

LINGOKIDS

Back to School

AGES 4-6



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Introduction



Interactive Content

Note: Some of the linked content is interactive, be sure to have our amazing Lingokids app installed and up to date in order to enjoy Playlearning™!



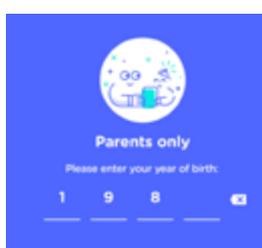
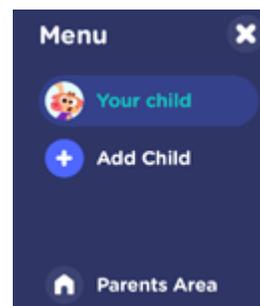
[Download here](#)

Introduction

You can also download activities on the Lingokids App to play offline during road trips and more! Follow these instructions to download the activities to your device:

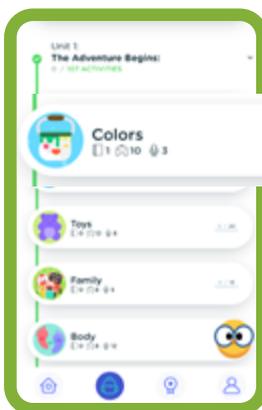
1 In the Lingokids App, click on your child's name at the top left corner.

2 Click on the button that says "Parents Area".



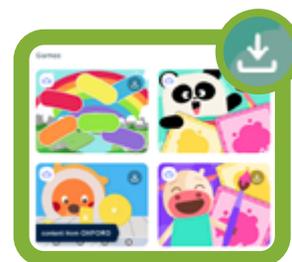
3 Type in your year of birth.

4 At the bottom of the screen, click on the **"Backpack"** icon to access the curriculum. 



5 Click on the unit and theme that you want to download. For example: if your child is on Unit 1, click on **"Colors."**

6 To download an activity, click on the **"Download"** icon at the top right of each box.



7 You will need to download each individual game or activity by clicking on the **download button** at the top right corner.

8 The icon will turn green with a "✓" if it has downloaded correctly.

9 When you want to play **offline**, access the games you have downloaded via the curriculum section of the Parents Area.

Introduction 🎒

New School Year, New Adventure!

It's that time of year!

Back to school shopping. First day of school photos. The bittersweet feeling that comes with our little ones starting daycare or preschool for the very first time!

The beginning of the school year is an exciting, yet stressful, time for both children and their caregivers. As summer break comes to a close, it's helpful to begin preparing children for school with positive habits and routines. Wondering how to help your child be as successful as possible when they start their academic journey?

LINGOKIDS



Introduction



We're here to help! Introducing our Back-to-School eBook for parents.

This handbook is a compilation of our top resources from our parents' community and blog. Here, you'll find activities, tips, resources from experts, and so much more.

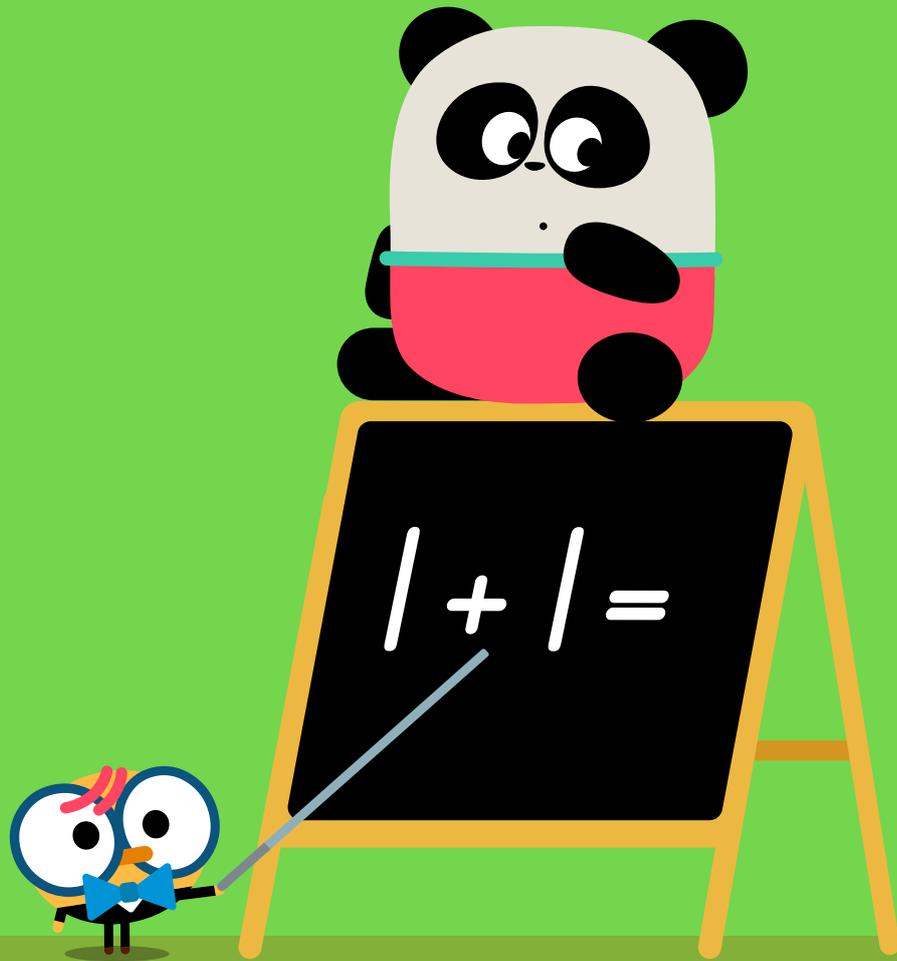
Get advice on:

- preparation
- routines
- technology
- back-to-school worries
- social skills
- education support

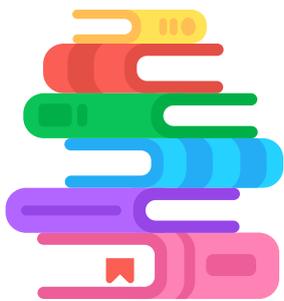


LINGOKIDS

PREPARING FOR BACK TO SCHOOL



5 Things to Do in the Week Before School to Help Kids Prepare



Back to School is an exciting and nerve-wracking time for both kids and parents! Big changes are hard for anyone, but they can be especially difficult for our little ones. If your child is getting ready to start preschool or elementary school, here are 5 things to do in the week before to help kids feel prepared and secure:

Preparing for Back to School

1 Gradually Change Wake-up and Bedtimes

It's not easy for anyone to wake up at the first sound of an early morning alarm! Most parents know that children especially don't do well with drastic changes to their schedules. That's why it's important to help kids **slowly get accustomed** to waking up earlier than they're used to. After all, no one likes an early morning shock to the system, and getting grumpy kiddos ready for school is not an ideal situation.

In the two weeks leading up to school, begin **changing their wake-up and bedtimes by 15-minute increments**. This will familiarize them with getting up each morning and going to bed each night at the set time for the school year.

2 Make a Habit of Preparing Backpacks the Night Before

We've all had those mornings when we can't seem to pick the right outfit or find an important document- it starts the day off in a chaotic rush. In the week leading up to back to school, help your child **get in the routine of preparing their school bag the night before**. You might have a visually displayed checklist for them to go through. This helps kids become familiar with the vocabulary and gives them autonomy over their routine:

- Books
- Writing utensils
- Folders
- Art supplies
- Comfort toy
- Snack/lunch



Help them **find a place where they can set their bag** so that they always know where it is when they're walking out the door in the morning!

Preparing for Back to School 🖍️

3 Get in the Mindset of Learning 📖

Saying goodbye to the summer holidays is always bittersweet. But the school year is also full of exciting things to look forward to! In the weeks leading up to school, **get kids excited about learning and encourage their curiosity about all the different subjects.**

A great way to get into the mindset of learning, while still enjoying the last moments of vacation is through **Playlearning™!** Strengthen literacy and logic skills while playing interactive games. Your family can have a **focused theme** for each of the days leading up to school. For example, “Math Monday,” “Science Tuesday,” “Literacy Wednesday” and so on!



4 Change Your Mealtimes 🍏



Meal and snack times are debatably one of the most important parts of our day! If your little one is accustomed to having a snack whenever they feel a twinge of hunger, it can be a difficult transition to the school schedule.

We want our little ones to focus on what they’re learning in class and not worry about being hungry. That’s why it’s crucial to **get kids on an eating**

Preparing for Back to School

schedule that is similar to the one they'll have at school. Check out the school's snack and lunch schedule so that you can eat at similar times during the week before.

It might also be helpful to ask about the school's policies on eating in the classroom and supporting hungry tummies.

5 Talk Kids Through Different School Situations

Going back to school is overwhelming for everyone! To help prepare kids for what to expect, your family can **roleplay different school situations**. Write down scenarios on cards and act out reactions as a family. This makes it a playful game while also relieving anxiety about situations that might come up. You can act out what to do, and what not to do! Feel free to add costumes and make it silly!

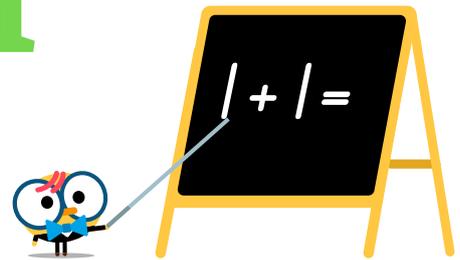


Here are some ideas on situations to roleplay:

- You want to read a book, but someone else got there first and is now reading it.
- You see another kid push someone on the playground.
- You have to go to the bathroom but the teacher is talking to the class.
- You open your backpack and realize that you left your workbook at home.

When it comes to getting kids ready to go back to school, the key is preparation! When their bodies are in a similar rhythm and they've practiced situations that might come up, they will feel more secure, confident, and excited to learn!

Responsibility: Its Role in Learning



Children spend years, often beginning with preschool, working on reading, writing, and arithmetic. There's another important r-word for children to learn: responsibility.

