

Spring

Talking activities for the seasons



More daylight, less snow, and a little rain means spring is here. Many people start planting their gardens with flowers and vegetables. There are many celebrations that happen in the spring, like St. Patrick's Day, Easter, Holi, Purim, and Mother's Day. Spring makes us think about rain, colourful rainbows, baby animals, and plants. Whatever you celebrate and no matter the weather, there are lots of new things to talk about.

Try these activities, songs, books, and crafts to help your child learn. Talk, read, and sing with your child in the language, or languages, you use at home.

Fun outside

Play in the rain

Go for a walk in the rain.

- Talk about the clothes you need to play in the rain: raincoat, umbrella, hood, hat, rubber boots, and rain pants.
- Look for worms on the sidewalk. Explain that they don't like to stay in the ground when it rains.
- Splash in the puddles or jump over the puddles. Talk about who can make the biggest splash or jump the farthest.



For more information scan this QR code or visit: ahs.ca/talkbox

Activities

Farm animals

Play with toy farm animals or stuffed animals.

Look at pictures of farm animals in books. Visit a pet store or local petting zoo, if there's one in your area.

- Name the animals. Talk about what the baby animal is called.
- Talk about how they feel, like soft, fuzzy, rough, hairy, or slippery.
- Talk about what you think each animal eats.
- Talk about the parts of each animal and what they look like. Talk about their paws, hooves, ears, tail, and nose.

Colour games

- Play I Spy. See if your child can find something around the room that is green, blue, red, purple, or orange.
- Colour in colouring books with your child. Ask your child to hand you the colour you want to use next. Help them find the colour.
- Sort items by colour, like blocks, toys, clothing, or food.
- Have an egg hunt. Hide colourful eggs, then have your child find and sort them by colour.
- For St. Patrick's Day, draw a rainbow or make one out of Plah-Doh. Talk about all the colours.

Songs and rhymes

Singing is a great way for your child to learn new words. Do the actions that go with the song.

Sleeping bunnies

(Have your child lie on the floor and pretend to sleep while you sing the rhyme)

See the little bunnies sleeping,

Sleeping until noon,

Come let us gently wake them,

(Rub your child's back)

With a happy tune.

Are they ill? Oh so still... (pause)

Wake up bunnies, hopping, hopping, (sing 3 times)

(Your child can jump up and hop like a bunny)

Wake up bunnies hop and stop.

Other nursery rhymes to try: Rain, Rain Go Away, Baa Baa Black Sheep, or Old MacDonald Had a Farm.

Want to learn more songs and rhymes?

- Join a parent-child group or music class at the library or community centre.
- Search for songs on the internet. Learn the song, then sing it with your child. Young children learn best from interaction with people instead of watching on a screen.

Sing songs and rhymes from your culture, your own childhood, or make them up by putting new words to familiar tunes.

Crafts

Make an egg carton caterpillar

- Cut a strip of 3 to 6 cups from a cardboard egg carton.
- Colour or paint each cup.
- Draw a smile on the front cup.
- Make eyes by drawing them or glue on googly eyes, pasta, or beads.
- Add pipe cleaner or cotton swabs for antennae and legs.
- Help your child make up a story about your caterpillar's adventures in a garden or forest.

Books

Go to your local public library to find these, and many more, great books and e-books.

- Brown Bear, Brown Bear, What Do You See? by Eric Carle
- I Went Walking by Sue Williams
- Dear Zoo by Rod Campbell
- Pigs by Robert Munsch
- If You Give a Mouse a Cookie by Laura Numeroff
- The Rainbow Fish by Marcus Pfister
- The Lady with the Alligator Purse by Mary Ann Hoberman and Nadine Bernard Westcott
- Mrs. McNosh Hangs Up Her Wash by Sarah Weeks
- Too Many Bunnies by Matt Novak

When reading, follow your child's interests. You can skip pages, change the story, or just talk about the pictures together.

Where to get help

Speech-language pathologists can help. Learn more at ahs.ca/pedrehab.



When making crafts, talk about what you're doing together, what comes next, and have fun.