

# Learning in Everyday Life



## How to Kit

## Family Literacy Day – January 27<sup>th</sup> 2012

Family Literacy Day is a national initiative to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. National Family Literacy Day started in 1999 and since then more than 1.5 million Canadians have participated in this special day. Taking time every day to read or do a learning activity with children is important to their development. Even just 15 minutes a day can improve a child's literacy skills dramatically, and can help parents improve their skills as well.

**Learning in Everyday Life** is this year's theme for National Family Literacy Day. Learning happens in many ways, especially in our day-to-day lives. Tasks such as baking something special, doing the laundry, grocery shopping or browsing the Internet for information on a school project are all learning opportunities.

This How to Kit provides schools, organizations and community groups with some great tips for setting up a fun family literacy event with the theme *Learning in Everyday Life*.

Included in this package you will find:

- Introduction
- Learning in Everyday Life Challenge
- Other Ideas to Celebrate Family Literacy Day
- Five Stations for your Family Literacy Event:
  - Laundry Fun
  - Grocery Shopping Fun
  - Environmental Print Fun
  - Kitchen Fun
  - Reading Fun
- Instructions for each station
- Parenting tip sheets for each station

Look for these symbols:



Fun activities to do at an event



Parent tip sheets



Instructions for organizers

## Introduction

This How to Kit provides ideas for hosting a fun family literacy event that includes different stations on *Learning for Everyday Life*. These stations are:

- Laundry Fun
- Grocery Shopping Fun
- Environmental Print Fun
- Everyday Reading
- Kitchen Fun

Each station has activities for families to work on together. Some activities require materials like magazines, measuring cups, handouts, etc. For each station, there is a list of things that you will need to gather and prepare for that station. One person at each station should help families with the activities.

## Tips for Organizing a Family Literacy Event

1. Find a good location for your family literacy event (library, school, community hall, someone's home, church, youth centre).
2. Choose a good time for your event.
3. Advertise your event at least one week before the event. Put posters up around the community, advertise on the local radio station or green screen and hand out personal invitations at the school. Tell everyone about it!
4. Prepare the stations for your family literacy event. You will need to gather things, photocopy handouts and prepare for each station. Get some help!
5. Find volunteers in the community to help organize and run your event. Have one volunteer at each station.
6. Gather everyone together at the beginning of the event and read a story. At the end, gather everyone together to do the Environmental Bingo.
7. Provide a nutritional snack for the end of the session.
8. If you can, give each family a book to take home.

## Learning in Everyday Life Challenge

Take this list home and do the activities with a family member. Bring your list back to your teacher to get a prize or to have your name entered in a draw.

Name: _____		Date: _____
<p>Read a recipe together and do some baking. Yum!</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Look at a family photo album and share stories about the pictures.</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Write a shopping list with a family member and then go shopping together.</p> <p>Date: _____</p> <p>Initial: _____</p>
<p>Change the words to a favourite song but keep the tune.</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Go for a family walk and talk about all the print around you like stop signs and store names.</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Have a family game night with board games or card games.</p> <p>Date: _____</p> <p>Initial: _____</p>
<p>Read a book every night this month before bed.</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Can you come up with an animal for every letter of the alphabet? Try!</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Ask your parents to tell you about the day you were born.</p> <p>Date: _____</p> <p>Initial: _____</p>
<p>Do the laundry together and sort all the socks. Have fun counting who has the most socks too!</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Write a letter or email to a friend or family member with the help of someone from your household.</p> <p>Date: _____</p> <p>Initial: _____</p>	<p>Have a slumber reading party. Everyone gets into their PJs and reads together on the living room floor!</p> <p>Date: _____</p> <p>Initial: _____</p>

## Other Ways to Celebrate Family Literacy Day

**Olympic Party** – Have children set out reading goals and give out gold, silver, and bronze medals.

**Have a Book-nic** - Organize an indoor picnic featuring books and delicious treats. Choose a theme around family food and reading preferences; for example, enjoy honey-flavored cereal while reading Winnie the Pooh stories.

**“Here’s the scoop on reading” Party** – Children celebrate reading success with a sundae party.

**Beach Party** – Children bring rubber rafts, inner tubes, beach blankets, and beach chairs. They dress in summer clothes.

**Reading Campout** – Set up tents in the play area. Children can bring in their sleeping bags and read by flashlight.

Host a **“Family Read-In”** – How many families can come together in one space to read together.

**Wall of Fame** – Designate a wall in your centre to display photos of children/families along with lists of their favourite books and authors.

**Reading Photos** – Invite children to submit photos of themselves in their favourite reading/learning place, post on a bulletin board.

**Poster Contest** – Organize a poster contest by asking children to design a poster expressing the National Family Literacy Day theme, *Learning in Everyday Life*.

**Read all about it** – Hold a reading contest where families are asked to keep track of all the books they read together as a family for one week. The family who reads the most together wins a prize.

**Around the World in Eighty Books** – Select age-appropriate books from around the world for your group. Give the children passports to be stamped for each region they cover.

**Books for Breakfast** – Host an event for families, providing breakfast, good books and a special guest reader!

**Workshop** – Organize a workshop for parents, offering tips and suggestions for reading and learning with their children, as well as activities to encourage learning in the home.

**Read a T-shirt Day** – Children/parents/ staff all wear a T-shirt that has letters, numbers, or shapes on it. Or distribute plain T-shirts and fabric paint and ask children to decorate them. You can post favourite sayings which children can copy.

**Teddy Bear's Picnic** – Hold an indoor picnic. Children can bring their favorite bear and listen to stories about bears and other animals. Make sure to have some bear-friendly snacks.

**Book Swap** – Organize a community book swap. Ask community members to bring in good used books. Set them up in a room and let people choose books they want to read. If they bring one book, they can take one book. If they bring two books, they can take two books, and so on.

**Watch a Book** – Set up a book-and-movie group where you will read a book and discuss it, and then watch the film version. There are many good titles, for both adults and young people, which have been made into films.

## Instructions for *Laundry Fun*

Who said laundry isn't fun! Laundry is a great way to engage young children in early literacy skills. The ideas below are just suggestions for activities you can do at this station. You can do all the activities, choose the ones you prefer, or make up your own.

### You will need:

- 30 pairs of socks (different colours and sizes)
- 10 towels different sizes
- Markers, crayons and pencils
- Handouts

### Sock Puppy

- Lots of child size white socks
- Felt rectangles
- Wiggly eyes
- Craft or fabric glue or glue gun
- Scissors
- Red ribbons or felt for collar

### Suggestions for Laundry Fun Station:

1. **Sock Sorting:** Bring in lots of socks and have families sort the socks. You will need to have two laundry baskets for families to use. You will need at least 30 pairs of socks that are different sizes and different colours or have different patterns on them.
2. **Folding:** Bring in some different size towels for families to fold. Talk to them about the different shapes that you can make folding towels (squares, rectangles, triangles). You will need to bring in around 10 towels.
3. **Make a Sock Puppy:** You will need to supervise this activity if you are using a glue gun. The supplies are listed above and the instructions are on one of the following handouts. You will need to photocopy the pattern and gather all the supplies. You should make a Sock Puppy as an example.