Here are 5 steps for teaching responsibility:

- 1 Rehearse:** First, rehearse expectations frequently, especially with something new. One explanation or demonstration may not be enough.
- 2 Risk:** Next, encourage your child to take risks. If children know that they can make mistakes, get close to the right answer, or have a different opinion, they stretch as learners.
- 3 Rescue:** A child who takes risks must feel secure. To provide that trust, be ready to “rescue” your children when they struggle. You may need to break down the skill or activity into small bites.

Preparing for Back to School

4 Reteach: You may also need to teach something differently. You may have heard, “That’s not the way my teacher does it!” Or perhaps your child doesn’t get something with your first explanation. Brainstorm different ways to tackle a problem. Ask your children how they would teach the skill to a friend, younger sibling, stuffed animal, or even a pet!.

5 Release: Release the responsibility for learning to your children once it is clear that the skill is close to mastery. This may mean eliminating rescues or giving children choices about whether they still need such help. Help can be a checklist or a personal notebook.



There are two more words that could also be added to the list:

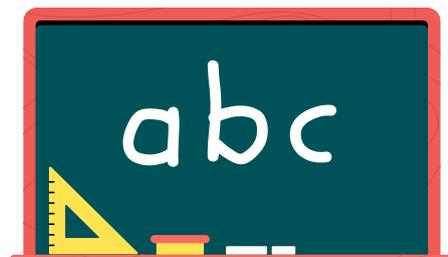
Rest and Recreation. It’s so important to celebrate successes, take breaks, and have fun!

Motivate Your Kids With Back-to-School Songs!



When summer is almost over, it can be quite for kids to think about going back to school. Leaving home, being in a new environment with new people, studying... For those who are going to school for the first time (and those who still have some years before they do), it's a whole new experience that they might not be excited about (at least not at first!).

As a parent, you can motivate them by introducing them to school topics the fun way – And what could be more fun than back-to-school songs? Here are some ideas!



Preparing for Back to School

Making Friends

It's sure the most daunting task, especially if your little one is very shy by nature. Help them develop language skills and learn introduction phrases with music! Our ["Hello Song for Kids"](#) will surely be a very fun way to learn simple words and sentences like "Hello", "How are you?", "I'm fine!", etc. Suddenly going back to school sounds like so much fun!



Learn to Count

Ok, we admit it, our favorite counting song is definitely ["Octopus, Octopus, How Many Legs?"](#) It's so catchy, your child will learn to count very quickly.

Daily Routine

It's very important to teach your little one to wake up early and to go through their typical morning routine before they go to school—brushing their teeth, washing their face, combing their hair, and having breakfast. After listening to all the fun songs on the [Lingokids app](#), your little one will be moving through all of these morning tasks with a smile on their face.



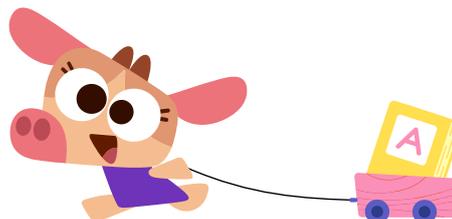
Preparing for Back to School

School Items

It's important for your child to learn vocabulary they will interact with daily at school, like items they will put in their backpack and objects they may find in their classroom.

Learn the Alphabet

It's the first thing children learn in any language. There are so many alphabet songs that you can find and sing along to at home! You can also check out our previous post about [learning the alphabet](#) and get even more ideas!



Happy learning!

In-App Lingokids Games to Prepare for Back to School

[Memory Cards: School](#)



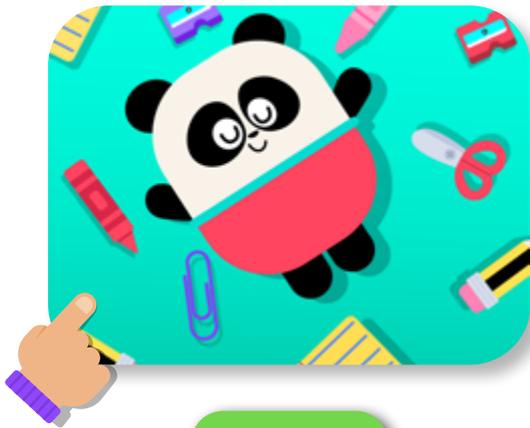
[Sort the Blocks: School](#)



Preparing for Back to School

Podcasts to Prepare for Back to School

[Podcast: School Day](#)

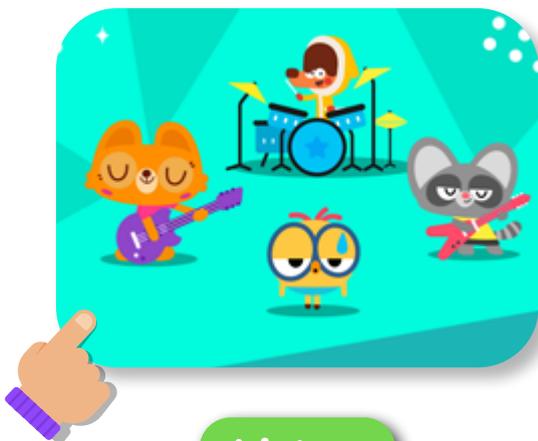


Listen



Music to Prepare for Back to School

[Back to School Music Playlist](#)



Listen



LINGOKIDS

ROUTINES



4 Tips for the First Week Back to School



The first week back to school is always exciting and a bit chaotic! Whether it's your child's first experience going to school, or your child is returning, it's important to set up consistent habits that will stick throughout the whole school year!

Check out these 4 tips on making your child's first week back at school a smooth experience:



1 Ask Specific Questions

Picture this: your little loves have been away at school all day and you can't wait until they get home and tell you all about what they did. You make dinner, sit down as a family, and when you ask how their day went... your child responds with a simple "good" or "fine."



Routines 🕒

Sometimes it feels like getting kids to talk about their days at school feels like pulling teeth. You might be surprised to learn that this is actually quite normal! Studies show that kids' **short-term memory affects their ability to answer** the typical *“how was school question!”*

Try **asking more structured questions** and giving kids **time to think** about their responses. Here are a few questions you might ask instead:

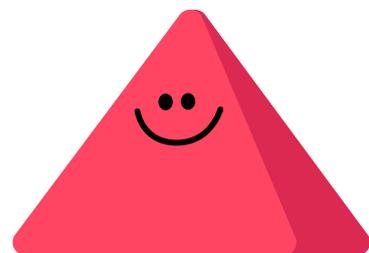
- What is something that made you laugh today?
- What made you feel proud of yourself today?
- Did you talk or play with anyone new today?
- Is there anything that made you feel uncomfortable or nervous today?



2 Set Up a Communicative “Triangle”

A **“Triangle”** refers to the **communication** between the **parents**, the **teacher**, and the **child**. It's important that parents and teachers are in communication with each other about the child's progress, but younger children are often left out of the conversation.

Make sure that **all parties are involved** when it comes to discussing your child's needs, behavior plans, goals, etc. This not only helps your child to become **invested in their own learning**, but it also shows them that they have multiple adults in the community who care about them.



3 Behavior Management Plan

Behaviors that happen at home are most likely going to be carried out at school as well. This is why it's especially important to have **consistency between a child's home environment and their school environment.**



For example, if a child is in the habit of hitting a sibling or caregiver whenever they don't get what they want, they will be more likely to do the same thing with schoolmates and teachers. It's crucial for parents to **teach children how to regulate their emotions** when they don't get what they want, feel upset, want to play with others, etc. This will help them to have **more positive interactions with others at school!**

No child is on their best behavior 100% of the time. In fact, many adults aren't either! It's normal for kids to have good days and not-so-good days. However, one way to practice managing behaviors is through **roleplaying different situations** that might come up during a school day. Practice roleplaying these different situations as a family, so that your child will be better able to recognize how to react and manage their behavior.

Of course, it's always helpful to discuss any behavioral concerns with your "triangle" (as mentioned above).

4 Set Up an After-School Routine

The school day is quite draining, especially after a long summer of fun, play, and free time! It's important that families set up an **after-school routine to stick to throughout the whole school year**. This helps kids set up **positive habits** around doing school work, having time to **relax**, and **maintaining a healthy life**.



Together with your child, plan out an after-school schedule that they agree to. Consider things like:

- Who will pick them up from school each day?
- What are their after-school snack options?
- How much screen time are they allowed to have?
- Is there a designated spot to do homework?
- Is there an extracurricular activity that the child participates in?



Once you have their schedule figured out, **post it somewhere in your home** so that your child can be directed to it if they aren't sure what to do in the hours between school and dinnertime!



We're Back to the Back-to-School Routine!

Check out tips to help make the transition to your back-to-school routine as smooth as possible for your family.

Tips for going back to school



- **Get back to the usual bedtime schedule...**

Gradually. Chances are bedtime was a bit later during the summer months. Rather than abruptly going back to an earlier bedtime, slowly make bedtime 15 minutes earlier each day of the week until your child is back to their normal school year schedule.

Routines 🕒

- **Prepare for the next day the night before.**

You can lay out your child's clothes, pack their bags, and prepare lunch the night before to help make the next morning less chaotic and more enjoyable for everyone.

- **Listen to how your child is feeling.**

If your child is feeling anxious or having trouble adjusting to their new routine, take it as an opportunity to sit down with them and listen to their feelings. Not only will this help them cope with the new changes, it's also a great bonding moment.

- **Try to stay calm and positive.**

Kids can easily pick up on their parents' feelings and energy. Try to keep your cool and stay calm in front of your child so that it can be

as positive a transition as possible for both you and your little learner.



Routines 🕒

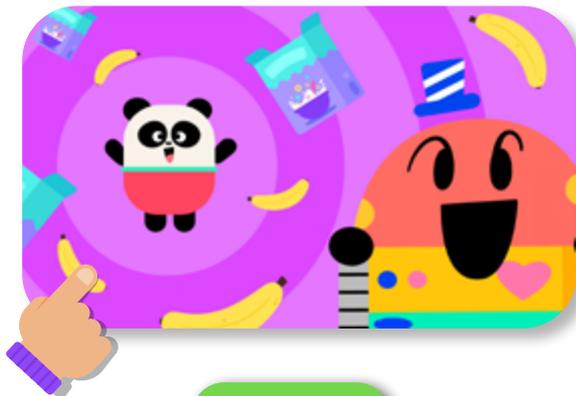
“Get your kids to feel excited about going back to school. Remind them of all the fun things they did last year. Or, if they are just starting school, tell them about all the games they will be able to play. If we encourage a love of school, this will aid their love of learning and intrinsic motivation.”

