk, at the zoo or while reading a book, discuss the names of the animals you see, what they eat, and where they live. This information can help your child make meaningful connections when he or she sees new animals.

What are awareness of self and environment skills?

Awareness of self and environment refers to children's perception of themselves and the world around them. With time, they begin to make connections between places, things, and experiences.

What's the goal?

Name fruits and vegetables.

How to play?

Learning doesn't just happen in books, it happens everywhere. For example, at the grocery store, teach your child the names of fruits and vegetables.

Social Skills and Approaches to Learning



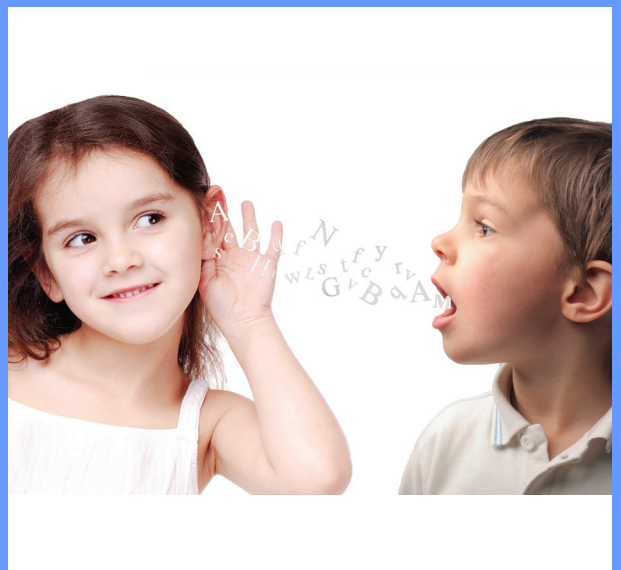
Social Skills and Approaches to Learning



Social Skills and Approaches to Learning



Social Skills and Approaches to Learning



What are social skills and approaches to learning?

Social skills and approaches to learning allow children to get along with others and make friends. Families who encourage independence, curiosity, and creativity in their children help them become interested in school and learning.

What's the goal?

Help to clean up at home.

How to play?

Many hands make light work! Teach your child about teamwork by asking him or her to help you around the house with the weekly chores.

What are social skills and approaches to learning?

Social skills and approaches to learning allow children to get along with others and make friends. Families who encourage independence, curiosity, and creativity in their children help them become interested in school and learning.

What's the goal?

Play in the backyard or community park.

How to play?

Play at your local park, library or in a friend's backyard! Playing with other children helps develop social skills.

What are social skills and approaches to learning?

Social skills and approaches to learning allow children to get along with others and make friends. Families who encourage independence, curiosity, and creativity in their children help them become interested in school and learning.

What's the goal?

Listen to others.

How to play?

Ask your child about his or her day and tell your child about yours. Develop your child's listening skills by sharing your favourite books and memories.

What are social skills and approaches to learning?

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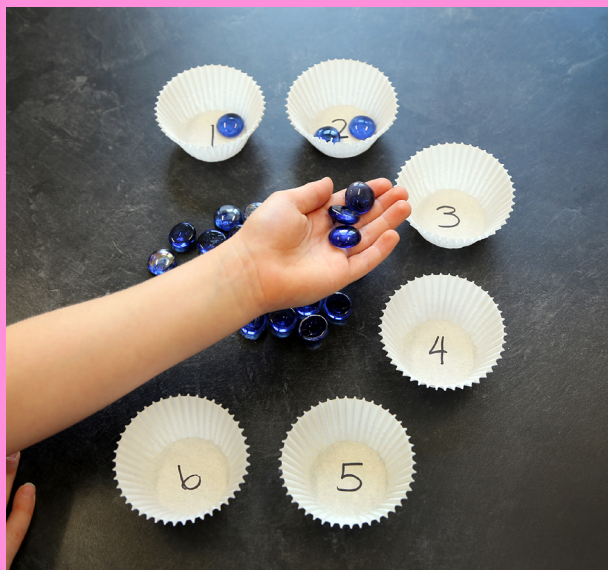
What's the goal?

Be introduced to new people and situations without being shy or withdrawn.

How to play?

Don't be a stranger! Encourage your child to talk to the people he or she meets throughout the day.

Cognitive Skills



Cognitive Skills



Cognitive Skills



Cognitive Skills



What are cognitive skills?

Cognitive skills refer to children's thinking, including their thoughts, what they know, and their reasoning and judgment. Cognitive skills help children understand and remember things, solve problems, and stay focussed on tasks.

What's the goal?

Sort by size, colour, or shape.

How to play?

When stacking plates or playing with blocks, encourage your child to sort items by different attributes like size, colour, or shape.

What are cognitive skills?

Cognitive skills refer to children's thinking, including their thoughts, what they know, and their reasoning and judgment. Cognitive skills help children understand and remember things, solve problems, and stay focussed on tasks.

What's the goal?

Make/count sets of various sizes (e.g., 4, 7, 10).

How to play?

