

Suggestions for Activities

Preschool Education aims to support the overall development of all children. At 4 and 5 years of age, children develop in all 5 global areas at the same time: physical and motor, emotional, social, language and cognitive.

The intention is to offer suggestions for ideas, actions and activities to be carried out that allow children to:

- Move (big and small movements);
- Dance, etc.
- Express what they're feeling; what they can do, etc.
- Participate, cooperate, etc.
- Talk, listen, sing, invent, etc.
- Think, ask questions, look for answers, etc.

With regards to the activities:

The most important thing is to set up a routine that corresponds to your family's situation. A simple routine that is adapted to your child's age and needs is reassuring and can help prevent tantrums and maintain a pleasant atmosphere at home. The morning routine (breakfast, brushing teeth, etc.), lunch, nap, dinner and the bedtime routine (bath, brushing teeth, story, etc.) are stable reference points that help children to situate themselves in time, encourage them to collaborate and help them to control their emotions and feel at ease.

PLAY is a child's main learning strategy. A child who plays is a child who learns.

Outdoors

Information for parents

Suggestions for activities

You can:

- Have fun jumping like a frog;
- Taking giant steps and mouse steps;
- Walking on the curb to work on your balance;
- Drawing a hopscotch game;
- Recognizing numbers on the doors;
- Recognizing letters on street signs or billboards, etc.

Let's Eat

Information for parents

Suggestions for activities:

You can:

- Using flyers or magazines, have fun cutting out and pasting pictures to make a grocery list;
- Find letters and numbers;
- Sort and classify (e.g. fruits, vegetables, colours, sizes)

You can click on this link to the Passe-Partout songs
<https://www.youtube.com/watch?v=CvITSk3gCKI>.

Song: "Apples and Bananas": <https://www.youtube.com/watch?v=r5WLXZspD1>

Card Games

Information for parents

Suggestions for activities:

You can:

- Make a house of cards;
- Play Snap;
- Sort cards by colour;
- Sort cards by number;
- Play a memory game;
- etc.

Click onto the following links for more suggestions :

- <https://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/fiche.aspx?doc=jouer-aux-cartes> (French only)
- <https://www.mamanpourelavie.com/jeux-fetes-activites/jeux/activites-jeux/12287-jeux-de-cartes-faciles-pour-les-enfants.html> (French only)
- Card games: <https://wehavekids.com/parenting/Card-Games-For-Kids>

Story Time

Information for parents

Suggestions for activities :

You can:

- Listen to an audio story;
- Retell a story with a book;
- Ask your child to invent a different ending by drawing it;
- Play detective to find letters that are meaningful to your child such as the first letter in their name;
- etc.

Listen to stories in French here: <http://bit.ly/banqcontesaudio>

Listen to stories in English here: <https://www.storylineonline.net/>

Bath Time

Information for parents

Suggestions for activities :

You can:

- Use different plastic objects (funnels; small, medium, large plastic dishes; droppers; sponges etc.) to practice filling, pouring, etc.

Click on the following links for more ideas: <https://naitreetgrandir.com/blogue/2017/02/24/des-jeux-rigolos-a-heure-du-bain/> (French only)

For different activity suggestions, visit: <https://pbskids/>