Rhona, Lingokids Lead Curriculum Designer



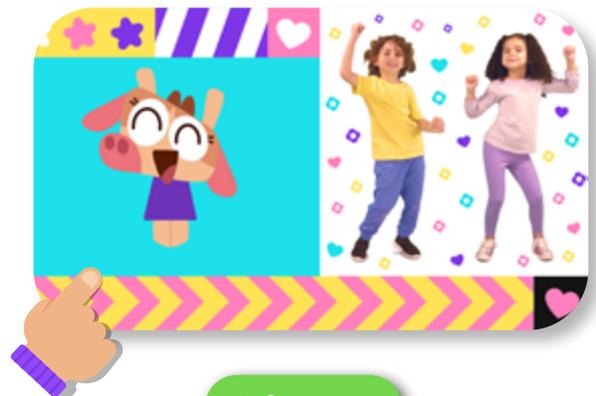
Songs to Support Back to School Routines

[“Let’s Get Ready to Go to School”](#)



Listen

[“Days of the Week”](#)



Listen

LINGOKIDS

TECHNOLOGY



The Role of Technology in Early Learning

What's the relationship between kids and technology nowadays? Technology has expanded the limits of what is possible—and that includes your child's learning. Thanks to technological advances, children can now enjoy a wider variety of learning experiences at a younger age.

Why Early Learning Is Important

First and foremost, [early learning](#) gives motivated, curious toddlers a chance to understand the world around them. While most children don't begin formal education until the age of five, their brain development is already well underway.

[According to UNICEF](#), children who benefit from early learning are more likely to develop the skills they need to succeed and contribute to society and the economy in positive ways.



Technology

What's more, a separate study showed that children who took part in early learning were more likely to graduate from both high school and college.



Technology vs. Traditional Learning Methods: Which Is Better For Kids?

It can be tempting to think about education in black and white terms: are kids and technology a good match, or are traditional methods better? Should I choose physical games or apps? But really, there's no reason both can't be effective learning tools to boost your child's early development.

Both learning methods are key in the modern world! A child's development these days depends on having a combination of both technology and traditional "screen-free" methods.

Although the use of technology for kids can be debated, the truth is that little ones start using technology from a very early age nowadays.



Technology

We can encourage our children to use technology in a safe, responsible environment. The list of educational apps available for children is nearly endless, and they offer a variety of benefits which we'll outline below.



[Lingokids](#) is the perfect way to bring together kids and technology—an innovative tool that offers features you just can't get with traditional toys.



For example, our busy, hectic lives can make it challenging to keep our children engaged while carrying out other tasks. The interactive puzzles, songs, games, and audiobooks available with Lingokids app will keep your child learning and entertained while you take care of business. And when you're ready to spend some quality family time, our Play Together activities are the perfect option for playing along together!

Technology's Impact on Child Growth and Development: Technology and Education

Beyond allowing parents a little more free time, technology itself provides many added benefits for young children. A personalized, interactive learning environment can increase engagement and aid in your child's education. This allows your child to embark on an independent adventure of creative exploration, discovering new information as they play.



Technology

One of the most noticeable benefits of early learning is that it prepares children for school. At Lingokids, we developed the Playlearning™ method- the most effective way to get your child ready for this new adventure. They'll play fun games and you will be able to track their progress. Here are some additional perks technology can offer when it comes to early learning and education.



7 Benefits of Technology in Education

- 1 It's fun and engaging:** The more kids play, the more they learn! Toddlers and younger children learn more easily when they're having fun. Games, songs, stories, and crafts are just some of the engaging activities they can learn from.
- 2 It improves communication skills:** Paying attention to the tasks required to successfully complete an activity will boost your child's listening and speaking skills. If you play together, you'll also need to communicate with one another, which is great for family bonding.



Technology

3 It improves knowledge retention: Interest in what they are studying improves the way children retain the information in their brains, and technology can really help with this.

4 It encourages individual learning, as well as collaboration: Different needs can be better met through technology-based methods. Each child can progress and learn at their own speed, with the ability to review topics or skills they might be struggling with. Additionally, it can encourage them to be more collaborative when learning with peers or family.

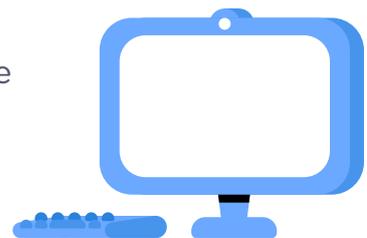


5 It teaches 21st-Century skills: Lingokids is an amazing tool for this! Kids and technology are the perfect match for learning more about the 4 C's of early education: Creativity, Critical thinking, Collaboration, and Communication.



6 It can be accessed everywhere: Technology is mobile and accessible—no schedules required. Your children can learn from any part of the world, at any time!

7 It simulates new situations: With technology, children can explore things they wouldn't be able to otherwise. For example, technology allows children to look after the rainforest or build a house!



How to Teach Digital Citizenship to Our Kids

When it comes to our children's education, we want to create a safe, welcoming environment where they can learn and thrive. And with so many kids now learning online, internet safety has become a top priority for parents, caregivers, and teachers.

We're used to detecting and preventing bullying when kids are going to school in person. But with so many now learning in virtual classrooms, there's a different set of rules to help keep our little ones safe.

This brings us to... digital citizenship!



What Is Digital Citizenship?

Digital citizenship basically refers to how our little ones act when they interact with others online. With the world becoming more dependent on technology for everyday tasks, like education, it's so important that our kids know how to be good digital citizens.

We can help kids be good digital citizens by teaching them how to connect with others and show empathy. This will help them create healthy relationships and take advantage of all that digital learning has to offer. Not to mention, it will help prevent bad digital citizenship, like cyberbullying.



How Can We Teach Our Kids Digital Citizenship?

The foundation of good digital citizenship is empathy, or the ability to understand and share the feelings of others.

With our little ones spending more and more time talking to devices than actual people, empathy can be challenging to practice, especially at a young age. But by talking to our kids about their feelings and validating difficult emotions, like anger or frustration, we can help them practice this vital skill.

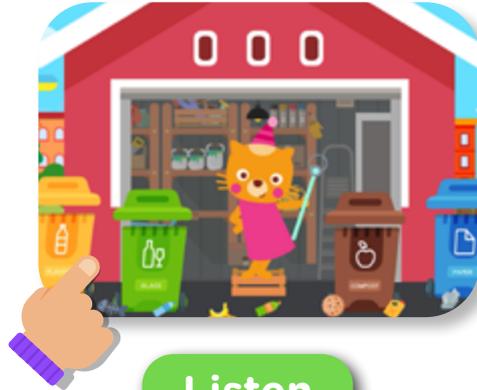


Another way to inspire digital citizenship is to monitor the quality of their screen time. Online activities that allow kids to participate both physically and mentally are great to encourage active, intentional screen time.

And of course, the best way to teach our kids anything is always to lead by example! By practicing good digital citizenship, your little ones can get the most out of their digital learning experience and set up a wonderful foundation for future success.

Music and Videos to Support 21st Century Skills

[21st Century Skills Playlist](#)

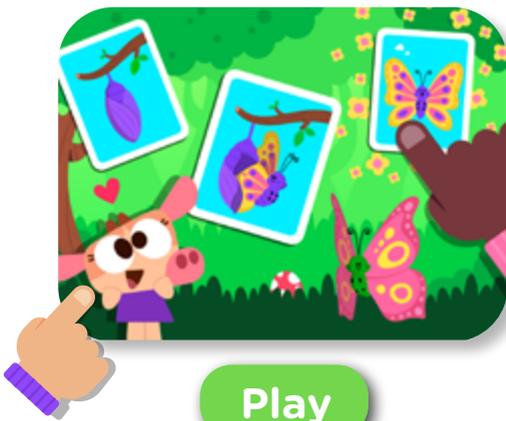


Listen

In-App Lingokids Games to Support Digital Literacy

[Tiny Tales: Butterfly](#)

[Fantasy Tracing: ABCD](#)



Play



Play

[Reading: Find Home](#)



Play

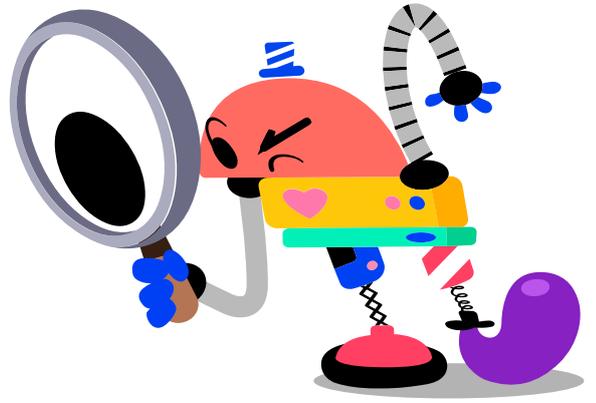


LINGOKIDS

WORRIES ABOUT STARTING SCHOOL



How to Deal with Separation Anxiety for Kids



Separation anxiety is a very normal feeling that many young children experience. And given last year's unique circumstance, it's only natural that kids would feel even more anxious being apart from their parents as the new school year begins.

That's why we're going to address what exactly separation anxiety is and some tips to help your little human cope as they go back to school.

What Is Separation Anxiety?

Separation anxiety is when a child feels particularly anxious when their parents leave or are not present. While every child is different, kids most commonly show separation anxiety through tantrums, crying, or clinginess when their parents leave.

Worries About Starting School ⚡

This can occur when parents drop their child off at school, daycare, or other places.

Keep in mind that while separation anxiety is very common, if you feel your child is experiencing it more severely, you may wish to speak with their doctor for professional advice.