4. **Work Sheets:** Make copies of the handouts provided in this package or you can print them off from the website in colour (recommended). There are a variety of handouts for different age groups:

- Match the Socks
- What Colour is the Sock?
- Count the Socks
- Colour the Socks
- Sock Puppy
- Laundry Word Search
- Clothes Crossword Puzzle
- Fill in the Blanks

# Match the Socks

Draw a line to the matching sock.



# What Colour is the Sock?



## Count the Socks

How many socks are there in each picture?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# Colour the Socks



# Colour the Socks



Colour the socks red.



Colour the socks green.



Colour the socks blue.



Colour the socks your favourite colour.

## Sock Puppy

### Need:

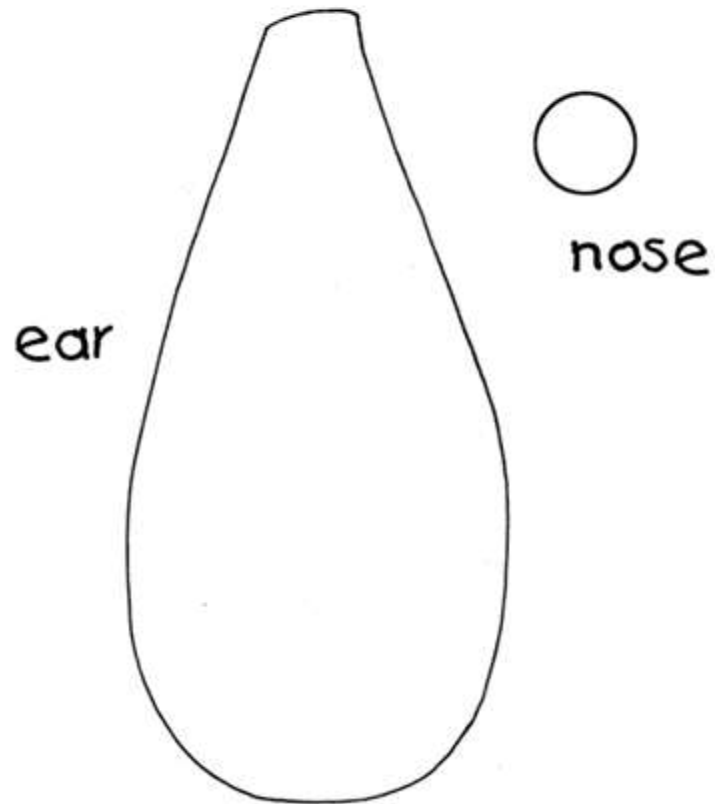
- Child size white sock
- Felt rectangle, colour of choice
- Wiggly eyes
- Craft or fabric glue or glue gun
- Scissors
- Red ribbon or felt for collar



### What To Do:

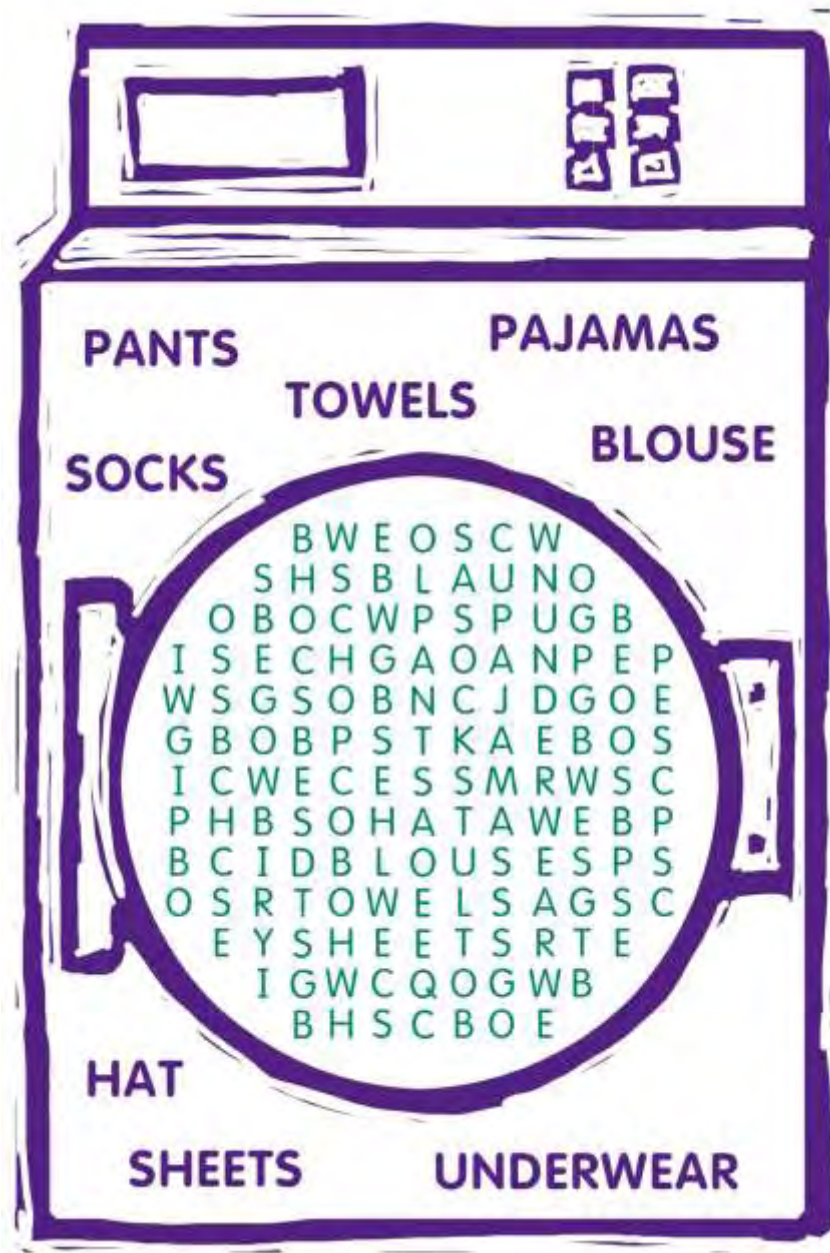
1. Trace pattern on felt and cut out. Ear should be about 5 inches long.
2. Cut red felt or ribbon to fit around neck of dog for a collar. Make sure hand can fit inside sock.
3. Glue ears approximately 2 1/2 inches from nose-end of sock. Position nose and eyes and then glue in place. Let dry.
4. Glue collar around neck of your puppy and let dry.
5. Now the puppy is ready to play!

