



THE EARLY YEARS

Foundations for Learning

Building the foundations of
literacy and numeracy through
everyday activities

COUNTING

EVERYDAY ACTIVITIES

- Count the number of people travelling in the car or bus.
- Cut fruit into pieces and ask your child to count the pieces.
- Practise counting when grocery shopping with your child (count the number of apples you put into your bag).
- Count how many steps it takes to walk from the kitchen to the bathroom.



READING

EVERYDAY ACTIVITIES

- ① Sing songs and nursery rhymes.
- ① Read stories that rhyme often and allow your child to guess the rhyming words.
- ① Talk about the names and sounds of letters.
- ① Read with your child and pay special attention to the sounds of words.



WRITING

EVERYDAY ACTIVITIES

- 🕒 Drawing in sand.
- 🕒 Painting with water.
- 🕒 Write letters in the air.
- 🕒 Write a postcard to a family member.



ORAL LANGUAGE

EVERYDAY ACTIVITIES

- 1 Include your child when discussing everyday activities such as grocery shopping, gardening, cooking dinner, collecting mail from the mailbox, doing housework, and travelling in the car or bus.
- 2 Look at picture books or art books. Ask your child to describe what is happening in the pictures and make up stories together.
- 3 Share and talk about family histories and family photos.
- 4 Play vocabulary games with your child such as, *"What's the opposite of?"* (for example, *"What's the opposite of big?"*) and *"What's another word for?"* (for example, *"What's another word for happy?"*).

