



THE EARLY YEARS

# Foundations for Learning

Building the foundations of  
literacy and numeracy through  
everyday activities



## COUNTING

### EVERYDAY ACTIVITIES

- ⑥ Count the number of people travelling in the car or bus.
- ⑥ Cut fruit into pieces and ask your child to count the pieces.
- ⑥ Practise counting when grocery shopping with your child (count the number of apples you put into your bag).
- ⑥ Count how many steps it takes to walk from the kitchen to the bathroom.



## READING

### EVERYDAY ACTIVITIES

- ⑤ Sing songs and nursery rhymes.
- ⑤ Read stories that rhyme often and allow your child to guess the rhyming words.
- ⑤ Talk about the names and sounds of letters.
- ⑤ Read with your child and pay special attention to the sounds of words.



## WRITING

### EVERYDAY ACTIVITIES

- ⑥ Drawing in sand.
- ⑥ Painting with water.
- Write letters in the air.
- ⑥ Write a postcard to a family member.



## ORAL LANGUAGE

### EVERYDAY ACTIVITIES

- 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.
- Look at picture books or art books. Ask your child to describe what is happening in the pictures and make up stories together.
- Share and talk about family histories and family photos.
- 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 angry?"*).