Tips To Help

That being said, we have a few tips that may help your little human with any separation anxiety they may feel. Take a look:

Keep the goodbyes short. Avoid lengthy, dramatic goodbyes when you are dropping your child off somewhere. Keep it short and sweet to help set the tone that this is no big deal and you will be back soon.

Be consistent to build trust. Try your best to stick to the time that you tell your child you are returning to get them. This will help them trust you, so when you say you will be there at 3:00pm to get them, they believe you.

Make sure they are rested and fed. Feeling tired and hungry is a recipe for anyone to feel more agitated. So before dropping your child off somewhere, try to make sure they are well-rested and have a full stomach to avoid unnecessary crankiness.

Consider giving them comfort objects. Whether it be a blanket or a stuffed animal, comfort objects can really help your child cope with moments of separation.

Back to School: How to Make it Less Painful



September is just around the corner and the days are starting to get shorter again as the sunset gets earlier and earlier. These are the indications that summer is coming to an end and that it is nearly time to go back to school for a new school year. When this time arrives, children will have to face the mix of emotions that come with saying goodbye to summer and hello to a new year at school, full of new information and challenges.

According to experts, this can be a very stressful time for a lot of children as they will need to completely readjust their routines and timetables, as well as ask themselves those important questions... Will my friends still be in my class? What will my new teachers be like? All of these things can be stressful.



Worries About Starting School ⚡

Try to gradually bring in the idea of going back to school, as children will still be busy enjoying themselves on holiday, at the swimming pool, with friends, and with routines completely different from the rest of the year. Try to make the event of going back to school as stress-free as possible as the new school year is hard for both parents and children.

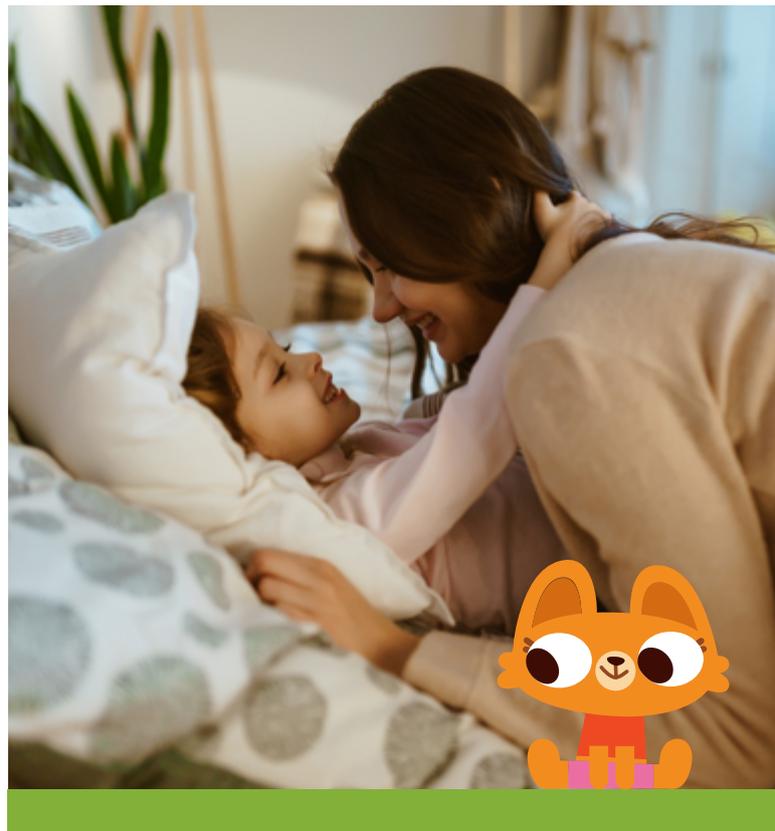
How To Make Going Back To School As Easy As Possible



As we suggested, going back to school can present many challenges so here are a few tips and ideas to help make everything go as smoothly as possible:

Adjust Routines And Timetables

This is usually one of the hardest things to get used to as during the summer holidays, children's routines are a lot more flexible, especially at bedtime. In September, we sometimes ask our children to change their sleeping patterns too drastically, when this readjustment should be done more gradually. We recommend starting this readjustment 2 to 3 weeks before classes begin, to give them enough time to adapt to their new routine and be as ready as possible for that anticipated first day back.



Worries About Starting School ⚡

Remember And Be Thankful For The Good Times Had During The Summer Months

During the summer holidays, children do a lot of fun activities that they love, like trips away, days at the swimming pool, visits to the amusement park, as well as all making new friends. It is a good idea to end the summer months by remembering all the good things that have happened by looking at photos, telling stories about what they have done, or writing about their new experiences. By remembering the good moments, children can end this chapter and start something new without being so nervous.



Propose New Goals And Objectives

The start of a [new school year](#) is a good time to propose new goals and objective. Set new objectives like a new after-school activity, or a higher grade in their favorite class, whatever gives them a bit of extra motivation to start the new year.

Involve Children When Getting New School Material

It is a good idea to involve your children when purchasing new materials for school, such as clothing and school equipment. Using new equipment like pens and coloring pencils is one of the things that children get most excited about when they go back to school, so try to take advantage of this.



Worries About Starting School ⚡

Reinforce The Good Things About Going Back To School

Children may see many negatives about going back to school like summer ending, the cold weather coming back, getting up early again, not seeing their friends as much, or no more days at the swimming pools! For all of these reasons, it is essential for you to reinforce the good things about going back to school like, “you’re getting older,” “you are going to learn new things,” “you can make more friends,” or “you are going to start playing your favorite sport again.” All of these things can help make going back to school less stressful and help them be full of energy and motivation for when the big day arrives.

These are some ideas to make going back to school as easy as possible for your children. It is unfortunate that summer has to end, but this also marks the beginning of a new and exciting period, full of new challenges and obstacles to overcome.

Games and Podcast to Support Worries about Starting School

[Mindful Breathing Garden](#)



Play

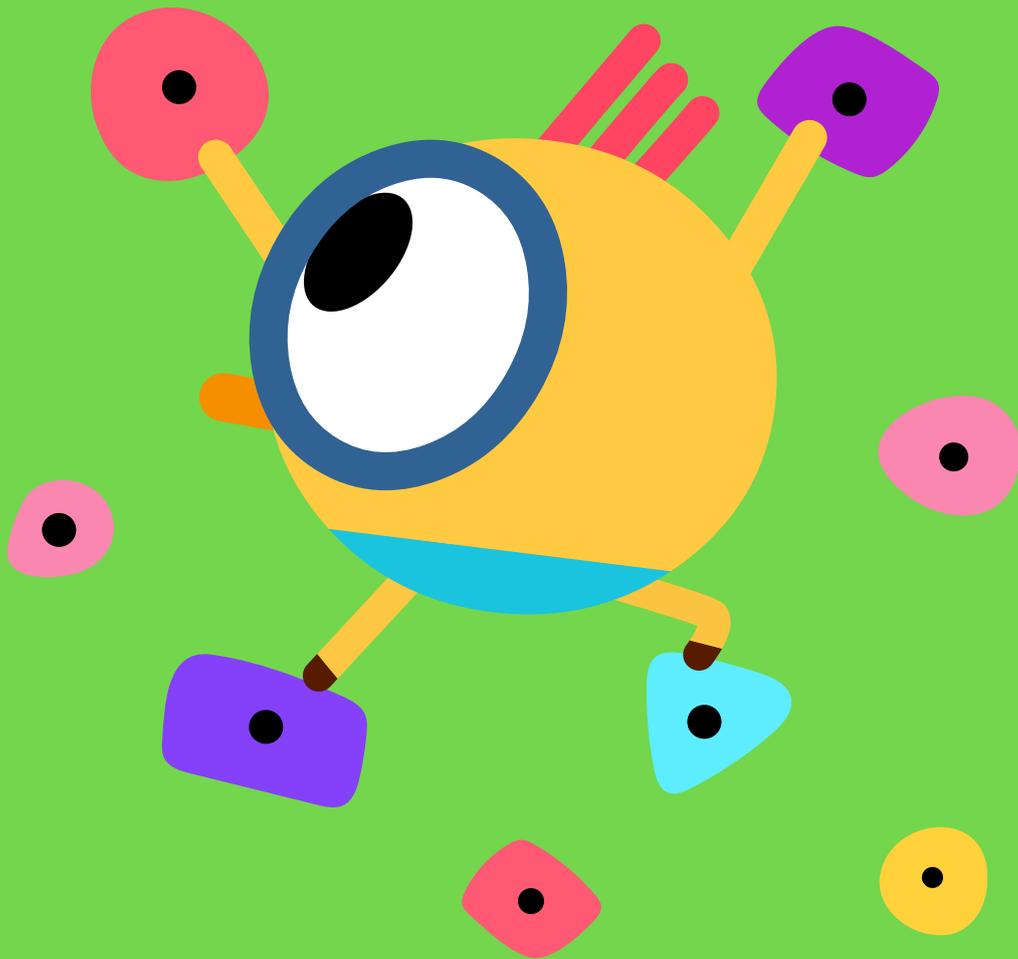
[Podcast: Watch Your Words](#)



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LINGOKIDS

SOCIAL SKILLS & BULLYING



How to Foster Kids' Social Skills for Return-to-Classroom Success



By Dr. Suzanne Barchers



The vast majority of parents want their kids to be kind to others, and many children have become more empathetic after seeing the world's response to the global COVID-19 pandemic. But younger children still might struggle to interact with peers and teachers once they return to in-person schooling after studying at home.

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As a parent or caregiver, it's natural to be concerned about whether your kids can care for themselves and show the same care for others. A few key techniques can help the children in your life make an easier transition to face-to-face learning environments:

Brush Up On The Basics.

In Robert Fulghum's bestselling book, "All I Really Need to Know I Learned in Kindergarten," he posited that the general rules of life were laid out during the first year of school: share, play fair, clean up, wash your hands, and raise your hand (without jumping up and down).

Most caregivers would agree with this list, especially after recalling their own upbringings. However, don't assume that children will always remember basic social and hygiene manners. Talk about those behaviors frequently with your little ones, even if you think you're going overboard.



