

Getting Ready for Kindergarten



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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



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Self-Help Skills

Activities to promote these 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



Fine Motor Skills

Activities to promote these 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



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

Use kind words

Get a timer

Wait and take turns



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)

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

Activities to promote these 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

Activities to promote these 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

Science Skills

- Explores the outdoors
- Communicates similarities and differences (bigger, smaller, color, shape)
- Makes observations





Science Skills

Activities to promote these skills:

- Collect items from nature
- Play with water, sand, and snow
- Draw animals, trees, and flowers
- Go on a bug hunt
- Go to the zoo
- Lay in the grass and watch the clouds

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.