

Program of Activities



Child Care Links
Linking you to the Child Care
Licensing Regulation

www.fraserhealth.ca/childcare

Fraser Health Authority has developed a range of “*plain language*” resources written in user-friendly English which link directly to the ***Child Care Licensing Regulation***. These resources are designed to be easily understood by all, including Licensees and child care staff who speak English as a second language. Child Care Links Resources explain key requirements of the Child Care Licensing Regulation.

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What is the Program of Activities?

The Program of Activities is the planned and unplanned activities that are provided to children in the daycare. The program of activities must be:

- suitable for the ages and abilities of all children in care
- meet the care and learning needs of all children in care

The Program of Activities needs to give children opportunities to grow in the following areas:

- Physical Development
- Intellectual Development
- Language Development
- Emotional Development
- Social Development

Physical Development

What does Physical Development mean?

Physical development is all about the development of the body. Physical development includes:

- **Small muscle development**
- **Large muscle development**
- **Self help skills**
- **Good health and safety habits**



➤ **Small Muscle Development**

Children develop small muscles by using their fingers to feel and grip small objects.

These are some examples of small muscle activities:

- Threading beads on a string
- Building with small blocks
- Finger painting
- Putting together a train track
- Using crayons, pencils and paint brushes

➤ **Large Muscle Development**

Children develop large muscles when they use their arms and legs.

These are examples of large muscle activities:

- Using push toys, ride-on toys, tricycles and bikes
- Throwing, catching and kicking a large ball
- Rolling over, sitting up and grasping toes
- Jumping, skipping and hopping
- Balancing on one leg

Children need to be safe when doing large muscle activities:

- Remember to make sure that the surface under climbing equipment will soften a fall
- Allow for fall zones when placing equipment indoors and outdoors
- Check public play areas for hazards (e.g. broken glass, cigarette butts) before children enter the space
- Give Children need lots of space when doing large muscle activities

➤ Self-Help Skills

Children develop self-help skills when they do things for themselves.

These are some examples of self-help activities:

- Using cutlery
- Hanging up a coat
- Buttoning clothes
- Tying a shoe lace
- Setting a table

➤ Good Health and Safety habits

Good health and safety habits keep children safe.

These are some examples of activities that help children learn and use good health and safety habits:

- Washing hands after using the washroom
- Washing hands before eating
- Walking down stairs using a hand rail
- Crossing the road safely with an adult

Intellectual Development

What does Intellectual Development mean?

Intellectual development is all about growing the mind. For a child care provider Intellectual development includes:

- Giving children **Choices** and responding to their needs and interests
- Providing a **Place** where children can learn new and interesting things
- Providing **Activities** which help children to grow their mind
- Helping children to explore their **Creativity**
- Helping children to learn about the **Environment**



➤ Choices

Do you meet the different needs and interests of all the children in your care?

No one child is the same so the child care provider needs to learn what each child's needs and interests are. You need to be able to make changes to your program of activities because children have different needs and different interests on different days.

➤ Place

Do you provide an exciting place where children can learn?

Interesting objects and toys help children to learn. The daycare needs to be a place where children can explore and find objects and toys that interest them. It is also important that children can choose and take toys to use by themselves. If a young child cannot see a toy because it is hidden behind a door, or stored above eye level, they do not know it is there!



Does the daycare space help children to be curious and learn about reasoning and problem-solving?

- **Curiosity** is all about wanting to know more and asking questions. You can help children to be curious in the following ways:

- Place interesting objects in the daycare that children can see and touch
- Help children to think about asking questions by asking them lots of questions
- Change the toys and equipment in your daycare often
- Provide activities that encourage younger children to find out more and older children to ask questions (e.g. Give children a bowl of cornstarch and a jug of water to mix together)



- **Reasoning** is all about thinking in a logical way. These are some examples of activities which help children to learn about reasoning:



- Ask a child to choose the book you will read to them
- Give children cups to fill with water or sand. Show them how to pour, empty and refill the cups
- Ask children to follow simple directions (e.g. "Please put your coat away")
- Describe routines to children (e.g. "We are going to put away our toys, wash our hands, and sit at the table ready for snack")

- **Problem-Solving** is all about finding answers. You can help children learn to solve problems in many different activities they choose. These are some examples of questions which help children to learn about problem-solving:

- Which tool will move sand the best?
- Which clothes fit the baby doll?
- Can you make a bridge that the toy train can pass under?
- Can you find a way to make your play figure float on the water?
- Can you make a paper aeroplane that will fly?



➤ **Activities**

Do you help children learn to develop concept-building skills?

Concept Building Skills are all about thinking of and trying out ideas. Concept building skills include:

Classifying

Ordering

Determining direction

Understanding spatial relationships

- **Classifying** means placing things that are alike together. The following activities help children to learn about classifying:

- Sorting socks into pairs
- Putting model animals into groups based on where they live, the number of legs they have, their colour, or whether they have fur or not
- Sorting mixed shapes into groups of the same kind
- Colouring all the circles in a picture red



- **Ordering** means placing things into a logical sequence or line. The following activities help children to learn about ordering:



- Placing toy bears in size order from the smallest to the biggest
- Arranging picture cards in order to tell a story
- Ordering numbers and letters
- Writing words in alphabetical order

- **Determining direction** is all about understanding how things move. The following activities help children to learn about determining direction:



- Playing with wheeled toys and ramps
- Using wheeled toys and playfigures on city road mats
- Using ride-on toys
- Using North, South, East and West in a game of "Simon Says" (i.e. "Simon says turn to face north.")

