

June

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.
- Don't forget to wear your hat.
- Talk about what you see in the water.
- 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.

Itsy bitsy spider

Author unknown

Sing this song in different ways with an older child. Change “The itsy bitsy spider...” to “The big fat spider...” with a loud voice or “The teeny tiny spider...” with a quiet voice. Find books like Eensy weensy spider or The itsy bitsy spider.



Crafts

For free printable colouring pages visit www.coloring.com

Make your own bubbles – A great outdoor activity

Materials needed

- Large (2 litre) bottle
- Warm water
- 1 cup of dish soap
- 2 tablespoons corn syrup



Instructions

Fill a large bottle (2 litre or larger) with warm water. Leave room for the soap and corn syrup. You must put the water in first, or you will have a bottle full of suds. Add the dish soap and corn syrup. Stir a bit and then put the lid tightly on the bottle. Gently shake the bottle to make sure it's all mixed. Let the bubbles stand for a bit to let the air settle. Use it with your favourite wand. Remember to have fun and blow some bubbles together with your child. Take turns blowing and chasing the bubbles.

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

www.healthykidsptbo.ca