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Last year, I home-schooled two of my grandkids and focused on proper responses after a burp or mistake. My goal for them was to learn that what can be cute or funny at home might raise eyebrows at school and elsewhere.



Role-play Ways To Make New Friends.

Role-playing can serve as an important practice for your child and provides a safe space to try a variety of conversation starters. For example, imagine that you're sitting on a bench alone. Ask your child what they could say to start talking and maybe make a friend.

If your child is a little older, you can offer strategies that you use as an adult when trying to mix and mingle with your peers. Touch on reading social cues (like waiting until an animated group discussion ends) before cutting in. You'll be surprised at how readily kids understand what you're saying — and you'll beam with pride when your child tells you how they used the technique at school.

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Emphasize Social Skills Throughout The School Year.

As the school year progresses, don't stop practicing socializing and manners with your kids. October through the holidays might be when your child needs your advice the most. Remember, adults know that making or renewing friendships takes time. Kids, on the other hand, might not.

But what happens if your child just can't find that magical buddy known as a best friend? Or worse, lost a former best friend to someone else? Stay positive and discuss the situation with them. Explore extracurricular activities, programs, and clubs where they can meet peers with similar interests.



Bullying: What is it and How to Handle it

Going to school should be an exciting adventure for a child. After all, it's a new chance to interact with other children their own age and learn how to appreciate their individuality. Unfortunately, uniqueness is not always celebrated

There are many children being affected by a social issue that has gained attention globally over the past few years: it is bullying.



Bullying can be something as tame as spreading rumors about a person, teasing a child for their choices or behavior, or even more extreme and worrying actions. The first step in addressing these issues is to learn more about bullying and how it works.

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Bullying Explained

This type of behavior is not associated with one kind of conduct, on the contrary, there are several different actions that can be cataloged as bullying. The broad definition of bullying encompasses all the intentional actions performed on an individual or group of individuals that can be tormenting for them in a physical, verbal, or psychological way. These actions can be something as simple as name-calling, shunning, or mocking, to more serious issues like hitting, shoving, threatening, or extortion. Bullying can be carried out both in person or online.

These actions often make the victims feel bad about themselves, lowering their self-esteem, and causing real and concerning psychological issues. It's something that needs to be taken very seriously, especially when it happens to children that are starting to build up their personalities and self-worth.



What Are The Lead Causes Of Bullying?

There's not just one reason why a child might feel inclined to bully. There's a spectrum of possible causes for this behavior. However, there are some common characteristics that repeat in most cases:

➔ Some children feel insecure about themselves or about something in their lives, this makes them more propelled to pick on someone they look at as weaker to feel better about themselves.

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- ➔ In some cases, bullying gives insecure children the chance to feel powerful, important, or more in control of the situation they're living in. Bullying makes them feel popular.
- ➔ Bullying can be the result of repeated behavior, this means that a child might treat their peers according to the treatment they receive at home. In this type of situation, the bullying seems natural for the bully, since that's all they know.
- ➔ A pattern of aggressive behavior may be the cause of bullying for some children. This is related to a defiant personality and anger management issues, that should be treated by a specialist.

Oftentimes, children who bully tend to do some victim profiling, as they look for a specific kind of victim, someone that may be smaller than them, with a different cultural background, different tastes, or personality.



How To Act In Case Your Child Is Being Bullied



There's no easy way for a parent to know if their child is being bullied. To help your little one, pay attention to their experiences at school and have good communication so you can discuss their problems openly. In some cases, children can be quiet about this out of fear or embarrassment, so it's important to be cautious and delicate when dealing with this subject and to be vigilant in case some of the following warning signs appear, so you can identify if your child is being bullied.

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In some cases, children can be quiet about bullying out of fear or embarrassment, so it's important to be cautious and delicate when dealing with this subject. Be vigilant in case some of the following warning signs appear, so you can identify if your child is being bullied.

- ➔ If a child is not acting normally, or if they seem anxious or worried, this might be a sign that something is happening.
- ➔ Lack of sleep, poor sleep or lack of appetite can also, be signs of bullying, especially if there's no apparent reason for these behaviors to appear.
- ➔ Frequent bruises or injuries can appear when a child is being bullied.
- ➔ In some cases, a child that is being bullied will avoid situations or places they feel are dangerous. A child that often doesn't want to go to school, or is avoiding going to the park all of a sudden might have a good reason for it.

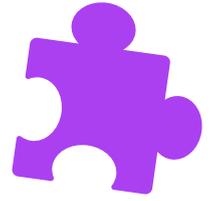


This issue can be tough to talk about, so give your child the chance to communicate with you freely. Encourage them to talk about these issues and seek help when needed. Some good ways to help a child that's being bullied are:

- ➔ Always offer emotional support, listen to what your child has to say, and praise him or her for coming to you with their problems. It's important that your child understands that talking about it is the right thing to do.

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- ➔ Take your child's opinion into consideration when looking for the best course of action to address the bullying.
- ➔ Since all bullying situations are different, identify the main issues, and look for the best approach to solve the problem. You can go to a specialist for guidance, like a teacher or a counselor.
- ➔ If the bully is threatening physical retaliation for reporting them, and you've already discussed the issue with a specialist, you can try talking about it with the bully's parents, but make sure to do so with a mediator present.
- ➔ If the bullying continues or intensifies after following this advice, research the different laws that apply in your community and consider taking legal action.
- ➔ Teach your child safe ways to deal with the bullying. They can surround themselves with friends in places where the bullying might happen, or ignore the bully by walking away. It's important they know not to reciprocate the anger directed at them and to discuss everything that happens with an adult.



How To Teach Children Not To Bully

Sometimes, parents learn that their child is not being bullied, but that he or she is the bully. This is a very difficult situation to be in, but here are a few steps to help address this behavior.



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➔ Make sure that your child knows that bullying is completely unacceptable and that continuing the behavior will have serious consequences.

➔ It's important that you understand the reasons behind your child's actions, this way you can help your child manage any problem they may be facing that is causing this conduct.

➔ Teach your child by example how to treat others kindly. Children should learn from their parents how to be respectful, kind, and empathetic..

➔ Always encourage good behavior, this is called positive reinforcement. Be proud of your child's achievements and acknowledge when they have done something positive.

➔ Be aware of your child's social life. Sometimes, children can be easily influenced by friends who are having problems, or can be stressed by the environment they are in. This is a serious and delicate issue, make sure your child feels supported, and not judged. Encourage activities that could lead to making new friends.

➔ Talk with a specialist if you feel too overwhelmed to figure out the best plan to help your child.



Bullying is a worrying issue that can lead to awful consequences, it must always be taken seriously. It's always a good idea for kids and parents to talk to someone about the issue, so looking for a specialist can do wonders to ease the problem. After all, communication is always key to having good mental health.

2 Activities to Support Your Kids with Bullying



1 'Choosing Different Friends'

- Using two boxes or bowls, ask your child to write a label for each.
- On one label you can write, **'being a good friend'** and on the other write, **'not being a good friend'** Put them next to the bowls.
- On pieces of paper, **write down different ways people can be good friends or not good friends.**
- **Sort** them into the correct bowls.
- Who would we most like to play with? The friends that make us feel good and happy!
- Choose to play with 'good' friends, these might be different friends from usual but this will encourage your child to form positive relationships.

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2 'Stop! I don't like it'



- Talk to your child about **things that are happening that they don't like**.
- Using the phrase **'stop, I don't like it'** is a powerful way of **asserting themselves**.
- Encourage children to **practice** this in other situations at home, with other members of the family, caregivers, or friends so that they get lots of practice using it.

→ It does not need to be shouted, **practice saying it calmly**, with an action if needed, and then walking away

→ Remind children to **speak to a grown-up** for more help if needed.



9 Activities to Teach Kindness and Social- Emotional Skills



Social skills are some of the most important qualities that children learn when they interact with others at school. Most children don't automatically know how to **ask to play, share toys, or help someone out**, which is why it's so helpful for parents to **help teach these skills at home**.



When children come to school with the knowledge of how to be kind to and play with others, they will be better prepared **for a happy and healthy life!**

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Check out these activities for teaching kids about kindness and social-emotional skills:

Activities to Teach Social Skills



1 'Give A Little Something, To Get A Little Something'

→ Talk to your child about **what happens when something doesn't go their way**. How does it make them feel?

→ Sometimes, we need to give a little something, to get a little something.

→ Next time your child encounters an argument or disagreement, **remind them or encourage them to use this phrase**.

→ Solve the problem together by **offering suggestions...** e.g. your friend can play with the toy for five minutes, then you can play with the toy for five minutes.

→ **Extra challenge:** can they create a fun 'tattoo' with face or body paint with this saying so they 'don't forget it?'



2 'Teddy Bear's Picnic'



→ Create a teddy bear's picnic with **toy food** and as many teddy guests as your child would like!

→ Give each teddy (and your child) a plate.

→ Can your child **share the food** to make sure that everybody has the same amount?

Social Skills & Bullying ♥



3 'Out And About'

- When you are at the park or out and about with your child, encourage them to **engage with their peers** by talking about what they are doing.
- E.g. Oh look, what are they playing with? Can you see him building? I wonder what he's making... What do you think?
- If your child seems interested, prompt them by **modeling how to say, 'Can I play?'**
- **If the other child's answer is 'no,' praise them for asking nicely** and to try again with someone else. There is always someone else to play with if you wish to!

4 'Can I Play?'

- Whenever you are playing with your child at home, **model and use the language** your child might need when they are interacting with others.
- When your child is playing, sit down beside them and ask **'Can I play?'**
- **Show your child that they're happy when they say yes!** Remember that **it is OK for your child to say no**, they may wish to play independently.
- Keep the **communication** going while playing by asking 'What are you playing? How did you build that? Can I help you?' etc. This is language they can then use with their peers.



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5 'Honey Bear, Honey Bear'

➔ Children can get upset when they don't get to have a turn, especially in games. This activity **explores having a flexible mindset** and that it's OK when things don't go their way, maybe they will get a turn next time around!

➔ Explain that your child will be the **honey bear**. Ask them to close their eyes.