- **Understanding Spatial Relationships** means understanding how we, and the objects around us, fit into the space around us. The following activities help children to understand spatial relationships:

- Building with blocks or putting together a train track
- Taking part in action songs
- Drawing a picture of a person looking closely to see where the eyes, nose and mouth need to go on the face
- Making a map showing areas of the daycare



➤ **Creativity**

Do we help children to explore their creativity?

Creativity is all about helping children to express themselves in different ways. Creativity includes:

- Art
- Music
- Movement
- Imaginative Play (make-believe)
- Story-telling
- Construction and Model Making



These are ways you can help children try out their creativity and imagination:

- Let children choose their own materials and subject to create something only they can. Interesting objects, photographs, books and magazine pictures give children ideas of things to draw and paint. Remember the finished result is not as important as the doing!
- Let children listen to music and songs. Teach children songs and let them make up their own songs and music. Help children to dance, march, and move to music.
- Help children develop their imaginative play by offering special props for them to use freely – objects such as play food, plates, pots and spoons help children to cook, mix and serve food to their friends. Add a tablecloth and children can have a picnic!
- Let children tell a story using a felt board or puppets. Remember that hearing lots of stories gives children ideas about making up their own stories.



- Let children build using different kinds of blocks. Blocks can be wooden, foam, solid, hollow, cardboard boxes or other household containers (e.g. tissue boxes). Older children will enjoy using, paper, card, small containers and boxes to make structures which they can stick together.
- Let children model play dough into something they choose.

➤ **Environment**

Do we help children learn about their environment?

Our environment is everything around us including our local area and nature. Children use all their senses to learn about and understand their surroundings. These are some examples of activities which help children to learn about the environment:

- Taking walks and talking to children about what they see and hear
- Talking to children about what they like and dislike about the local area
- Making collections of natural objects (e.g. leaves, sea shells and rocks)
- Planting seeds and watching the changes that take place
- Using a magnifying glass to look at a natural object closely
- Making a weather chart
- Making a bird feeder and watching birds using it
- Smelling and matching cans that hold different scented spices or objects (e.g. cedar, rose, honey and compost)



Language Development

What is language development?

Language development is all about learning words. Language also helps us to think about ourselves and the world around us. Language development includes:

- speaking and listening
- Understanding written words

Children learn language over time. Infants first learn understand words, then they begin to speak. Reading and writing come later. Children learn language by being surrounded with language.



➤ Speaking and Listening

These are some examples of activities which help children learn about spoken language:

- Playing taped stories or reading a book out loud to children
- Asking children to help tell a story using puppets, felt board pieces or play figures
- Telling young children the names of objects and toys shown to them
- Asking children to tell something about their weekend
- Ask children to bring in a special object to show and tell others about
- Help children make and use home-made "telephones"
- Ask children to tell a different ending to a well-known story (e.g. If Goldilocks had not fallen asleep, where do you think the three bears would have found her?)
- Describe a hidden picture to children who must try to draw it



Remember that some children may be shy about speaking in front of others. Allow children to take part in activities when they feel ready.

➤ Understanding Written Words

These are some activities which help children to understand written words:

- Sharing books with children
- Helping children put together a picture book
- Post a daycare schedule that makes use of words and pictures for children to look at
- Ask children to talk about their drawings and write some of their words on the picture
- Give children crayons and pencils to use. Learning to hold crayons and pencils prepares a young child for future writing



- Help children to write their name
 - Set up a letter writing table with paper, envelopes, post cards and play stamps for children to use
 - Place shopping lists in a role-play area
 - Write down ideas that children talk about in group discussions on a large board
- Show children a number of objects placed on a tray. Cover them with a cloth and ask children to write or draw all the objects they remember
 - Help children make cards for their family
 - Older children can produce a "daycare newspaper" to share special events and activities with parents

In order to encourage children to read, it is important to provide a range of books which interest all children and a comfortable area for children to enjoy books.

Emotional Development

What does emotional development mean?

Emotional development is all about feelings.
Emotional development includes:

- The view we have of ourselves
- The feelings we have about our cultural background
- How we show and talk about our feelings



How do I view myself?

You can help children to build a positive view of themselves and understand their strengths and weaknesses by:

- Telling a child when they do something well
- Thanking a child for using their manners or following an instruction
- Praising a child when they try hard
- Encouraging a child to ask for help when they need it

How do I view my culture?

You can help children feel proud of their cultural background and share their cultural background with others by:

- Asking children to talk about the special things that they do as a family
- Asking children to bring into the daycare objects and pictures that show their culture
- Preparing food from different cultures
- Sharing cultural events and traditions with children

How can I show and talk about my feelings?

You can help children to show and talk about their feelings by:

- Asking children when they feel happy or sad
- Asking children to point to a picture of a face that shows how they feel
- Asking children how they think people in pictures are feeling
- Helping children to share their feelings with others

Social Development

What does social development mean?

Social development is about a child's interaction with others. You can help children build their social skills by:

- Planning times for children to work by themselves and times that they can work with others
- Helping children to learn positive behaviours
- Helping children to understand that people are different and to value these differences
- Helping children to respect the things that belong to others
- Giving children lots of opportunity to talk, work and play together
- Helping children to talk, work and play together well

