

Suggestions for Activities

A CHILD WHO PLAYS IS A CHILD WHO LEARNS

Symbolic play or “pretend play”

Four- and five-year-old children like to make up stories that mimic real life. They enjoy dressing up and pretending to be other characters living in different worlds.

When children pretend to be animals, doctors, super heroes, etc., they learn to role-play and to develop their imagination and their autonomy. Children express themselves by imitating the world of grown-ups; for example, when children pretend to be nurses, they may tell their dolls or teddy bears that they are going to give their patients a vaccine to cure them.

You will find examples and explanations of symbolic play at:

- <https://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/fiche.aspx?doc=jouer-faire-semblant-jeu-symbolique> (in French)
- <https://www.gryphonhouse.com/resources/what-is-symbolic-play> (in English)

Materials required

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Information for Parents

About the activities

- During this period of confinement, play remains the best way for your child to learn, in addition to providing them with a source of enjoyment and the means of relieving their boredom.
- The following activities will offer children the opportunity to play detective.

Outdoor Activities

Materials required

- cardboard boxes, brooms, rakes

Information for Parents

About the activity

Children should:

- assign roles to objects or themselves while using their imagination during symbolic or pretend play.

Parents can:

- provide multi-purpose materials (e.g. cardboard boxes, brooms, rakes) that children can transform into such things as cars, houses or horses to run, gallop, drive, etc.

Playing Dress-Up

Materials required

- hats, belts, scarves, makeup, jewelry
- sheets, blankets, towels, pillows, etc.

Information for Parents

About the activity

Parents can:

- help children disguise themselves
- provide accessories such as hats, belts, scarves, etc.
- provide makeup, jewelry, etc.
- allow children to use sheets, blankets, towels, pillows, etc. that they can turn into a castle or a tent, for example
- place all the items in a box and ask children, "What can you do with all of these things in the box?" Let their imagination take the lead.

Click here for more activities:

<https://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/fiche.aspx?doc=bg-naitre-grandir-valise-deguisement> (in French)

Charades

Materials required

- pencil, markers, paper, bowl

Information for Parents

About the activity

This game can be played with 2 or more players

Parents can:

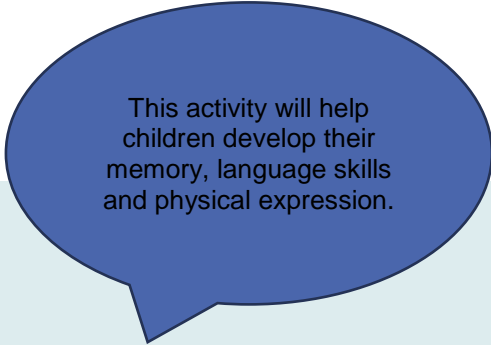
- draw or write the names of animals, occupations, sports and/or objects on individual pieces of paper
- place the pieces of papers in a bowl
- have Player 1 pick a paper from the bowl and act out the name on the paper
- have Player 2 try to guess what player 1 is acting out
- take turns

Click here for more charade ideas:

<https://www.fun-stuff-to-do.com/support-files/charades-cards-kids-animals.pdf>

<https://www.fun-stuff-to-do.com/support-files/charade-cards-people.pdf>

<https://www.fun-stuff-to-do.com/support-files/charades-cards-kids-activities.pdf>



This activity will help children develop their memory, language skills and physical expression.

Story and Song

Materials required

- (mettre le matériel requis en exemple Internet, ordinateur etc.)

Information for Parents

About the activity

Books allow children to imagine places and envision characters. Letting children use their imagination to create such images and reproduce them in drawings and words will help children further develop their pretend play.

Parents can:

- have children listen to Little Mouse, The Red Ripe Strawberry and The Big Hungry Bear by Don and Audrey Wood at: <https://www.youtube.com/watch?v=iJtXNpSa8Gs>
- have children listen to The Mixed Up Chameleon by Eric Carle at: <https://www.youtube.com/watch?v=02i3akeNLnc>
- have children sing animal songs with Aly at: <https://www.youtube.com/watch?v=YrP3s62kK2o>
- have children learn about how animals disguise themselves in nature at: <https://www.youtube.com/watch?v=YOIRci0CKzg>

Activities in French:

Vous pouvez :

- visiter le [site](#) pour regarder l'histoire « Un déguisement pour Petit Ours Brun »;
- visiter le [site](#) pour regarder l'histoire « Le loup qui voulait être un super-héro »;
- aller sur le [site](#) pour regarder et chanter « Promenons-nous dans les bois »;
- visiter le [site](#) pour voir et chanter le « Bon Roi Dagobert » et s'amuser à mettre ses vêtements à l'envers comme dans la chanson;
- aller sur le [site](#) pour regarder le documentaire du caméléon.

Arts and Crafts - Build a Puppet

Materials required:

- construction paper
- glue, scissors, tape, coloured markers
- sock, wool, buttons
- computer

Information for Parents

Parents can:

- consult the links below to discover easy ways to build a puppet
- discuss with children what type of puppet they would like to build
- encourage children to think of the materials they will need to make their puppet
- collect and build the puppet
- invite children to put on a little puppet show for the family

Examples of activities can be found here:

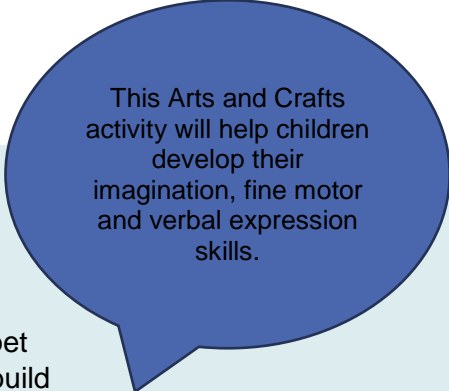
How to make:

- paper puppets: https://www.youtube.com/watch?v=-n4A_rabcwg
- easy finger puppets: <https://www.youtube.com/watch?v=HXGtL2duhkl>
- stick puppets: <https://www.youtube.com/watch?v=0vro-WPHrnU>
- sock puppets: <https://www.youtube.com/watch?v=uu1qEum7XGU>

Click here for activities in French:

<https://www.mamanpourlavie.com/loisirs-creatifs/bricolage--projets-et-experiences/10855-fabriquer-des-marionnettes-avec-presque-rien.shtml?page=6>

<https://naitreetgrandir.com/fr/etape/5-8-ans/fiches-activites/bricolage/ik-naitre-grandir-marionnette/>



This Arts and Crafts activity will help children develop their imagination, fine motor and verbal expression skills.