## Sock Puppy





# Laundry Word Search

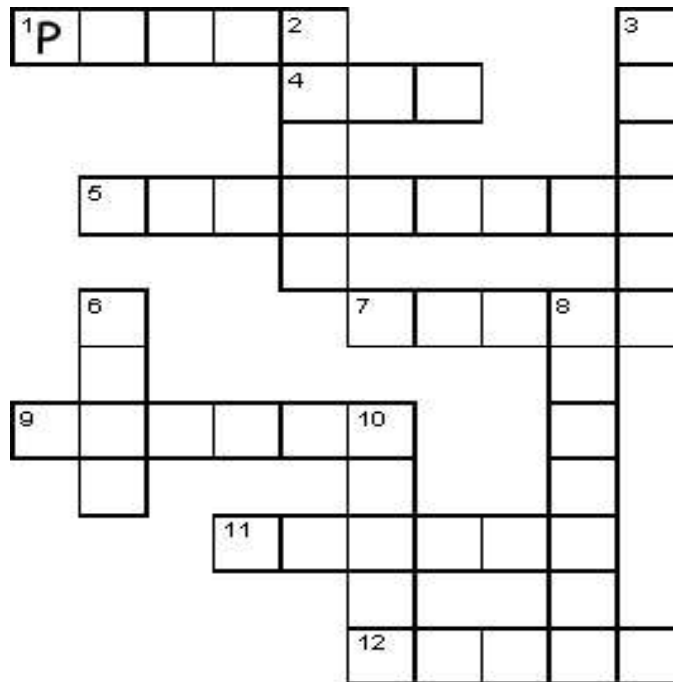


Mom threw a load of white laundry into the washing machine. Oh no! One piece of red clothing got mixed in by mistake. It will turn everything pink! Use a pink marker to highlight all the clothes in the washing machine.

## Extra Fun:

Now use the marker to highlight the letters in the word LAUNDRY. Once you have finished, look at the pattern you have made. You will see which piece of clothing turned the laundry pink!

## Clothes Crossword Puzzle



### Across

1. What do you wear on your lower body?
4. What do you wear on your head?
5. What do you wear under your pants?
7. What do some girls wear instead of pants and a shirt?
9. What do you wear on your hands?
11. What do you wear over your shirt when you go outside?
12. What do you wear on your upper body?

### Down

2. What do you wear on your feet when you go outside?
3. What do you wear on your lower body on hot sunny days?
6. What holds your pants up?
8. What do you wear on cold winter days?
10. What do you wear on your feet to keep them warm?

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**What are you wearing now?**

## Fill in the Blanks

Fill in the blanks below with words from this box:

scarf	T-shirt	sweater	footwear	gloves
hat	cold	cool	shorts	fold
dress	wash	boots	fits	sandals
for	coat	dry	laundry	sunglasses
		try	running shoes	

### Winter Clothes

On a \_\_\_\_\_ winter day, it's important to \_\_\_\_\_ warm. Many people wear a \_\_\_\_\_ over their shirt. And when they go outside, they put on a warm \_\_\_\_\_. As well, people put a \_\_\_\_\_ on their head, \_\_\_\_\_ on their hands, and a \_\_\_\_\_ around their neck.



### Summer Clothes

In summer, people like to keep \_\_\_\_\_. So many people wear \_\_\_\_\_ instead of pants and a \_\_\_\_\_ instead of a long-sleeve shirt. As well, people wear \_\_\_\_\_ to protect their eyes from the bright sun.



### Footwear

There are many different types of \_\_\_\_\_.

People wear \_\_\_\_\_ to the beach,

\_\_\_\_\_ when they exercise, and

\_\_\_\_\_ on rainy or snowy days.



### Shopping for Clothes

Shopping \_\_\_\_\_ clothes can be a lot fun. But before you buy anything, you should always \_\_\_\_\_ it on and make sure it \_\_\_\_\_.



### Laundry

When your clothes get dirty, it's time to do the \_\_\_\_\_. First, you \_\_\_\_\_ the clothes. Next, you \_\_\_\_\_ them. Finally, you \_\_\_\_\_ them and put them away.



## Laundry Fun

Do you feel like you're in the laundry room 24/7? Make it fun by getting your children to help you sort, wash, and fold. Before you take on the laundry with your children, make sure you set aside extra time. Take an extra half an hour to teach your children the basics of doing laundry and all the learning that comes with sorting and gathering.

### Gather Your Laundry

Gather the laundry together. Make sure to look under the beds and in the closet for any stray clothes. This is the fun part!



### Check the Pockets

Ask your children to check the pockets in all the pants for change, tissues, paper, etc. Make a deal that if they find any change they can keep it.

### Sort the Laundry

Show your children how to sort the laundry. You can practice colour recognition and grouping skills by sorting the laundry in different ways each time you do it. Sort them according to colour, or just light and dark batches. Sort according to the type of laundry: for example, shirts, jeans, underwear, towels, sheets, etc. Sort according to sizes of clothing – put all of the small shirts in one pile and all of the big shirts in another.

### Count the Laundry

Ask your children to count how many pieces of clothes need to be washed. Or count the clothes in each pile after sorting. Or ask them to count how many red pieces of laundry you will wash today. How many socks?

### Categorize the Laundry

Talk about what each piece of laundry is used for – pajamas are for sleeping, hooded sweatshirts and jackets keep us warm in cold weather, swimsuits are for swimming, overalls are for work or play, towels are for drying off, sheets and pillow cases go on the bed. You can categorize clothes based on whether they are for boys or girls, and for parents or children.



### Talk about the Laundry Detergent

After your children help you put clothes into the washing machine, show them the soap you will use. Ask them if they can name any alphabet letters that they see on the box. Tell them what the name on the box spells, and point out each letter to them.



Do you use environmentally friendly detergent? Tell your children about it. They may not understand everything you say, but you are introducing them to new words and concepts that expand their knowledge.

### Folding Clothes

- **Socks.** When your laundry is complete, ask your children to sort all the socks. Ask them questions as they do this: What colour are those socks? Whose socks are those? Do these socks match? Why? Why not?
- **Shapes.** Start with clean dishtowels or wash cloths and ask your children to fold them. Show them how to turn a square into a smaller square, a square into a triangle or a rectangle into a square.

## Instructions for *Grocery Store Fun*

Grocery shopping is a great way to engage children in learning. It doesn't have to be an onerous task, it can be fun and educational. Set up your station with lots of pictures of food and grocery store items. The ideas below are just suggestions for activities you can do at this station. You can do all the activities, choose the ones you prefer, or make up your own.

### You will need:

- Glue
- Pictures of healthy food
- Markers, crayons and pencils
- Scissors
- Play food, cash register and money
- Several baskets
- Play money
- Handouts

### Suggestions for Grocery Store Fun Station:

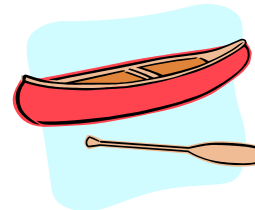
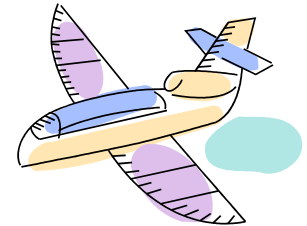
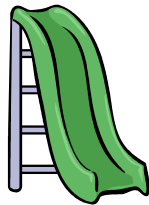
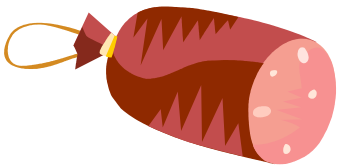
1. **Pretend Play:** Can you bring in some play food, a cash register, play money and a couple of baskets for families to play with? Children love to pretend they are going to the grocery store. Parents can pretend to be the cashier. You may be able to borrow items from your community daycare.
2. **Healthy Food:** You will need to have lots of pictures of healthy food (magazines, clip art, flyers) on hand. The Healthy Food handout asks children to make a collage of healthy food.
3. **Song:** Gather everyone together at the station and teach the song "I like to eat apples and bananas." The words are on one of the handouts. Parents can take the handout home.
4. **Work Sheets:** Make copies of the handouts provided in this package or you can print them off from the website in colour (recommended). There are a variety of handouts for different age groups:

- Grocery Store Mix-Up
- My Favourites
- Letter Fun at the Grocery Store
- Circle the Vegetables
- Find a Fruit or Vegetable that is...
- Healthy Food
- Make a Fruit Salad
- Song: "I Like to Eat Apples and Bananas"
- Grocery Shopping Clues
- Word Search Puzzle



# Grocery Store Mix-Up


Circle the items that **do not** belong at a grocery store.



