

# Foundations for Learning

Building the foundations of literacy and numeracy through everyday activities



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csnsw.catholic.edu.au/foundationsforlearning

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#### COUNTING

- 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

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

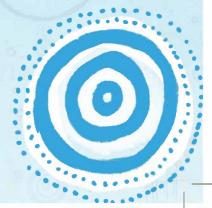




# WRITING

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





#### **ORAL LANGUAGE**

- 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?").

