

May

May means spring has finally arrived! Many people start planting their gardens with flowers and vegetables. Mother's Day is in May. May will have some rainy days and there still may be snowstorms. Whatever happens with the weather, there are still lots of new things to talk about!

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

Planting a garden

Let your child help you when you are working in the garden.

- They can dig in the dirt beside you with their toy shovel or a spoon.
- Have them count how many rocks and worms they finds while digging.
- When planting seeds, they can help by putting seeds in each spot in the ground.
- Talk about what the seed will grow into.
- With your help, your child can put water on the planted seeds. Talk about how the plants need some water, but not too much!

Rainy days

Put on your rubber boots and try splashing in the puddles together.

- Talk about the clothes you need to play in the rain – raincoat, umbrella, hood, rain hat, rubber boots, and rain pants.
- See who can make the biggest splash.
- Go for a walk and count how many puddles you find.
- Keep an eye out for the worms on the sidewalk. Explain that they don't like to stay in the ground when it rains. Count how many you see.

Mother's Day

- Talk about how this is the day you show your mother how much you love her. You thank her for all the things she does for you.
- Talk about the things your mom does for you.
- Talk about what things you can do to help your mom on Mother's day.
- Plan a meal for mom and have your child help out.
- Help your child make her own card, picture, or craft for her mom.

Crafts

For free printable colouring pages visit www.coloring.com

Planting hair seeds

Materials needed

- Paper or styrofoam cups
- Crayons and markers
- Potting soil
- Bean or grass seeds (they sprout the fastest)
- Water

Instructions

Have your child draw a face on the cup with crayons or markers. Put some potting soil in the cup so it's almost full. Have your child place some seeds in the dirt. Cover with some more dirt. Help your child pour some water into the cup. But be careful, not too much. Put the cup in a window. Have your child check the cup every day to see if it needs more water, and if any sprouts are starting. Eventually the happy face on the cup will have hair!



Mother's day pasta necklace

Materials needed

- Different shapes of pasta
- Felt markers
- Yarn
- Masking tape

Instructions

Help your child colour his pasta with felt markers. Cut a piece of yarn long enough for a necklace to be put on over your head. Put a small amount of masking tape on one end and a large knot in the other end. Help your child string the pasta onto the yarn.

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

www.healthykidsptbo.ca