## My Favourites

Choose your favourites from the pictures or you can write down what your favourite is in the space provided.

My favourite fruit is       or \_\_\_\_\_

My favourite vegetable is      or \_\_\_\_\_

My favourite supper is     or \_\_\_\_\_

My favourite breakfast is     or \_\_\_\_\_

My favourite treat is      or \_\_\_\_\_

## Letter Fun at the Grocery Store

What is a fruit that begins with the letter

A

---

What is a vegetable that begins with the letter

Z

---

What is meat that begins with the letter

B

---

What is a dessert that begins with the letter

C

---

What is a drink that begins with the letter

M

---

## Circle the Vegetables

Circle all the vegetables and write down the name of the vegetable.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



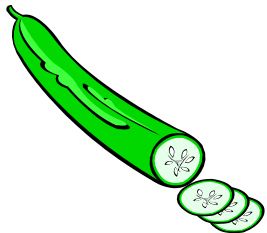
\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## Find a Fruit or Vegetable that is...

Read each word below and think of a vegetable or fruit that fits each word. You can use the suggestions on the side.

**Sour**

**Sweet**

**Crunchy**

**Leafy**

**Bumpy**

**Fuzzy**

### Suggestions



Lettuce



Cantaloupe



Lemon



Peppers



Peach



Strawberry

# Healthy Food

**Cut out pictures and make a collage of healthy food.**



# Make a Fruit Salad

Write in the first letter to make a fruit salad. Then make a real fruit salad at home!



\_\_pple



\_\_anana



\_\_range



\_\_rapes



\_\_ineapple



\_\_trawberry



\_\_iwi



\_\_atermelon



\_\_ear

## Learn a Song

Sing this great song about apples and bananas.

I like to eat, eat, eat apples and bananas

I like to eat, eat, eat apples and bananas

**Now change the vowel sound to A:**

I like to ate, ate, ate ay-ples and ba-nay-nays

I like to ate, ate, ate ay-ples and ba-nay-nays

**Now change the vowel sound to E:**

I like to eat, eat, eat ee-ples and bee-nee-nees

I like to eat, eat, eat ee-ples and bee-nee-nees

**Now change the vowel sound to I:**

I like to ite, ite, ite i-ples and bi-ni-nis

I like to ite, ite, ite i-ples and bi-ni-nis

**Now change the vowel sound to O:**

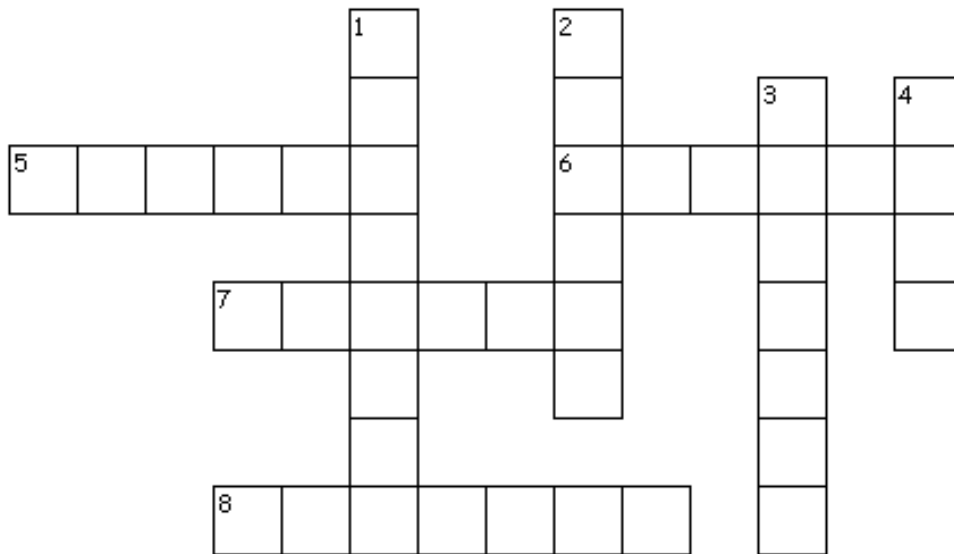
like to ote, ote, ote oh-ples and bo-no-nos

I like to ote, ote, ote oh-ples and bo-no-nos





## Vegetable Crossword Puzzle



### Across

5. o \_ \_ o \_ s



6. t \_ m \_ t \_



7. c \_ rr \_ t



8. p \_ \_ pk \_ n



### Down

1. m \_ sh \_ o \_ m



2. p \_ t \_ t \_



3. c \_ b \_ \_ g \_



4. c \_ r \_



### Grocery Shopping Clues

Some stores have a B \_ \_ \_ M \_ \_ \_ \_ \_ in their lobby if you need money.

If you have a large family, buy in B \_ \_ \_ to save money.

If you can buy goods on S \_ \_ \_ you can save money.

There are usually signs on each A \_ \_ \_ \_ to guide you through the store.

Get your milk and cheese in this area D \_ \_ \_ \_

Hamburger, steak, pork chops M \_ \_ \_ \_

If you only have a few things to pick up, use a B \_ \_ \_ \_ \_ to carry them

In some stores you can also rent M \_ \_ \_ \_ \_

If you need to send a letter the cashier usually has S \_ \_ \_ \_ \_

Check the store's flyer for C \_ \_ \_ \_ \_ to save money.

Food grown without any pesticides, antibiotics or growth hormones

O \_ \_ \_ \_ \_

Bring a C \_ \_ \_ \_ bag when you go shopping.

This department has the fresh fruits and vegetables P \_ \_ \_ \_ \_

When you are done get in the C \_ \_ \_ \_ O \_ \_ line.

These people make sure the items are on the shelves S \_ \_ \_ \_ \_

Try not to get a C \_ \_ \_ with a wobbly wheel.

You can sometimes buy other items at the grocery store like C \_ \_ \_ \_ \_  
and F \_ \_ \_ \_ \_.