➔ Hide a tin of pebbles, a box of spoons, wrist bells, or something noisy from your child. It needs to be noisy so that with their eyes closed, the child can still hear it. This is the bear's 'honey'!

➔ Once you have hidden the honey, ask your child to **find it!**

➔ Repeat the activity, hiding the noisy item in a different place each time.



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Resolving Conflict with Others

6 'Pitch It'

- ➔ Talk to your child about what happens when someone does something that they don't like. How does it make them feel?
- ➔ Explore together: ask your child to 'pitch' ideas about the types of things that people can do or say, that might make us feel better again. E.g. saying sorry, helping to fix something that got broken.
- ➔ Write all your ideas down (on pieces of paper or popsicle sticks) and store them in a clear jar or bowl.
- ➔ Next time your child finds themselves in this position, where something sad happened to them or they did something sad to someone else, refer back to their ideas to give your child a strategy they can use.



Teaching Kids about Kindness

7 'A Kindness Card'

- ➔ Create '**kindness cards**' with your child. Design the cards together, they can be as big or as small as you like. What 'kind' images can you think of to draw or paint on there together? E.g. heart, flower, smiling face, playing together, hugs...

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- Once finished, use these cards to **give to your child when they have been especially kind** or had a day where they have **demonstrated lots of kind acts!**
- Encourage them to **display it proudly.**

8 'Ten Stars Of Kindness'



- This activity is a great activity for helping children **explore how to help those with a physical impairment.**
- Draw **ten stars** on a piece of paper.
- Every time your child shows an **act of kindness** e.g. holding a door open, carrying something for someone, asking someone if they need... they can **color in a star.**
- Once they get to ten, add ten more stars!
- Once they get to twenty, add another ten stars.
- Keep going... Can they get to 100?
- Talk to your child about helping everybody, in different places. Kindness doesn't just happen at home. Talk about the different ways they might be helpful to different people.

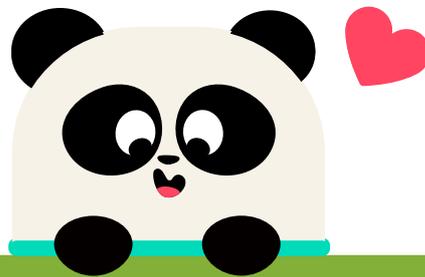


9 'Bring Kindness Into The World'

- Helping those with a physical disability is an important way of including and supporting everyone in the community.
- Ask your child to **create a cloud and rainbow** with paint or colored pencils, on a piece of paper.
- Ask them to cut it out.

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- ➔ Now on different colored pieces of paper or on paper that they can color on, **write some 'acts of kindness'**... e.g. smile, say 'hello', offer to help carry shopping, bring some groceries...
- ➔ Cut these 'acts of kindness' into raindrop shapes and attach them to the cloud with different lengths of string.
- ➔ Hang this somewhere your child can see it. Talk about showing these acts of kindness to all, as often as possible.



There are many ways to teach children about social skills and kindness. The most important thing is that caregivers **lead by example**. When your little ones see you being kind to others and helping out those in need, they will follow.

Teaching Kids About Diversity and Inclusion



As children grow older, they begin to realize that everyone is different. Diversity is an important part of our communities and it's important to **teach children about understanding and appreciating differences**. Inclusion is the state of being included and feeling like a part of something. As children go off to school, it's helpful to teach them about diversity and inclusion so that **everyone is a part of the community**.



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Check out these activities for ideas on how to teach your little one about diversity and inclusion:

'Makaton'

→ Children with speech and language difficulties, as well as people diagnosed with ASD (Autism Spectrum Disorder) often find social, emotional, and communication situations difficult.

→ **Makaton is a communication system that some people with ASD use to interact with others.**

→ Together with your child, **learn the Makaton signs for some common phrases** e.g. hello, goodbye, thank you, how are you?... and encourage them to try using them to communicate with classmates, family, or friends who are on the Autism spectrum.



'Being A Supportive Friend'

→ Explore **mental illness** in young people and talk to your child about what it might look like. Sometimes it is hard to tell when someone has a mental illness.

→ Can your child think of **supportive statements they could say to a friend who might be finding things overwhelming?** E.g. I am here if you want to talk? Is there anything I can do to help? Would you like me to get an adult for you?

→ Ask your child to write down these supportive statements, so they can remember to use them in these situations.



Social Skills & Bullying ♥



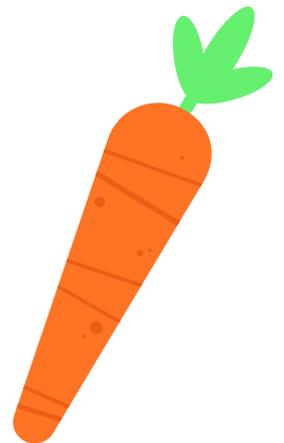
'Gender Diversity'

- Ask your child to identify **gender diversity** by looking through any old magazines, watching TV advertisements, or even their favorite films!
- Are there examples of **challenging** gender stereotypes? How many can they find? Is that enough or should there be more examples? Can they also find examples of older movies and comics that only show traditional gender stereotypes?

→ Collect and sort those that do challenge gender stereotypes from those that do not.

'Same On The Inside'

- Social justice means that everybody should have the same rights no matter what their age, gender, religion, disability, or race.
- **Using the fruits or vegetables** you have in the house, find one that you have many of e.g. carrots.
- Encourage your child to **look carefully at each carrot**, what do they notice on each one? What about their shape? Are there any identifying marks?
- Under supervision, ask your child to peel all the carrots.
- What do they notice now?... **Everybody is the same on the inside and should be treated in the same way.**



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'A Helping Hand'

- ➔ Talk to your child about **discrimination** and what it means.
- ➔ How does it make someone feel when they are facing discrimination? Have you ever seen anyone being discriminated against?
- ➔ Encourage your child to think of **ways that you can help when you see someone being discriminated against**. How can you help them feel included or supported?
- ➔ **Draw around your hand and for each finger, write one thing that you could do to help.**



'Make A Dream Catcher'

- ➔ Art reflects the core values of people and cultures. **Diversity celebrates the similarities and differences between people.**
- ➔ Dream catchers are small, hooped objects that have different colored yarn woven around and across them to make intricate patterns. Native Americans believed that dream catchers give owners good dreams.
- ➔ To make your own dream catcher you will need a **small hoop or ring shape** (you might need to get this from a craft or hardware store), **different colored yarn and lace**, and **tape** or craft **glue**.
- ➔ Wrap the lace around the ring, tie a piece of yarn to one part of the ring, and began to wrap and weave it through. When finished, cut and tie it off on the ring.
- ➔ Repeat with other colors of yarn until you have an intricate web pattern.
- ➔ **Extra challenge:** Can you find any other pieces of art from other cultures to recreate?

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Music and Cartoons to Teach Social Skills

[“Building Friendships” Song](#)



[Learning with Elliot: Sharing](#)

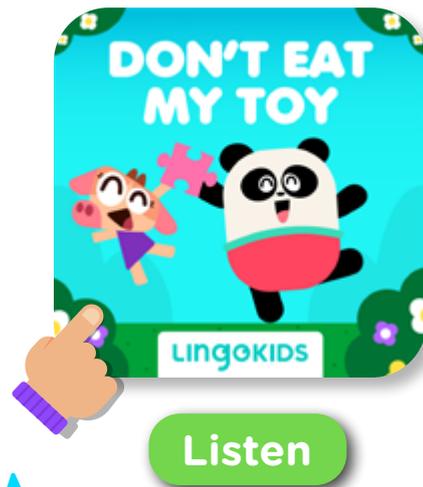


Podcasts to Teach Social Skills

[Podcast: Swimming to friendship](#)



[Podcast: Don't Eat My Toy](#)

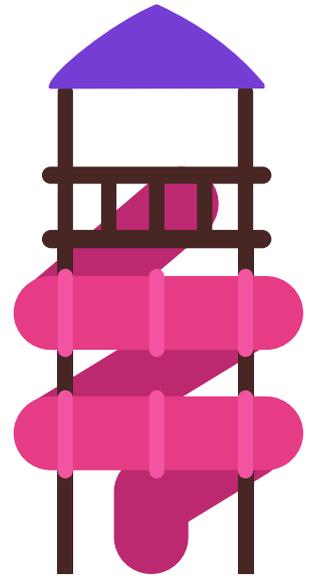


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EDUCATION SUPPORT



The Best Stories for Elementary School Children



Young Children and Reading Habits

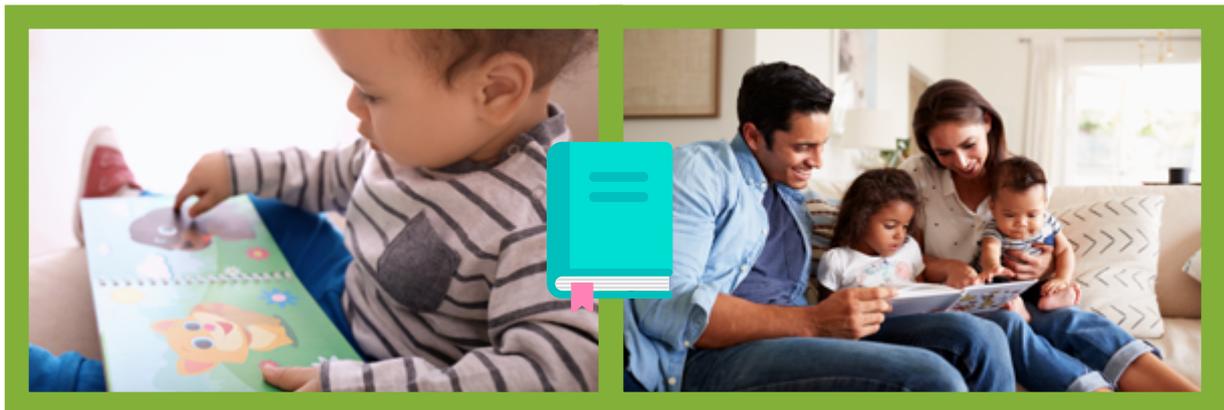
Finding the best stories for elementary school children is essential for all parents who want their children to begin developing reading habits. The earlier the better! It's important to note that children should begin reading at their own pace.



