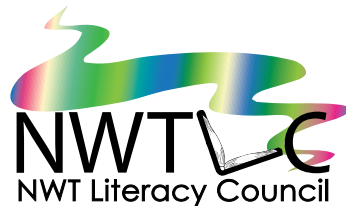


# Activity Cards

For babies 0-1 years old



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The NWT Literacy Council is a not-for-profit organization with a mandate to support literacy development in all official languages of the Northwest Territories. For more information, please contact:

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# Hold Me Close



I like you to hold me close  
and look at me when you  
sing or talk to me.

# The Moon is Round

The moon is round  
as round can be  
Two eyes, a nose  
And a mouth like me!

Point to my different parts as you say  
this face rhyme with me.



# A Touch of This, A Touch of That

**Offer me different touch sensations:**

- Gently tickle my tummy with a soft brush, a feather or a cotton ball.
- Let me feel a cold ice cube, and the warm air from a blow dryer.
- Contrast a soft satiny blanket with a rough nail file.
- Contrast a soft cushion and a hard counter.
- Say “warm” and “cold”, “soft” and “hard” as you go.

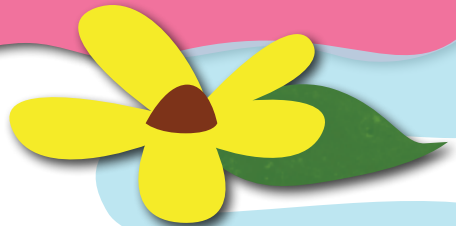


# Smell This

Let me smell the difference between scents whenever you have the chance.

- Flowers
- Coffee
- Scented soap
- Vanilla
- Herbs and spices

Don't offer me more than one or two scents at a time and don't repeat any that make me upset or turn away.



# Rhyme and Clap

I love to play  
simple rhyming  
games and clap  
my hands.



# Pat-a-Cake



Try this clapping rhyme with me:

Pat-a-cake, pat-a-cake, baker's man,  
Bake me a cake as fast as you can;  
Pat it and prick it, and mark it with B,  
Put it in the oven for Baby and me.



# Animal Sounds

**I love to imitate animal sounds! Sing this song using different animals:**

Old MacDonald had a farm E-I-E-I-O.  
And on that farm he had a pig E-I-E-I-O.  
With an oink-oink here and an oink-oink there,  
Here an oink, there an oink, everywhere an oink-oink.  
Old MacDonald had a farm E-I-E-I-O.



# Parachute

I love changes in colour and movements. Make a parachute by sewing material together. Vary the colours and patterns of the material. Or, you can use a coloured bed sheet.

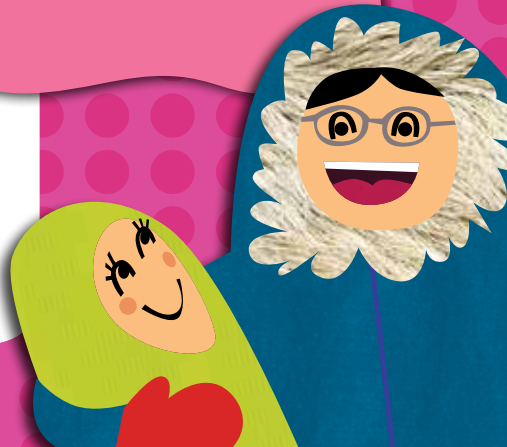
- Lay me flat on my back on the ground.
- Lift the sheet high in the air above me.
- Let it fall slowly down towards me.
- Lift it up again just before it touches me.
- I will squeal with delight! Talk to me about the shapes, colours, and movements.



# Talk to Me

I love it when you talk and sing to me in your own language.


Talking to me helps me sort out the sounds and rhythm of the language.





# I Love You

Let me hear you:

- Talk in your own language.
  - Name things.
  - Sing.
  - Say "I love you."
- 

# Kitchen Toys

Our kitchen is full of great safe toys! I can explore in and out, on and off, loud and louder, stacking and nesting with them:

- Pots and lids for banging together
- Wooden spoons and spatulas
- Plastic lids and containers

Keep my kitchen toys in a bottom drawer or cupboard. I can reach them easily and spend lots of time pulling out my toys.



# Good Morning, House

This routine makes waking up a little easier:

- When I wake up, hold me close.
- Slowly walk around saying, "Good morning (or good afternoon), bedroom", "Good morning hallway," and so on through the house.
- When you get to the bathroom, look in the mirror and say, "Good morning, (my name)."
- Do the same before bed.



# I Love Your Stories

It is never too early to start  
telling stories to me.

You don't need to have a book.  
Just tell your own stories.