## Word Search Puzzle

The answers for the questions from *Grocery Shopping Clues* are below in order. Find them in the word search puzzle below.

bank machine

bulk

sale

aisle

dairy

meats

basket

movies

stamps

coupons

organic

cloth

produce

checkout

stockers

cart

clothes

furniture

u	l	x	q	y	g	w	d	e	q	k	n	x	b	u	p
s	d	c	l	o	t	h	e	s	m	c	t	f	n	c	x
b	g	d	a	i	r	y	h	y	t	e	u	s	h	d	f
a	m	v	f	r	c	n	u	x	a	r	r	e	p	b	s
n	w	s	t	a	m	p	s	w	n	k	h	b	a	g	r
k	p	a	d	k	i	r	m	i	p	r	a	d	l	s	e
m	n	a	r	j	b	q	t	g	x	s	h	a	p	e	k
a	r	s	n	o	p	u	o	c	k	t	i	r	u	i	c
c	l	t	a	s	r	x	l	e	r	s	o	y	k	v	o
h	z	i	p	e	c	n	t	a	l	d	s	v	c	o	t
i	w	g	u	g	b	g	c	e	u	t	e	v	h	m	s
n	v	u	h	g	u	c	n	c	a	s	a	l	e	c	p
e	z	h	t	o	l	c	e	e	o	r	g	a	n	i	c
h	b	k	d	s	k	q	m	f	j	n	x	m	a	x	u
b	y	t	u	o	k	c	e	h	c	o	t	q	l	q	a
v	k	w	r	j	i	a	m	o	m	j	i	w	u	z	d

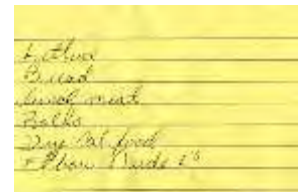
### Tips for Making Grocery Shopping Fun

Grocery shopping with your children doesn't have to be on your top ten list of things you hate to do! You can make it interesting for both you and your children by doing a few simple things.

#### Overall Tips

**Make sure you have lots of time for grocery shopping.** This is the number one key to an enjoyable trip. If you're rushing and feeling stressed, you will surely have a miserable experience.

**Make a list.** Knowing exactly what you need before you get to the store will keep you focused.



**Talk to your child.** Muster up as much enthusiasm as you possibly can and talk to your children about the grocery shopping trip. Emphasize the fun and excitement of choosing what you need and use words like "big helper" and "fun" and "healthy goodies".

#### Baby/Toddler

**Make a list.** Sit beside your toddler when you make your shopping list. Name each item you need out loud and then write it down. Ask for your toddler's help and get him involved. "We need cereal. What kind of cereal do you like best?"

**Describe food.** Talk out loud to your toddler as you select items and put them in the cart. Use new words to describe the food. "These bananas are so *yellow* and *ripe*. We can have these for lunch." Ask your toddler to help. Show him how to place items in the cart. "Remember to put those *ripe* bananas down *gently* so they don't get *bruised*."

**At the check-out.** Invite your toddler to help at the check-out. "We need to put each item *gently* onto the *conveyor belt*." Ask him or her to help you name each item to be sure you got everything. This is a good way to practice any new food names she or he learned.

**Bring your toy shopping cart with you.** If you have a play shopping cart at home, bring it to the store. Your toddler will love walking beside you as you shop and she or he shops.



### Preschooler/Kindergartner

**Make a list.** Your child can help you make a shopping list by writing the names of some items. As you say the name of the item out loud, say each sound slowly, for example “M-I-L-K.” Ask your child, “What letter do you think starts the word milk?” The idea is to help your child make a connection between the letter and the sound it makes.

**In the produce section:** Make a game out of the produce section!

- See how many different kinds of produce your child can name.
- Try teaching him or her a new item each time you shop and see if your child can remember that item next time.
- Ask your child to find and name produce of a certain colour or shape.
- Ask your child to find things that are sweet, sour, etc.
- Occasionally buy a fruit or vegetable that your child has never tried. Take it home and try it out.

**How many?** Food shopping is a good time to learn vocabulary about how much and how many. As you select items that interest your child, use vocabulary like *a lot, many, some, a few, fewer, more, less, and enough*. “We have *a lot* of beans! Do you think we need that *many*? I think *fewer* will be *enough*. Let’s put some back.”

### First-Grader/Reader-Writer

**Describe food.** The grocery store is a good place to learn specific names and words that describe things. For example, many children love pasta and there is *rigatoni, linguini, macaroni, spaghetti, tortellini*, and many more. Talk with your child about what is the same and what is different, using descriptive words. “The spaghetti and linguini are *long* and *skinny* compared to the macaroni.

**Look at food labels.** Help your child choose items by reading the labels on the containers. “We need 1 % milk. Let’s see which one says 1 % on the label.”

**Is it on the list?** Let your child carry the shopping list as you shop. She or he can read off the names for items you need. If you give her a pen, she can also cross items off the list as you put them in the cart.

**Put away groceries.** Ask your child to help you put away the groceries. Talk about where everything goes and why. When you are done, sit down and eat something you just bought like some fresh bread, or some yummy oranges or some canned fruit.



## Instructions for *Environmental Print Fun*

Environmental print is all around us, at the grocery store, on cereal boxes, on road signs, at the health centre and at school. It is usually the first print that children recognize. And it plays a strong role in helping children begin to understand that letters and symbols mean something.

Children begin to read the words through environmental print by recognizing the colour and shapes that surround the words. Eventually, children will begin to read the words without the colours and shapes. Recognizing environmental print makes children feel successful at reading and motivates them to read more.

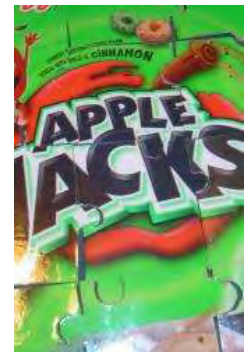
The ideas below are suggestions for activities you could do at this station. You can do all the activities, choose the ones you prefer, or make up your own.

### You will need:

- Glue
- Scissors
- Markers
- Pencils and crayons
- Handouts
- Cereal boxes
- Example cereal puzzles
- Example memory game
- Custom-made environmental print walk handout

### Suggestions for Grocery Store Fun Station:

1. **Cereal Puzzle:** Bring in lots of different cereal boxes and have families make a puzzle out of the cereal box. You will need to cut the front out the cereal box and then cut it up in several different pieces. Do a couple of examples for families to try. If you are unable to bring in that many cereal boxes you can just bring in examples for families to play with and encourage families to do it at home.



2. **Environmental Print Memory Game:** Make an example memory game with the handout provided. Glue the handouts onto cardboard or boxboard and then cut

out. You can also laminate the cards with packing tape. Encourage families to make their own memory game to take home and play.

3. **Environmental Print Walk:** Encourage families to take the handout and go around the building to find the signs on the handout. You may want to make your own handout that has signs from your building.
4. **Environmental Print Bingo:** There is a bingo in your Family Literacy Day package on Environmental Print. You can use this bingo at this station or as a group activity at the end of the evening. Make sure you have some prizes to give to the winners!
5. **Work Sheets:** Make copies of the handouts provided in this package or you can print them off from the website in colour (recommended). There are a variety of handouts for different age groups:

- What do These Signs Mean?
- Can You Read These?
- What's for Breakfast?
- Environmental Print Walk
- Look at these Funny Signs
- Environmental Print Memory Game
- Environmental Print Word Search



# What do These Signs Mean?

Point to each sign and say what it means out loud.



# Can You Read These?



# What's for Breakfast?

Name each cereal box and then circle your favourite!





# Environmental Print Walk

Walk around the building and find as much environmental print as you can! Circle the ones that you find.