Reading time should be about enjoyment and discovery, it should never become an obligation. Forcing a child to read may produce the exact opposite outcome you want. We want children to understand that reading is full of pleasures and is a way to discover new things.

Stories for young children can help them expand their imagination by grasping their attention with animals, wizards, princesses, and more.

Also, young children are in an important learning phase, so storybooks are an excellent way to reinforce their ability to recognize objects along with their knowledge of the letters and words.



Which Are The Most Appropriate Stories for Elementary School Children?

The best stories for elementary school children are the ones that connect elements from the real world to their imagination. These stories can include experiences with school, friends, family, pets, etc. The books should be simple and easy to understand. Children lose interest very quickly!

It is also ideal that stories for elementary school answer questions about themselves and subtly guide them towards what is right and wrong. Children's stories are an excellent way to prepare young people for the many events and decisions that will come into their lives. Put simply: look for basic stories that are easy to follow and are full of excitement!

Examples of Ideal Stories for Young Children

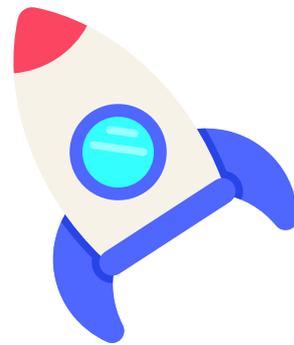
Parents searching for stories for their children have many options available to them. For example:



- **The all-time classics.** The same stories that parents read as children.
- **Children's tales.** Also classics but with morals and stories that are still relevant.
- **Contemporary stories that raise awareness.** Short tales regarding bullying, respect, tolerance, etc.
- **Locally adapted legends.** There are many stories for children that have been adapted from historic legends to help them understand their culture.
- **Interactive stories.** Technology has also made its way to children's stories! On the internet, it is possible to find many stories with integrated sound and visual effects that the younger ones will love.

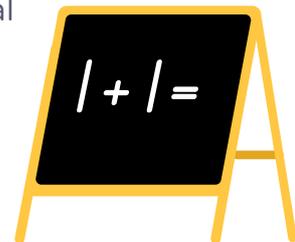
There are so many stories out there! We recommend reading different types of books to your child to expose them to a variety of stories.

The Earlier You Start Teaching STEM, the Better!



The Importance of STEM Education in Early Childhood

Although STEM has become the purview of middle school and high school grade levels, it's just as [suitable for toddler](#), preschool, and early elementary groups. During those ages, kids are ridiculously and intensely curious. They want to know the “Why?” behind everything they do and see, and their inquisitiveness opens them to STEM education. And remember, STEM isn't just for kids who are budding scientists or mathematical whizzes. It's for any child. STEM reinforces skill sets beyond the obvious, such as literacy, collaboration, creativity, and motor skills.



Education Support

Before age five, [children are developing](#) hundreds of neural connections every second; their neurological and mental development is off the charts in terms of speed and growth. Spend five minutes with a talkative preschooler and you'll see a love of active exploration and even critical thinking and scientific inquiry in action.

[Research shows](#) that young people's brains are receptive to logic and math. In addition, when young children enter school, they can already comprehend the natural world, think abstractly and concretely, and leverage scientific reasoning. Building upon these abilities creates a stronger foundation for students that will be critical for their future success — especially when you consider that only [20% of high school graduates](#) are academically prepared for college coursework in STEM degree programs.



What's more, only [36% of](#) fourth-graders were proficient in science and just 41% were proficient in math, according to the 2019 National Assessment of Education Progress report. When STEM becomes a normal, natural part of daily classroom discussions for young students, it feels more intuitive, less like a "school subject", and leads to a better understanding of STEM topics in the long run.

Education Support

Teaching STEM early also sets your students up for more career opportunities and greater economic success in the future. By 2030, STEM jobs are predicted to [increase by 10.5%](#), whereas non-STEM jobs are predicted to grow by only 7.5%. What's more, in 2020, jobs in STEM fields paid a median of \$89,780 — and it's safe to expect that number will grow in the future.

There's no question that starting early STEM education is imperative, but how can educators incorporate it naturally into both their everyday discussions with students and their formal curriculums?

STEM Learning in Action

STEM experiments don't have to be complex to be effective and entertaining. Look through some lists of [safe science experiments](#) for kids and find ones that are simple and fun, such as creating a rain cloud in a Mason jar. Or, let's say you want to introduce some engineering principles to your students in the most basic form: [building blocks](#).



You can also ask them to create a structure, but not just any old building. Challenge them to construct a house for their pet. This opens discussions on everything from the layout of the house to the interior design elements, such as furnishings and colors, and the elements your students' pets will need and want in a home.

Education Support

By the time the projects are completed, your students haven't just dabbled in engineering and spatial skills. The experience has allowed them to focus on creativity and empathy, as well. In essence, you've promoted cross-curricular instruction designed to springboard from STEM into other learning activities.



Want another example of cross-curricular STEM projects? Think about all the songs you know that have a counting component. Sure, your students are dancing and responding to the rhythm of the music. Why not combine math skills such as counting, adding, and subtracting with the music? That way, it feels fun rather than formulaic.



There are so many opportunities to incorporate STEM into everyday classroom life. For instance, if ice cream is on the menu at lunchtime, then you could ask students what would happen if they ate the ice cream really slowly. Why would it melt? Your questions could turn into a trip to the library to find a book about liquids and solids. During playtime, ask students to engage in STEM tasks. You might say, "Can you make a bridge with those sticks? We can see if it will hold up!" To them, you're just making playtime more enjoyable and engaging. However, you're really helping them practice a multitude of physical and mental skills — skills that parents are putting more importance on in light of the pandemic.



Education Support

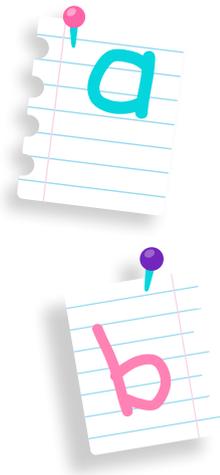
Ultimately, STEM learning should be fun for youngsters. That way, they can open their minds to making discoveries. Along the way, they also practice everything from working in teams and asking tough questions, to investigate new concepts and exploring during playtime.



As an educator, you know it's important to foster a love of learning in every child. But don't forget to focus on STEM when you're finding ways to build that love in your young students and enhance their development.



9 Activities to Help Strengthen Your Kid's Literacy Skills



Literacy is a long learning process that begins in infancy. As children grow, they begin to put together sounds and letters, and before you know it... they are readers! Entering school with **strong literacy skills** helps children **learn faster** and **feel more confident in their academic abilities**. It's so beneficial for parents to **support** their children's literacy skills by **practicing at home**.



Here are some activities you can do with your child to help strengthen their literacy skills:

Pre-Literacy Skills

Stand Up, Sit Down

- Using pieces of paper or even a reusable whiteboard, **draw a letter, number or shape**.
- Your child will **stand up if the drawing is a letter** or **sit down if the drawing is a number** or a **shape**.
- Celebrate each correct answer, repeating the sound the letter makes.



Can You Sort 'em?

- Create a **pile of shapes, numbers, and letters** (draw them onto post notes, bottle caps, or paper plates).
- Your child will **sort** them into **two categories, letters, and non-letters**.
- **Repeat all the letter sounds** when they find a letter.

Writing Skills

Sensory Tracing

- **Sand** can be a useful tool for the introduction to letter formation, your child will **use their finger** and won't have to worry about holding any writing implements.
- It can also give you an indication to see **which writing hand they prefer** and are more dominant with.
- You will need a **shallow tray** and some **sand** (**salt** or **flour** will be perfect for this too!)
- You will **say the letter aloud, 'a'** and then **write the letter in the sand** (take care to model the correct letter formation using a 'lead in stroke').
- Your child can **trace the same letter** using their **finger**, and then try to draw their own letter next to the original in the tray.



Copycat

- To begin this copycat, you will need a **pencil** (for your letters), a **piece of paper**, and a mixture of writing implements for your child to experiment with (**crayons, felt tip markers, and paint**).
- You will write out a **lowercase letter** in pencil, do this in front of your child so they can see your starting and ending points.
- They will then **copy you**, and encourage them to start at the same 'lead in' stroke that you used to help with their correct letter formation.



Education Support

- Complete the letters in the sequence of the alphabet, and ask your child which letter comes next.
- **Extra challenge:** as you are discussing the alphabet, can your child think of a word beginning with this letter?

Make A Word

- Using sticky notes, **write a 3-letter word** (one letter per post-it note) T A P
- **Write all the vowels** on sticky notes too, A E I O U.
- Swapping out only the vowels, **see how many new words your child can create.**
- Examples: tap, top, tip.
- Then try words like: bat, cat, let.



Listening Skills

Words That Make Noise!

- Read out a list of words that make a noise (onomatopoeia) and encourage your child to try to **act out the noise** it makes.
- You can give them extra help by showing them the actions first for them to copy.



- Here are some ideas of words: **zoom, boom, choo-choo, boo, crack, rip.**
- Encourage your child to **link the noise to an object**, the zoom may be linked to a car, boom to a firework.



Which Letter Am I?

- To begin with, your child will need the uppercase alphabet written out in front of them to help them decipher your clues.
- You will **describe a letter you are thinking of** using simple clues.
- Your clues may be, I am pointy at the top, with a line through the middle, I am right at the start of the alphabet... I am A
- Your child will **listen to your clues** and then **guess** which letter you are describing.

Reading Skills

Partner Pair

- Using a sharpie or permanent felt pen, find two connecting cubes or lego pieces, and **write an uppercase letter** on one and a **lowercase letter on the other**, your child must search and find the two matching pairs.
- **Extra challenge:** you can choose the same color blocks for the linking letters or mix them to add an extra challenge.

Read and Re-read The Classics

- Try to read a book that has plenty of **repetition** in it, don't be afraid to read and re-read the **same stories**.
- **Make actions** for the **repetitive aspects** of the story so your child will be able to pre-empt them and join in themselves.
- Can they remember which story element comes next?



