

# Thank you for being good parents!

You are the ones who know me the best.  
You are good at helping me develop and grow.  
Keep on playing with me.  
Keep on encouraging me.  
Thank you for taking care of me  
and helping me feel safe.



# I am preparing for kindergarten.

Kindergarten is important to me  
and will be a time of change.  
I will meet my teachers and new friends.  
I will discover my first school and its playground.  
I need my family to prepare.



A project developed by:



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LAVAL  
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## I am preparing for kindergarten through play.

I need your help to learn and discover.  
Continue playing with me every day.

### I can play with the place mat in many ways.

I am getting ready for reading, writing and counting.

### Let's play Tell Me What You See:

- ♥ I name the colours of the houses
- ♥ I find the means of transportation
- ♥ I count the clouds
- ♥ I identify the shapes (square, triangle, circle, etc.)



### ♥ I love to talk. Ask me questions.

- What are the children doing at the park?  
↳ And you, what do you like to do at the park?
- What are the emotions of the children in the bus?  
↳ And you, how do you feel today?

### Tip for parents

You can ask me questions in any language :

- ♥ At the grocery store
- ♥ At the park
- ♥ In the car
- ♥ Etc.

It is alright if I do not have all the answers.

**I am playing and learning!**



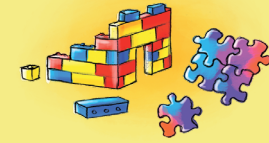
## I need to play, move, explore and learn.

- ♥ Creating crafts to stimulate my imagination
  - ♥ Playing games to learn rules
  - ♥ Playing pretend to expand my vocabulary
  - ♥ Playing with friends and family to learn sharing
- I learn better when I am active.



Encourage me to choose activities I can do :

- ♥ Alone or with friends
- ♥ Indoors and outdoors



### Tip for parents

Invite :

- ♥ My friends
- ♥ Our neighbours
- ♥ Our family members, both young and old

We will play together!



### I need a routine.

Daily routines, like in kindergarten, make me feel safe. I need your help to follow my own routines.



I learn by trying, even if it is difficult.

**I need 10 to 12 hours of sleep per night to be in a good mood and ready to learn.**