# Look at these Funny Signs

Read the signs below. Talk about why they are funny!

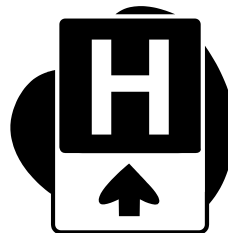


# Environmental Print Memory Game

## Instructions

1. Glue the sheets to cardboard or boxboard. You can also laminate with packing tape.
2. Cut out the pictures and/or words.
3. Mix up the pictures and/or words and turn them face down.
4. Each player flips over two squares at a time and tries to find matching pairs.
5. Each player should say what the picture or word is each time they flip a square over.
6. One person can play as well. Just flip the cards over, two at a time, and try to find matching pairs.
7. There are two memory games in this package. One with pictures only and one with a picture and the matching word.







## Words and Pictures

	<b>No Smoking</b>		<b>Stop</b>
	<b>Wheelchair Accessible</b>		<b>Kraft Dinner</b>
	<b>Blue Box for Recycling</b>		<b>Slow Down Children Playing</b>
	<b>Hospital</b>		<b>Person at Work</b>





**School  
Zone**



**Recycle**



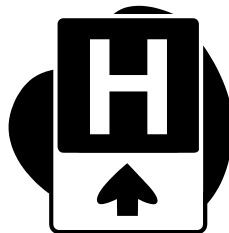
**Milk**



**Reserve  
Parking for  
People with  
Disabilities**

# Environmental Print Word Search

b	g	l	t	m	z	a	x	m	j	h	e	y	m	r
l	a	t	i	p	s	o	h	e	s	k	i	e	r	l
c	s	t	o	p	m	e	z	m	d	t	c	g	i	b
c	a	m	m	t	x	f	a	o	l	g	i	s	e	g
w	k	e	i	s	m	s	w	c	a	n	a	o	l	q
y	n	r	x	l	h	j	e	l	n	i	l	i	b	f
n	n	a	a	m	k	l	o	e	o	k	i	r	i	o
e	d	a	k	f	c	u	w	w	d	o	b	e	s	s
m	l	q	b	y	t	x	o	j	c	m	l	e	s	o
o	t	s	c	e	i	d	a	j	m	s	e	h	e	q
w	l	e	t	t	r	c	i	a	r	o	p	c	c	f
x	r	d	i	t	m	i	p	n	k	n	h	i	c	w
z	a	m	r	l	d	r	f	h	n	o	u	o	a	u
x	u	m	o	o	r	t	s	e	r	e	s	g	y	q
z	f	c	w	s	p	j	k	y	p	f	r	r	g	c



accessible



men



women

Find these things in the word search. There are a few hints to help you out.



recycle

## Environmental Fun Tip Sheet

Environmental print is all around us, at the grocery store, on cereal boxes, on road signs, at the health centre and at school. It is usually the first print that children recognize. And it plays a strong role in helping children begin to understand that letters and symbols mean something.

Children begin to read the words through environmental print by recognizing the colour and shapes that surround the words. Eventually, children will begin to read the words without the colours and shapes. Recognizing environmental print makes children feel successful at reading and motivates them to read more.

### What can you do?

- As you walk around town, point out all the signs and talk about what they mean (stop, yield, speed limit, street signs, etc.). You can do this with babies, toddlers, preschoolers and school-age children.
- Take a digital camera when you go shopping and take pictures of different things and then make different games with your pictures like a memory game, bingo game or Go Fish game. Or use the memory game that you made at the Family Literacy event.
- Make puzzles from cereal boxes.
- Make a What's for Breakfast book. You can cut out different cereal boxes for your book, cut out juice containers, get pictures from the Internet.
- Go online and look at different signs on Google Images (search environmental print or signs).
- Look at magazines and catalogues and point out different things like McDonald's, Coca-Cola, 7-UP, etc.
- Go grocery shopping and ask your child to look for items they may know like Kraft Dinner or Cheerios.

- Create your own environmental print in your children's bedrooms. Label things in their bedroom and then practice the words before bedtime (bed, door, dresser, shelf, picture, Dora, window, etc.)



## Instructions for *Kitchen Fun*

Getting children involved in the kitchen is a great literacy and family activity. You can be creative in the kitchen and bake and cook different things for your family. You can also pull out the pots and pans and have a music parade in your house! The ideas below are suggestions for activities you can do at this station. You can do all the activities, choose the ones you prefer, or make up your own.

### You will need:

- Cut up fruit
- Skewers
- Markers
- Crayons and pencils
- Scissors
- Pots and pans
- Wooden spoons
- Play dough
- Cookie cutters
- Baking sheets
- Handouts

### Suggestions for Kitchen Fun Station:

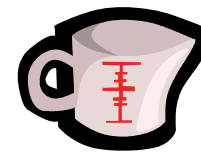
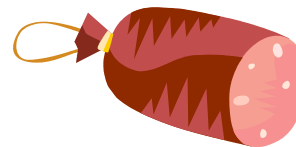
1. **Making Cookies:** You will need some play dough, cookie cutters and some baking sheets for this activity. Children love to make cookies, but it might be too difficult to do it with so many children and families. Let children and families roll out the play dough and make pretend cookies with the cookie cutters. Place the cookies on a baking sheet and pretend to cook them.
2. **Decorating Cookies:** Either buy or make short bread or sugar cookies and have children decorate them with icing and sprinkles. This will be a guaranteed hit!
3. **Music in the Kitchen:** You will need lots of pots and pans and wooden spoons for this activity. Let children have fun making music with the pots and pans. You could do a marching band too! Other musical items from the kitchen are salad spinner, tin cup and spoon, paper towel or bathroom rolls.
4. **Fruit Kabobs:** Cut up a variety of fruit like strawberries, oranges, grapes, melon, etc. Let children make their own fruit kabobs by putting the fruit on skewers. This is a fun and tasty activity!

5. **Work Sheets:** Make copies of the handouts provided in this package or you can print them off from the website in colour (recommended). There are a variety of handouts for different age groups:

- What Doesn't Belong?
- Ingredients for Banana Muffins
- Decorate the Cookies
- Match-up Fun
- Talk and Colour
- Fun in the Kitchen
- Kitchen Fun Wordsearch
- Kitchen Fun Crossword Puzzle
- Another Crossword Puzzle with Pictures
- Kitchen Vocabulary Matching Activity

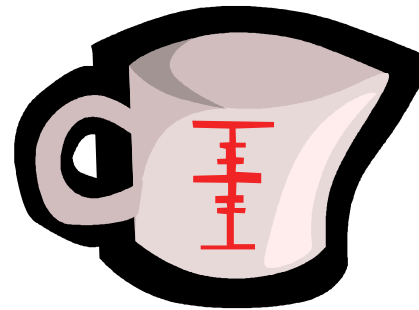
# What Doesn't Belong?

Circle the item that does not belong in each row. Say what each item is.