Creativity and the Power of Art



Creativity is often set aside as a skill that is only for artists. However, creativity is a very important part of all subjects because it helps generate new ideas and express complex concepts. Plus, creativity helps children explore their emotions and understand the world around them. Creating is fun and a great way to engage with new subjects!



Here are some activities that can be done with children to help bring out and support their creative side:

Drawing

'Side By Side Drawing'

- Get some **paper** and **pencils** or colored pens for you and your child.
- Let your imaginations wander and **draw whatever comes to mind!**

Education Support

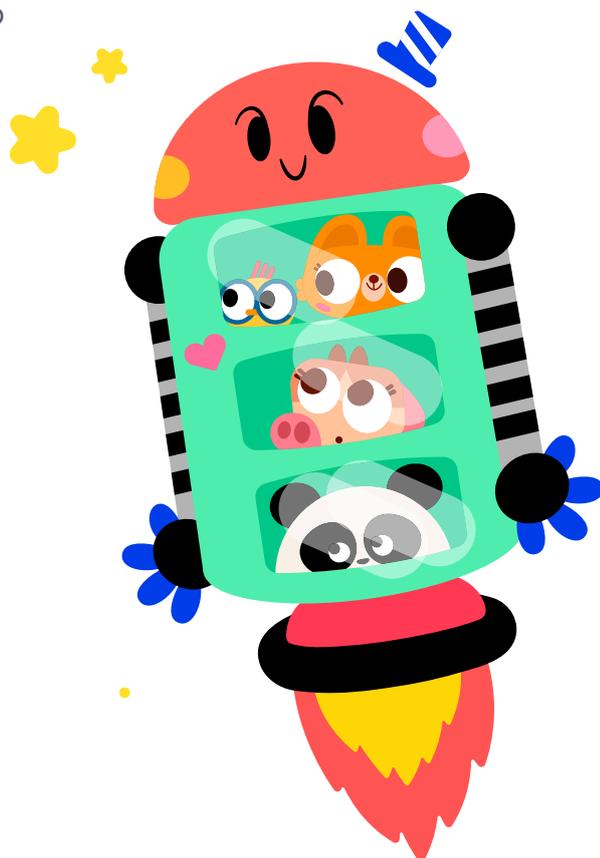


- Talk about your drawing as you do it, so they can see your **creative process**. E.g. I'm going to draw a... Do you like it? I'm going to draw a house so first I need to draw...
- **Support them** in developing their creativity by encouraging them to explain different parts of their drawing.



'Your Favorite Lingokids Character'

- For this activity, your child will be exploring the amazing **Lingo Kids characters** (all 5 of them). Each character has a different name, superpower, and favorite hobby.
- **Write** the 5 characters' **names** on a small slip of paper and place them into a container folded up. Your child will close their eyes and pull a name out.
- This **character's favorite** interest will be the style of art your child will be participating in for this activity.
- [Billy the Chick](#) (draw an object from a bird's eye view); [Cowy the Cow](#) (paint a flower field using fingerprints); [Lisa the Cat](#) (try drawing blindfolded, they could draw blindfolded!); [Babybot](#) (learn a new method of drawing, it may be using a new piece of equipment); [Elliot the Panda](#) (create a collaborative collage using your handprints or tracing your handprints as inspiration)



Creativity



'Color Collage'

- Using plenty of recycled magazines or newspapers, your child will create a collage for this craft project.
- You can focus the collage on a specific color or let creative direction take the lead.
- Once your child has cut or ripped out small sections of the magazines, help them glue the pieces onto stiff paper or cards for a recycled masterpiece.



'Make Your Own LingoKids Character'

- For this next creative task, your child will alter an original Lingo Kids character (Billy the Chick, Cowy the Cow, Lisa the Cat, Babybot, Elliot the Panda) by changing the colors of their outfits and appearance.
- Your child may want to try creating their own amazing character, think of a hobby or important quality that your child's character may have: kindness, supportiveness, resilience.
- Help them create their own character with a nickname, hobbies, and super power.

'Veggie Printing'

- A great way to use up vegetables that are past their best!
- Cut potatoes, carrots, broccoli, etc into pieces, big enough for your child to hold in their hands. (You can even cut out fancy shapes such as a heart).
- Provide some paint.
- Dip the veggies one at a time and stamp them onto paper!
- Encourage stamping with one color over another, to see what happens!



'Dragon egg'



- Using a balloon, wool and string you can create your own dragon egg!
- Place some glue (with a drop of water) in a mixing bowl, place pieces of string into the bowl, and check the string is fully covered.
- Placing the balloon in a cup for stability, lie the pieces of string over the balloon, covering all directions.
- Once the glue has dried, pop the balloon and hang the egg up with others to make a dragon-egg mobile.
- Extra challenge: experiment with different colors of wool, lengths of string, and methods of gluing each piece.



Painting

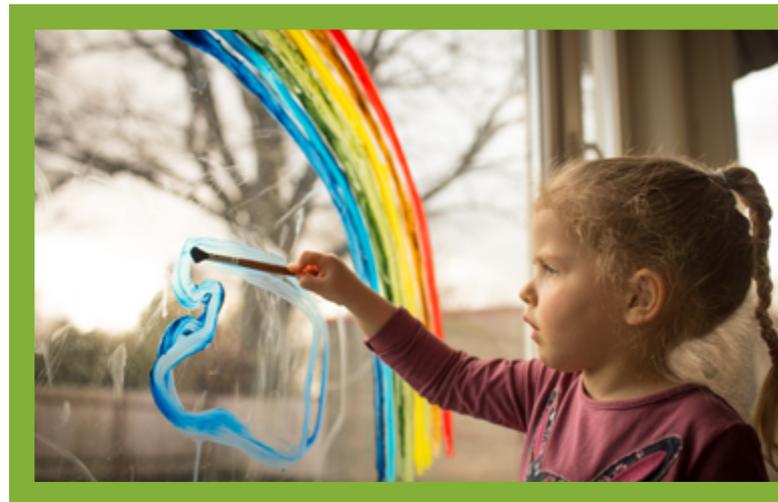
'Rolling Toys'

- Look for marbles, toy cars, and other things you can roll around.
- Put some paper in a tray or plastic lid.
- Dip the object into paint and see what happens as you lift and tilt the tray or lid and the object moves.
- The more colors you use, the better!
- Explore what happens when colors mix!



'Color Mixing'

- Provide your child with paper and paint, but only the primary colors red, blue, and yellow.
- Put some foil or a plastic tray out for your child.
- Encourage your child to see how many different colors they can make just by mixing two colors together!
- What colors can they identify?



'Self-portrait'

- Provide your child with paper and paint colors red, yellow, and blue. (Provide paintbrushes or your child can use their fingers for a more sensory experience).
- Encourage your child to paint a picture of themselves, thinking carefully about the color of their hair, eyes, etc.

Education Support

- Support them in exploring how to mix colors to find the color they need.
- Extra challenge: Can they remember how they made each color?



'Paint The Rainbow'

- Your fingers can be brilliant instruments in creating artwork.
- You will need a selection of colors (ideally the colors of the rainbow, but not essential).
- Using their fingers, your child will create their own rainbow.
- Add some cotton balls to the ends of the rainbow, or even a pot of gold!
- *Bonus challenge:* [Draw your own rainbow first.](#)

Songs and Cartoons to Support Back-to-School Skills

[Shapes Song](#)



Listen

[Bees Buzz Alliteration](#)



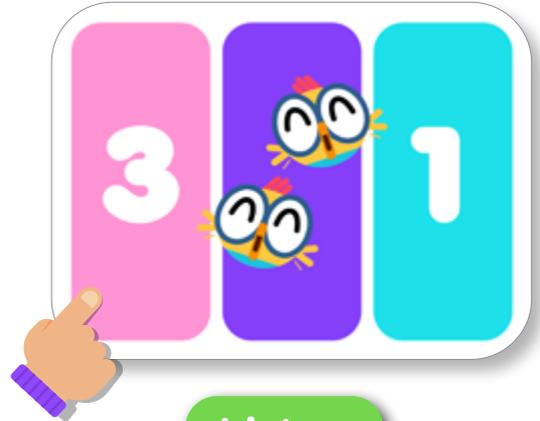
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["Let's Spell" Song](#)



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["Counting from 20" Song](#)



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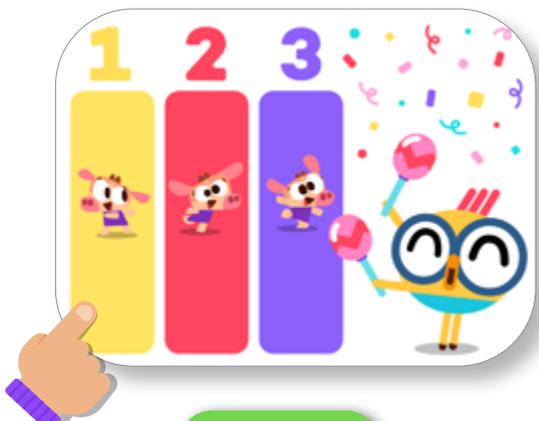
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[Topic of the Week Playlist for Kids](#)



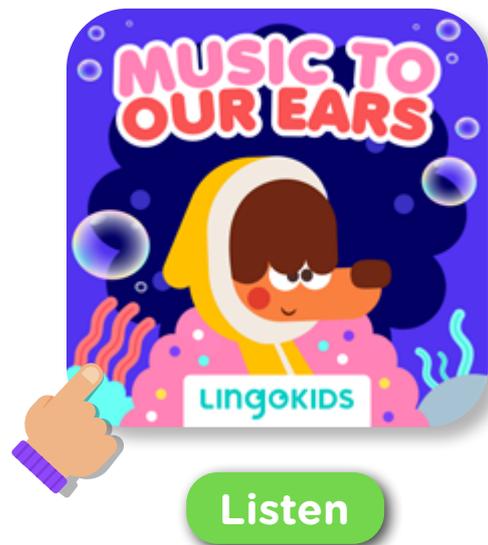
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