

July

Summer months can be a great time to learn! There are so many outdoor activities to do in the summer. Be sure to join in and play with your child. When you play together and talk about what you are doing, you are helping your child learn new words and ideas.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Camping

Camping is a great way to learn about the outdoors!

- Talk about what you do, see, and hear when you . . .
 - Go for a hike.
 - Go fishing.
 - Sit by a fire.
 - Swim in the lake.
- Watch for animals, insects, cool rocks, flowers, and big trees.

Beach

Visiting the beach is a great way to learn! Look for a lake close to where you live.

- Make sandcastles, go swimming, or have a picnic.
- Talk about how the sand feels – rough, wet, cold, or hot.
- Talk about what you see in the water.
- Don't forget to wear your hat.
- If you have a raft, canoe, or boat, take your child with you and explore. Just remember to wear a life jacket.
- Throw rocks in the water. Talk about how far you can throw them and the splash they make.

Fairs, festivals, and parades

Most communities, whether large or small, have a fair or a parade during the spring, summer, or fall months. Many of these events are free and a fun time for families. These can also be opportunities to learn new things. Many fairs have petting zoos, acrobats, and entertainers to watch.

Parks

Kids love playing in playgrounds and parks! Visit some different parks in your community.

- Spend an afternoon playing ball, swinging, sliding, running, flying a kite, or playing in the wading pool.

- Talk about what you are doing, and use lots of action words like, jump, roll, slide, walk, splash, or run.
- Be sure to join in and play too.



Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

Hello Mr. Sun

Author unknown

(sung to the tune of If you're happy and you know it)

Hello Mr. Sun, how are you?
Hello Mr. Sun, how are you?
We're so glad you're out today,
And we hope that you will stay,
Yes, we do! (clap, clap)



Books

Go to your local public library to find these and many more great books.

Lottie's new beach towel by *Petra Mathers*
Sand castle by *Brenda Shannon Yee*
All you need for a beach by *Alice Schertle*
Corduroy goes to the beach by *Don Freeman*
Maisy goes camping by *Lucy Cousins*
Maisy makes lemonade by *Lucy Cousins*
Beach day by *Karen Roosa*
Little cloud by *Eric Carle*
Mr. Gumpy's outing by *J. Burningham*
Sea, sand, me by *Patricia Hubbell*
Do cowboys ride bikes? by *Kathy Tucker*
How I became a pirate by *Melinda Long and David Shannon*



Crafts

For free printable colouring pages visit

www.coloring.com

To learn more about reducing children's recreational and sedentary screen time visit

www.healthykidsptbo.ca