# Ingredients for Banana Muffins

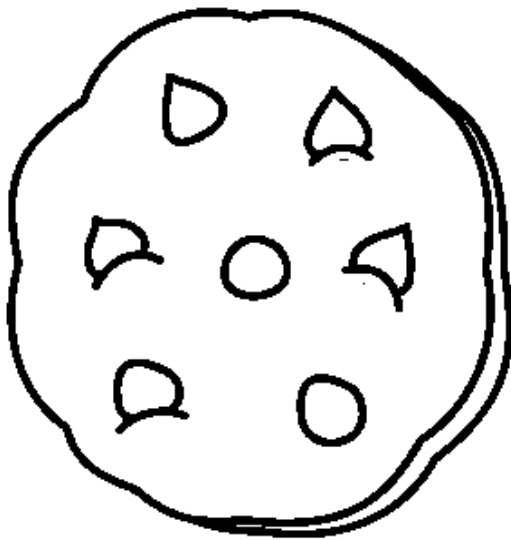
Circle the things below you need to make banana muffins.



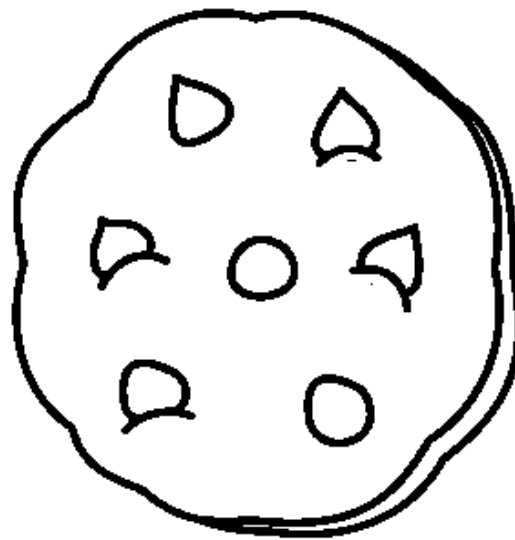


# Decorate the Cookies

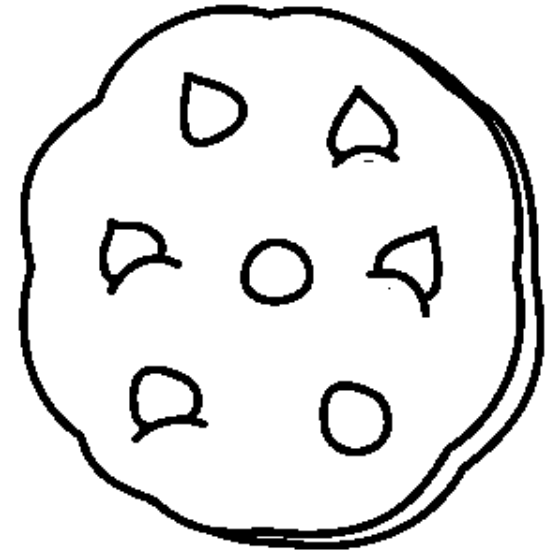
Colour the cookies!



pink and yellow



red and blue



green and purple

# Match-up Fun

Match up words to the pictures.y



blender

can opener

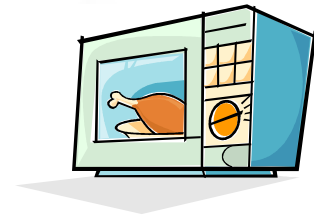
microwave oven

mixer

oven

fridge

toaster



# Talk and Colour

Talk about the picture with your child and then have them colour the picture!



What is this family doing?

What time is it?

Where are they eating?

What do you think they are talking about?

## Fun in the Kitchen

Tell a story about what is happening in each picture.

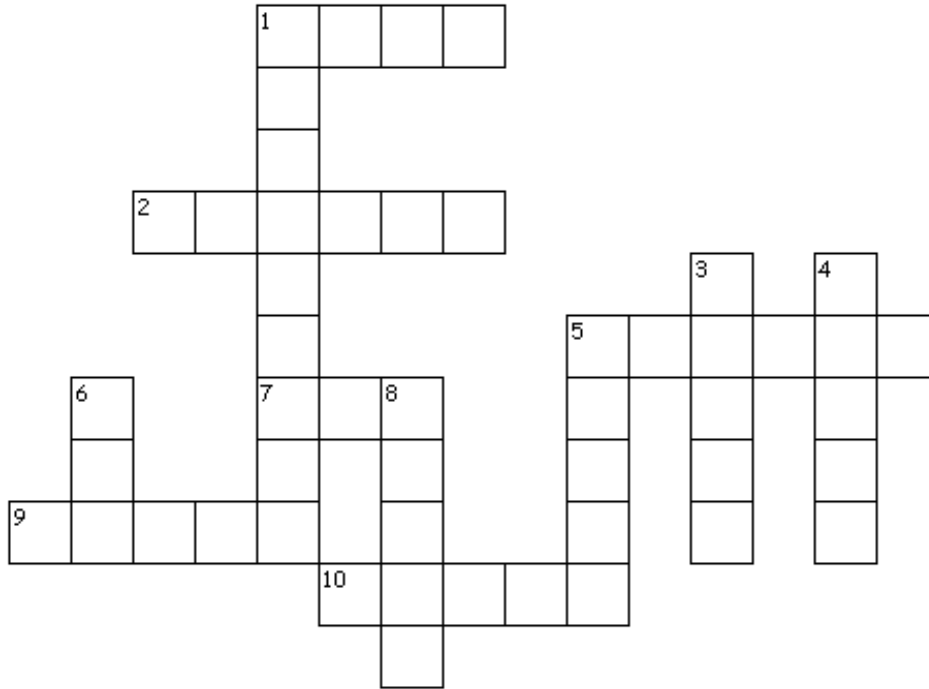


## Kitchen Fun Word Search



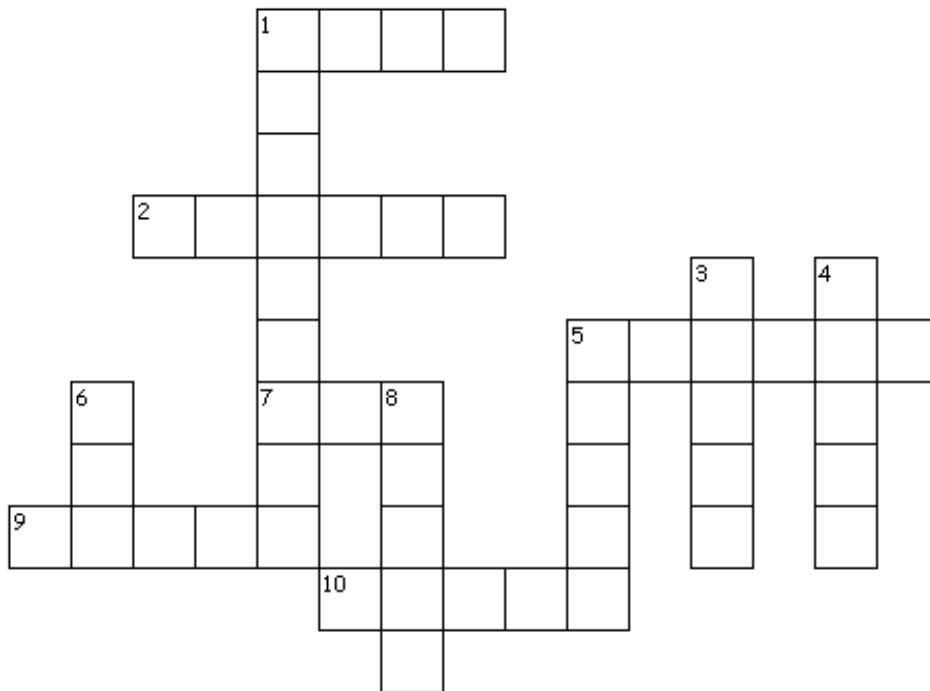
bottle	cup	jar	pot
bowl	cupboard	jug	sink
box	fork	knife	spoon
can	fridge	pan	stove
chair	glass	plate	table
counter			

