



Tips for Busy JMCCSA Families



Language Activities

Letter Hunt - Take time to look at all the different letters on packages and ask your child questions such as: "Can you find the letter A on the box of cereal?" or "Can you find something from our groceries that begins with the letter A?"

Phonics - Sound out letters as you put the groceries away "A is for Apple; B is for Banana."

Environmental Print - Read familiar labels on boxes and packages or on your child's favourite food

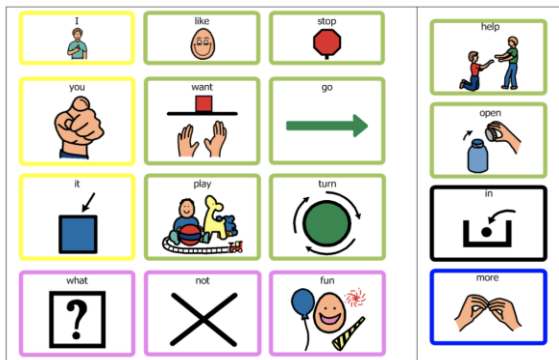
Putting Away Groceries

This flyer is designed to provide simple play-based learning opportunities for parents to consider incorporating during everyday routines. It will be emailed to families on a weekly basis during this period of Emergency School Closure. This first flyer will focus on the putting away groceries.



Word Association - "We bought bananas can you think of an animal that eats bananas?" "This is a red apple. Can you find something else that is red?"

Listening Comprehension - Show students two-three items and ask questions such as "Where is the pudding?"



Core Words - Use core words when putting away groceries with your child

“Do we need to put MORE groceries away?”

Stop putting away groceries and encourage child to tell you “GO”

Ask their opinion of various foods “Do you LIKE/NOT LIKE”

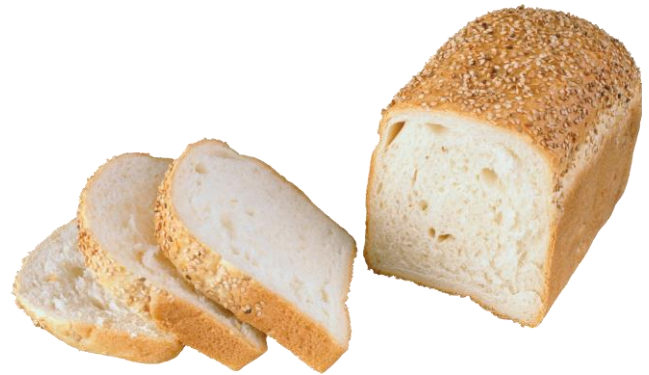
Ask your child if you "EAT/DRINK" - bread, bananas, milk, water

Ask child if they want to “HELP” you put away groceries

Math Activities

Rough vs. Smooth - Find food items that have different textures. Have your child feel and explore the different textures of objects and consider asking questions such as “Is an orange rough or smooth?”

Soft vs. Hard - Find food items that are hard and soft. Talk to your child about how the items feel and consider making comments such as “Apples are hard” or “Bread is soft”



Big vs. Little - Look through your grocery items and compare objects that are big and small. Consider asking questions such as: “Which is bigger: a can of tuna or a box of cereal?” or “Can you find something bigger than an apple? Smaller than a banana?”

Heavy vs. Light - Find food items that are heavy and light. Have your child hold them to feel the different weights. Consider making comments such as: “This watermelon is very heavy”

Counting - As you are placing groceries into the cupboard or fridge, count the items.

Shapes - Identify which 2D or 3D shapes various food items resemble i.e.: square, circle, triangle, sphere, cube, etc.

Sorting - Talk to your child about different types of food and have them help you sort them into groups such as: Fruits/ vegetables, fridge/ pantry items or by colour

