

# Keeping **KIDS** Active

JULY 2020 // WEEK 5 // PAGE 1  
Creating A Lifelong Love For Reading

**Reading daily to young children can help with building key language, develop literacy skills and social skills. Reading to your children in the earliest months stimulates the part of the brain that allows them to understand the meaning of language. Here are some tips from <https://kidshealth.org/en/parents/reading-toddler.html>**

Reading to toddlers sets the foundation for later independent reading. Before children can read by themselves, they need early literacy skills. These include:

- having a large vocabulary of words and knowing how to use them
- understanding that words are made up of smaller sounds (called phonemic awareness)
- understanding that marks on a page represent letters and words
- knowing the letters of the alphabet



Reading to kids as often as possible is the best way to help them learn to read by themselves. Reading together regularly also strengthens a special bond with your child and helps them feel safe and comfortable.

**"BLESSED ARE THE CURIOUS, FOR  
THEY SHALL HAVE ADVENTURES"**

- Lovelle Drachman

Trying to get your child to sit still and read with you can be frustrating. You want your child to have positive associations with reading. If you feel tense or your child resists, consider setting the book aside and returning to it later.

- Try and pick interesting pages to keep their attention.
- If your child is not interested, take a break and try again later.
- Your child might want to stand up while you read to them.
- Give them time to look at the pages and pictures, ask questions, or act it out before moving on to the next page.

## **READING TIPS:**

- Read whatever books your child asks for, even if it's the same book every night.
- Read slowly so your child can understand the story.
- Read expressively, using different voices for different characters, and raising or lowering your voice as appropriate.
- Choose board books or cloth books that are durable.
- Use puppets or finger plays while you read.
- Encourage your child to clap or sing when you read rhythmic, sing-song books.
- Talk about the pictures. Point to items and name them. Then ask your child to name them with you and praise your child for their response.
- Ask open-ended questions: "What do you think will happen next?"
- Have fun! Show your child that reading is enjoyable. comfortable.



NEED TO TALK? SUPPORT IS AVAILABLE!  
Contact your health centre for available supports.

## Cree WORD OF THE WEEK

## Otîhimina

strawberries

### KTC KIDS CHALLENGE OF THE WEEK

### Give Back To Your Community!

There are many ways you can give back to your community. Here are a few ideas: 1. Pick up garbage whenever you see it. 2. Donate unused toys or books. 3. Bake some cookies for a neighbour or a volunteer group. 4. Make a homemade card for an Elder. 5. Volunteer to help out at a community event.

## LET'S MAKE A KITE

Check to see if there is any wind. You will need the wind to help fly your kite. Always make sure to be safe and fly your kite in an area that has no power lines or dangerous things that your kite can fly into.

### Material you will need to make a kite:

- Newspaper or a brown paper bag
- String or ribbon
- Glue
- 2 straight sticks with one slightly shorter
- 1 stick or item to wrap the extra string

### How to make the kite:

- 1 Ask for your parents help when using a craft knife or small knife. Carefully carve a small notch into both ends of each wooden stick. The notches must be cut in the same direction.
- 2 Take the string and tie the sticks at the center, so they are shaped like a cross. Make sure the notches are lined up. The horizontal stick should be slightly shorter than the vertical stick.
- 3 String your string into the notches around the ends of the sticks.
- 4 Unfold the newspaper and cut a pattern to match the shape of the kite frame. Make it an inch or two larger than your frame, all the way around, so you can fold the edges over.
- 5 Spread the newspaper over the stick frame, fold the edges over the string, and glue them in place.
- 6 Tie a long string to the kite where the sticks cross.
- 7 Wrap the remaining string hanging around a different stick or item you want to use as a kite spindle handle.

Source: <https://www.pbs.org/parents/crafts-and-experiments/take-flight-with-a-diy-kite>

## GAME OF THE WEEK

Write a word about summer that starts with the letter below

## Summertime SCATTERGORIES

A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V _____
J _____	W _____
K _____	X _____
L _____	Y _____
M _____	Z _____



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