## Kitchen Fun Crossword Puzzle



Across	Down
1. You eat with this.	1. You can fry things with this.
2. You can keep things cool in this.	3. You can cook and bake with this.
5. You can boil water with this.	4. You can drink water with this.
7. You can cook pasta in this.	5. You can cut with this.
9. You can eat soup with this.	6. You can drink coffee in this.
10. You can eat off this.	8. Do you eat supper at the _____?

## Kitchen Fun Crossword Puzzle



Across		Down	
1.		1.	
2.		3.	
5.		4.	
7.		5.	
9.		6.	
10.		8.	

## Kitchen Vocabulary Matching Activity

How well do you know your kitchen vocabulary? Match the definition with the correct cooking term.

- |                   |   |
|-------------------|---|
| <u>A</u> bake     | <u>E</u> To cook over medium or high heat until surface food browns   |
| <u>B</u> blend    |   |
| <u>C</u> boil     | _____ To scrape food against the holes of a grater making thin pieces |
| <u>D</u> broil    | _____ To squash food with a fork, spoon, or masher                    |
| <u>E</u> brown    | _____ To turn oven on ahead of time.                                  |
| <u>F</u> chop     | _____ To cook quickly in a little oil or butter                       |
| <u>G</u> drain    | _____ To cook food over steam (not in the water)                      |
| <u>H</u> grate    | _____ To cook food in an oven   |
| <u>I</u> knead    | _____ To stir ingredients together                                    |
| <u>J</u> marinate | _____ To cook under direct heat in the oven                           |
| <u>K</u> mash     | _____ To remove all liquid using a strainer                           |
| <u>L</u> mix      | _____ To soak food in a liquid to make it tender and add flavor       |
| <u>M</u> preheat  |   |
| <u>N</u> sauté    | _____ To cut into small pieces  |
| <u>O</u> steam    | _____ To press, fold and stretch dough until it is smooth and uniform |
|                   | _____ To heat food or water until there are bubbles                   |



# Kitchen Fun

## Tips for Parents

### Why cook with your children?

1. Children learn how to read recipes and how to measure ingredients; this will boost their reading and math skills.
2. Learning to cook helps children to learn about nutrition and healthy eating.
3. If your children need a boost of self-confidence, (and who doesn't?) cooking in the kitchen will do just that. They are accomplishing a task, learning something important and contributing to the family.
4. Take time to cook with your children and they will have memories that they, in turn, can pass on to their families.
5. Children usually are more interested in eating what they made themselves.
6. Children will learn valuable life skills for their adult life.
7. Cooking together teaches teamwork and creates good bonds between family members.

### Age-Appropriate Activities for the Kitchen

#### 1 Year Olds



- Give your children the rolling pin while you are baking and let them roll it across the floor. It will keep them busy while you get supper ready.
- Give your children some wooden spoons and a pot to play with. They can serenade you while you are busy in the kitchen.
- Make a musical instrument from a small container and rice. Tape it up and let them shake until their hearts are content!
- Give your children a range of containers with lids. Let them try and put the lids onto the containers. Watch them as they try and concentrate.
- The salad spinner is a huge hit in many households. Keep it in a drawer that the children can open and they can pull out at any time they like to play with.

### 2 Year Olds

- They can help you wash fruit and vegetables.
- Give them a small wire whisk and a plastic measuring cup and some water and let them mix-up pretend ingredients.
- Let them help you mix up batter. They may be a little messy but they will love helping!
- Let them help you put ingredients into the batter (especially the chocolate chips)!
- Let them play with soapy water. Throw a few containers in the water and let them play. You will need a stool for them to reach the sink.
- All of the above.



### 3 Year Olds

- They can help you mix batter.
- They can pour measuring cup contents into a bowl.
- They can knead bread dough.
- They can put the sauce, cheese and toppings on your pizza.
- Ask them questions as you bake and cook together. What shape is this, what colour is this, what does this taste like?
- All of the above.



### 4 Year Olds

- Read the recipe out loud to your children as you make something.
- Count with them as you make your recipe. There are two cups of flour, that's one and that's another – that makes two.
- Let them do most of the work, just supervise.
- Let them crack the eggs – this is a big hit.
- Set aside some time for baking each week – make it a special time that you spend with your children.
- Praise your children's cooking and baking skills. Share your baked goods with others and tell them that your children made them.
- Encourage them to set the table each night. This is good practice for later on. At this age they are eager, they may not be so eager when they are older!



### 5-6 Year Olds

- Let them prepare simple snacks by themselves – they may enjoy the snack more!
- Let them help you with the dishes. Make sure all the knives are out of the water and let them wash zup. You may have to go back and clean a few things but your children will feel good about helping out.
- Let them take the lead on making a recipe. If you make banana muffins regularly, let them take the lead on making them.



### 7 – 10 Year Olds

- Let your children read the recipe to you!
- Plan meals with your children. Sit down each Sunday and plan out what you will have for the week. Let everyone in the family choose one meal.
- Let them prepare for the meal that they chose. You can be the helper and they can be the chef.
- Let them bake cookies on their own. Be in the kitchen if they need any help.
- Teach them how to make simple dishes like macaroni and cheese or scrambled eggs. Now is the time to teach them valuable life skills for their adult life.
- Encourage your children to help clean up.



## Instructions for *Reading Fun*

The last station is *Reading Fun*. This can be an area where you have lots of books out for families to sit together and read. You should have a variety of books available for different ages and stages – baby books, board books, counting books, colour books, storybooks, beginner reader books, etc.

You may want to have a person there to read stories to families too. It is always good to model good reading practices to parents.

You can set up a reading tent and provide flashlights for reading – this will really engage the children in the crowd!

### **You will need:**

- Lots of books
- Comfy sofa or chairs
- Rug or mat
- Reading tent
- Flash lights

# Reading Tips for Parents

1. Set aside a regular time to read to your children every day.
2. Surround your children with reading material.
3. Have a family reading time at least three times a week.
4. Encourage a wide variety of reading activities like memory games, board games or environmental print activities.
5. Show your enthusiasm when you are reading. Have fun!
6. Ask your children questions as you read a book. What colour is that? What is that person doing? Why do you think Sally wanted to keep her smelly socks on?
7. Develop the library habit. Go to the library at least once a week.
8. Check on your children's progress at school and at home. Watch how they learn new things.
9. Look for reading problems or delays. Be ready to discuss these issues with their teacher.
10. Use a variety of things to help your children learn to read. You can read stories on the Internet, in children's magazines or you can make up stories to tell your children.

