

Dear Rising 3K Families,

We are so excited about next year! We know that the anticipation of a new school can be overwhelming, so we wanted to share some suggestions about things to do to help with the transition into preschool.

- 1) Get your child outside to play! Limit screen time and encourage activities that cross the midline to foster brain development. (See our Play: Fostering Brain Development Choice Board below and complete as many activities as you can!)
- 2) Take advantage of the public library- it is your best friend! They have a wonderful summer reading program. This is a fabulous opportunity for your child to get his/her very own library card! The book selection is incredible and the program is free!
- 3) Read aloud often with your children- daily is best- be sure to include books about preschool and talk about the characters feelings. "The more things you read, the more things you know, the more that you learn, the more places you'll go!"- Dr. Seuss
- 4) Make a game out of self-help skills! Have your child practice things like putting on/off and unzipping his/her coat, using the potty by him/herself including pulling pants up and down and wiping, putting their shoes on, go on a picnic with your child and have him/her unpack his/her lunch box, and practice drinking water from a cup without spilling.
- 5) Use your imagination, be creative, and talk together!

We hope you have a wonderful summer. We are looking forward to a fun filled year with your child!

Love,

The 3K Team

(Do as many as you can!)

<p><b>Go to a local playground or come to our playground at SDS!</b></p>	<p><b>Kids Yoga!</b> <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p>	<p><b>Have fun with stickers!</b></p> <p>Practice peeling stickers and putting them on paper or in a special notebook.</p>
<p><b>Can you...</b></p> <ul style="list-style-type: none"><li>● Jump like a frog?</li><li>● Hop on one foot?</li><li>● Roar like a dinosaur?</li><li>● Do the crabwalk?</li><li>● Walk backwards</li><li>● Run fast for 10 seconds?</li><li>● Throw a ball to a friend and then catch it back?</li></ul>	<p><b>Do Some Chores!</b></p> <ul style="list-style-type: none"><li>● Wash dishes</li><li>● Pick up sticks</li><li>● Sweep</li><li>● Clean up toys</li><li>● Put your shoes on</li><li>● Pick up clothes</li><li>● "Mow" the grass</li></ul>	<p><b>Go to Pump It Up!</b> <a href="http://www.kidspartycenterspartanburg.com">http://www.kidspartycenterspartanburg.com</a></p> <p><b>Go to the Trampoline Park!</b> <a href="http://www.bigairusa.com/spartanburg/">http://www.bigairusa.com/spartanburg/</a></p>
<p><b>Have a Backyard Dance Party!</b></p> <p><b>Make musical instruments and then march like a band in your neighborhood!</b></p>	<p><b>Adventure Walk!</b></p> <p>Make binoculars and go on an adventure walk. Collect treasures and count the different animals you see.</p>	<p><b>Make a necklace or a bracelet!</b></p> <p><b>Paint rocks!</b></p> <p><b>Play with playdough!</b></p>
<p><b>Fun Activities</b></p> <ul style="list-style-type: none"><li>● Swinging</li><li>● Running</li><li>● Skipping</li><li>● Riding on trikes/bikes</li><li>● Jumping/bouncing on trampolines,balls</li><li>● Blowing bubbles</li></ul>	<p><b>More Fun Activities</b></p> <ul style="list-style-type: none"><li>● Build a fort!</li><li>● Play tug of war!</li><li>● Dig in the garden or sandbox- or at the beach!</li><li>● Build with Legos (count the legos!)</li></ul>	<p><b>Sidewalk Chalk</b></p> <p>Draw pictures, letters, numbers, and names with sidewalk chalk in a variety of colors! Draw a house, school, and a farm on the driveway and then play with matchbox cars in your homemade community.</p>
<p><b>Art Easel Fun!</b></p> <p>Get a child-sized art easel and paint BIG pictures, letters, numbers and names!</p>	<p><b>Help Make a Meal!</b></p> <p>Count out grapes, blueberries, noodles, green beans, etc. to place on each plate!</p>	<p><b>Make a Birthday Card!</b></p> <p>Draw, cut with scissors, color a special note with big crayons or markers!</p>
<p><b>Collect Seashells/Rocks!</b></p> <p>Collect a bucket of seashells at the beach or rocks and flowers at home and count and sort them by size, shape, and color!</p>	<p><b>Sing Together!</b></p> <p>Sing ABC and other favorites when you get a chance! Even when brushing your teeth!</p>	<p><b>Have a Playdate!</b></p> <p>Go outside and get dirty! Paint together, look at books together, climb and have lots of fun!</p>