# Tell Me a Story



Tell me a story about...

- The day I was born.
- When you were young and growing up.



# Stacking


I can reach for objects using only my fingers. I can hold them easily and can pass them from hand to hand.

- Show me how to stack blocks, boxes or plastic containers on top of each other.
- I love knocking them - 'They all fall down!' and banging them together.
- Talk about the different colours and shapes of the blocks.



# Loving Touch

**I love it when you massage me. Try this in a warm room:**

- Sit on the floor with your legs out straight.
  - Take off my clothes and lay me on a towel, facing you.
  - Put your hands on my chest and firmly, but gently, massage to my fingertips, and down to my toes. Now do my palms and soles of my feet.
  - Look at me and talk gently with me.
- 

# Tell Me the Words

Talk while you are doing things during the day.

Point to things and tell me the words.



# Shhhhhh!

I love quiet time with you each day.

- Rock me in your arms.
- Hold me close; look in my eyes.
- Talk and sing to me.
- Read to me.



# Blowing Bubbles

This is a fun activity to do with me on a warm spring day:

- Mix 2 tablespoons of liquid dish detergent and  $\frac{1}{4}$  cup of water in a small bowl. Stir gently.
- If you don't have bubble blowers, drop a few rubber bands into the bubble liquid.
- Pick out a rubber band and blow through the soapy film, or wave it through the air to make a stream of bubbles. I love watching the bubbles float away!

# Making Our Home Safe

**This is a great way to check for any dangers to me and I will love having you down at my level!**

- Get down on your hands and knees with me.
- Look around the whole house and see what I see from this level.
- Bet you'll find a few things to clean up or baby-proof.
- Repeat this safety check every couple of weeks.

# Read to Me



I love to look at books and have you read to me. Read to me for 15 minutes every day. Let me:

- Hold the book.
- Turn the pages.
- Chew on it.

# Make a Book for Me

You can make a book for me.

Cut out pictures from magazines or use photos and put them in a small photo album.





# Basket Fun!

Put some safe items from around our home in a box, basket, or old purse and show me how to empty and fill it.

- A splinter-free wooden spoon
- Plastic bowls, containers, or boxes
- A toilet paper or paper towel roll
- Pots, pans and lids
- Noisemakers (rattles, keys, a can filled with beans)



# Mirror, Mirror on the Wall

I love to watch myself!

- Show me myself in the mirror.
- Make fun faces and sounds.
- Place my highchair or playpen where I can see a mirror.
- Put hats on you and me.
- Lightly tap my nose with your finger, making a popping sound each time.



# Repeat, Repeat, Repeat...

Repeat, repeat, repeat an activity with me because this is how I learn.

Don't be afraid to say rhymes or read books over and over again.



# A Smooth Road

A smooth road, a smooth road,  
A smooth road, a smooth road,  
A bumpy road, a bumpy road,  
A bumpy road, a bumpy road,  
A rough road, a rough road,  
A rough road, a rough road,  
A hole.



# Exploring the Outdoors

I love being outside. Let me touch and feel all the wonderful things out there, such as:

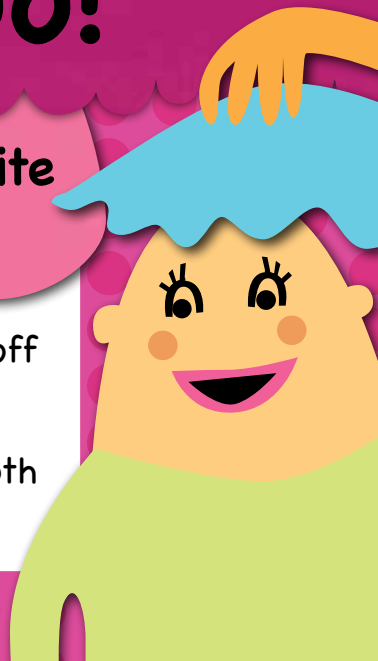
- Leaves and trees
- Flowers and grass
- Rocks and snow



# Peek-a-Boo!

Peek-a-Boo is one of my favourite games! Here is how we play:

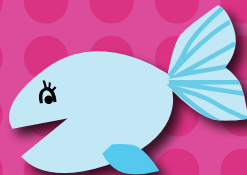
- Cover **your** face with a cloth, then pull it off and say, "Peek-a-Boo, I see you!"
- Then gently cover **my** face, pull off the cloth and say, "Peek-a-Boo, I see you!"



# Tell Me About my World



I love it when you  
tell me what we are  
doing and what we  
see around us.



# Let's Go for a Walk!

I love going for walks and learning about the trees, the animals, and everything around us.

