Getting Ready for Kindergarten





Self-Help Skills

- Blows their own nose with a tissue
- Uses bathroom independently (wipe and dress)
- Asks for help when needed
- Gets clothes on independently



### Self-Help Skills

- Pack a picnic lunch and eat outside
- Take a bath in the dark with glow sticks
- Have a job for your child to do to help around the house everyday
- Play dress-up
- Practice eating lunch in 15 minutes with a timer
- Get dressed
- Have your child pick out your own clothes



Fine Motor Skills

Snaps, buttons and zips clothing

Starts to tie their own shoes

Cuts straight and curved lines with scissors

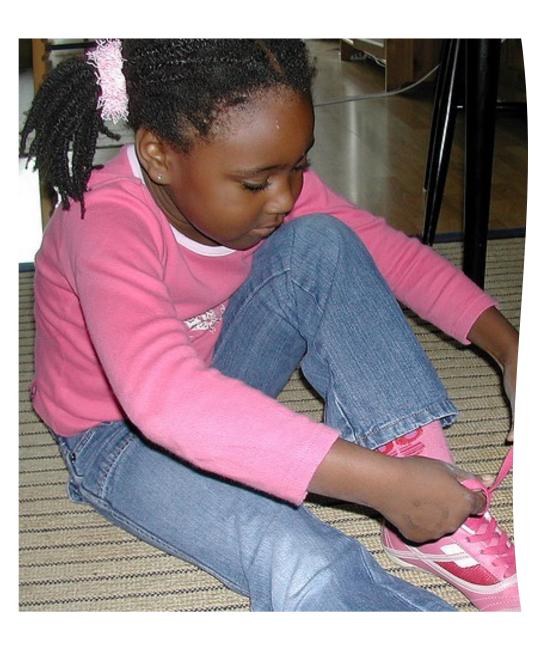
Draws pictures that represent people

Prints first name with proper pencil grip

Uses a variety of materials (paint, chalk, crayons, and pencils)

Puts together a puzzle

This Photo by Unknown Author is licensed under CC BY-NC



### Fine Motor Skills

- Draw a family picture
- Draw pictures
- Make a card
- Play with playdough
- Practice writing your name with sidewalk chalk
- Draw a self portrait using Mat Man
- Make puppets (paper bag, spoons, socks)
- Cutting magazines or coupons with a scissors



### Gross Motor Skills

Puts on jacket, pants, shirt, shoes, and boots

Marches, jumps, hops and walks backwards

Throws and kicks balls

Makes movements with hands crossing the body's midline

This Photo by Unknown Author is licensed under CC BY-SA-NC



## Gross Motor Skills

- Activities to promote these skills:
- Have a dance party
- Wash your bike or scooter
- Build a fort
- Go for a bike ride
- Make an obstacle course for a bike or scooter
- Play Red Light, Green Light
- Draw a race track with chalk and race toy cars
- Jump in puddles



Social and Emotional Preparation

- Follows 2 step directions
- Shares toys or materials with another child
- Takes turns during a game
- Expresses their needs with words or pictures
- Works independently
- Works cooperatively in a group of 2 or 3 children
- Expresses emotions
- Has 2 or 3 strategies to solve a problem (share, take a turn, walk away . . . )
- Is willing to try new things (food, going places, meeting people . . . )



Social and Emotional Preparation

#### Activities to promote these skills:

- Play simple games (Candy Land, High-Ho Cherry-O . . . )
- Make different feeling faces and take pictures
- Play restaurant
- Put on a puppet show
- Go to the park
- Have summer game night
- Talk about your day (share 3 things that you did)

his Photo by Unknown Author is licensed under CC BY-SA-No

## Early Literacy Skills

Is read to every day

Recognizes their own name

Identifies objects by name (body parts, animals, food, furniture . . . )

Sings songs

Sings alphabet song and points to the corresponding letters

Names the letters in their name and family members' names

Retells a simple story

Isolates the beginning sound in a word

Rhymes

Able to make the letter sounds correctly for letters in their name and family members' names

## Early Literacy Skills

- Write a letter and mail it to someone
- Build a letter with your bodies or with some friends
- Go to the library
- Go on an alphabet hunt
- Write or draw in a summer journal
- Make an ABC book
- Read books everyday
- Sing songs
- Play letter bingo
- Make letters with cooked spaghetti
- Magnetic letter activities \*
- Read a story more than once and have the child practice retelling the story with pictures and just words (Three Little Pigs, Three Billy Goats Gruff...)
- Play "I Spy" with beginning sounds and rhyming words (Examples: I spy something that starts with the /c/ sound or I spy something that rhymes with frog)
- Sing songs that rhyme words with their name (Song: Willably Wallaby Woo)
- Clap how many syllables are in a word or family members' or friends' names