Look for items around the house your child can use to make groups. Folding laundry? Ask your child to make a group of four t-shirts or seven socks, for example.

What are cognitive skills?

Cognitive skills refer to children's thinking, including their thoughts, what they know, and their reasoning and judgment. Cognitive skills help children understand and remember things, solve problems, and stay focussed on tasks.

What's the goal?

Recognize upper or lower case letters of the alphabet.

How to play?

Playing in the water with foam letters is fun, but don't stop there, letters are everywhere! Point out a letter on an outdoor sign or in a book and ask your child to name it!

What are cognitive skills?

Cognitive skills refer to children's thinking, including their thoughts, what they know, and their reasoning and judgment. Cognitive skills help children understand and remember things, solve problems, and stay focussed on tasks.

What's the goal?

Recognize or write his or her name.

How to play?

There are lots of ways to make printing names fun! When the weather is nice, go outside and help your child use water to paint his or her name on the sidewalk.

Language and Communication



Language and Communication



Language and Communication



Language and Communication



What are language and communication skills?

Language and communication skills help children share information with others in a meaningful way. Good communication skills help children solve problems, socialize, and develop and maintain relationships.

What's the goal?

Share stories, songs, and read to your child every day.

How to play?

Create a cozy place to read and explore books and music with your child. Share your culture and family stories.

What are language and communication skills?

Language and communication skills help children share information with others in a meaningful way. Good communication skills help children solve problems, socialize, and develop and maintain relationships.

What's the goal?

Sharing with others.

How to play?

Watch me share! Children learn from watching what you do. Model how to share and take turns. You will soon notice your child sharing with his and her friends!

What are language and communication skills?

Language and communication skills help children share information with others in a meaningful way. Good communication skills help children solve problems, socialize, and develop and maintain relationships.

What's the goal?

Understand and use salutations (e.g., hello, goodbye).

How to play?

Knock, knock, who's there? Have your child greet the person at the door and say hello!

What are language and communication skills?

Language and communication skills help children share information with others in a meaningful way. Good communication skills help children solve problems, socialize, and develop and maintain relationships.

What's the goal?

Encourage dramatic play to support interaction with other children.

How to play?

3...2...1...Action! Set up an area with costumes and props, and encourage your child to act out different roles.

Gross Motor



Gross Motor



Gross Motor



Gross Motor



What are gross motor skills?

Gross motor skills are all about children knowing about their body and how to use it, move it, and control it. These skills help children do important everyday tasks, such as getting out of bed and getting dressed.

What's the goal?

Climb on playground equipment.

How to play?

Your local park is a great place to stay active. Climb, slide, or have fun monkeying around pretending to be different kinds of animals!

What are gross motor skills?

Gross motor skills are all about children knowing about their body and how to use it, move it, and control it. These skills help children do important everyday tasks, such as getting out of bed and getting dressed.

What's the goal?

Help with chores.

How to play?

No matter the season, there is always work to be done! Plant seeds, wash the car, rake leaves, or shovel snow. Encourage your child to help, and have fun together!

What are gross motor skills?

Gross motor skills are all about children knowing about their body and how to use it, move it, and control it. These skills help children do important everyday tasks, such as getting out of bed and getting dressed.

What's the goal?

Throw a ball.

How to play?

Start with a ball that is soft. Encourage your child to throw with one hand, then the other. Create targets that your child can use to practise aim!

What are gross motor skills?

Gross motor skills are all about children knowing about their body and how to use it, move it, and control it. These skills help children do important everyday tasks, such as getting out of bed and getting dressed.

What's the goal?

Run.

How to play?

You can't catch me! Play soccer, fly a kite, or play tag. There are many ways to encourage your child to run while playing!

Fine Motor



Fine Motor



Fine Motor



Fine Motor



What are fine motor skills?

Fine motor skills involve activities such as drawing, washing hands, and zipping up zippers. These skills help increase a child's independence and help them learn and explore.

What's the goal?

Build with blocks.

How to play?

Reaching for and stacking blocks strengthens your child's fingers and hands. See what your child's imagination can create!

What are fine motor skills?

Fine motor skills involve activities such as drawing, washing hands, and zipping up zippers. These skills help increase a child's independence and help them learn and explore.

What's the goal?

Piece together simple puzzles.

How to play?

Puzzles are a great way for your child to practise patience and problem-solving, and to improve his or her hand-eye coordination. Celebrate finishing a puzzle together!

What are fine motor skills?

Fine motor skills involve activities such as drawing, washing hands, and zipping up zippers. These skills help increase a child's independence and help them learn and explore.

What's the goal?

Zip and unzip.

How to play?

Zip it up! Your child will love the sense of independence and pride that comes with zipping up his or her own coat.

What are fine motor skills?

Fine motor skills involve activities such as drawing, washing hands, and zipping up zippers. These skills help increase a child's independence and help them learn and explore.

What's the goal?

Brush teeth.

How to play?

Brush your teeth at the same time. Have your child follow your lead: right to left, front to back!