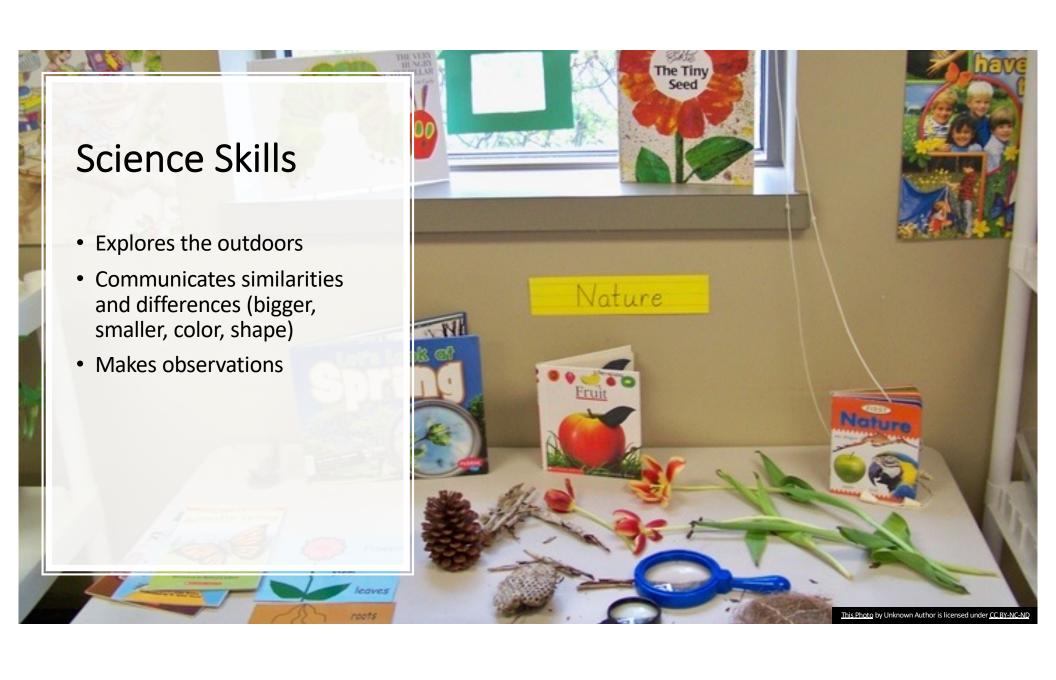


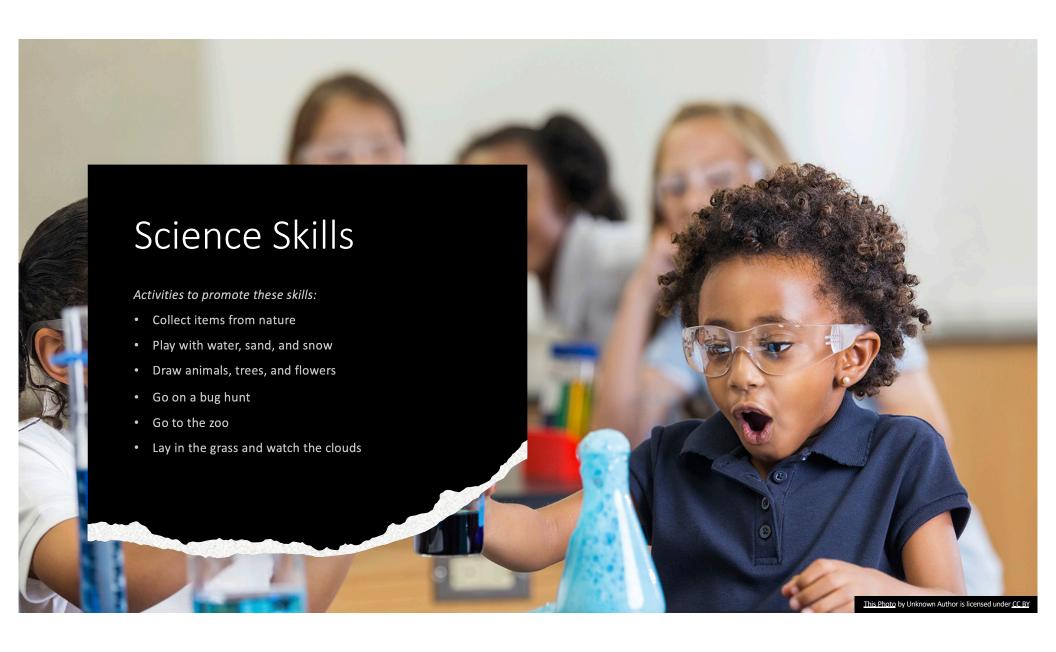
## **Numeracy Skills**

- Rote counts (counting verbally 1,2,3,4,5 . . . 20)
- Touches and counts objects
- Names basic shapes (square, rectangle, oval, circle, and triangle)
- Describes objects by color, shape, and size
- Recognizes numerals 1-10

# Numeracy Skills

- Play hopscotch
- Bake your favorite food
- Count how many worms you see after it rains
- Build something (recyclable materials, blocks, boxes)
- Go on a scavenger hunt with shapes and numbers
- Play number or shape bingo
- Play board games with dice or cards
- Play Go Fish
- Count cars, silverware, or toys
- Go on a treasure hunt using these words: above, beneath, over, under, next to, beside, and through
- Compare size and length by using larger, longer, smaller, shorter, equal, and same
- Weigh and measure your child and record how they grow
- Make a counting book
- Sort wash or dishes





### Resources:

- http://www.ed.gov/parents/earlychild/ready/preschool/part\_pg14html
- http://www.readingpath.org/sitemap.html
- Your Child's First School and Preschool and Your Child by Diana Townsend-Butterworth
- Ellen Booth Church (Parent & Child magazine), "Cooking Time"
- The Kindergarten Survival Handbook: The Before School Checklist & A Guide For Parents by Allana Elovson, Ph.D.
- Yardsticks: Children in the Classroom Ages 4-14: A Resource for Parents and Teachers by Chip Wood
- Your Five- and Six- Year- Old as They Grow by editors of Parents magazine and Marge Kennedy
- Learning Early by Dorothy Einon
- Kindergarten, It Isn't What It Used to Be: Getting Your Child Ready for The Positive Experience of Education by Susan Golant and Mitch Golant, Ph.D.