



# Ready, Set, Go! Kindergarten

Arlington Community Schools



Kindergarten  
Readiness Resources



April 2019



# You're on your way to K!



The transition to Kindergarten is respected as a major milestone not only for the child but for his or her family as well. The attitude towards school and learning that children carry with them for life is often determined by this very first experience with school. A smooth transition to Kindergarten can help make sure your child is successful in school.



The information provided below is designed to help you prepare your children for their school experience.

## You bet we're ready for K!

A five-year old with these skills is **READY** to succeed in school.

### Letters and Sounds - Your child can...

- Listen to and retell a story
- Recognize letters (upper and lower case) and some letter sounds
- Repeat the first sound in a word
- Speak in complete sentences
- Print first name (with only the first letter capitalized)

***Reading together every day helps your child master these skills.***

Studies show children must hear and share in hundreds of stories and Nursery Rhymes before they are ready to learn and read in school. It is also important for them to talk about what they see every day and say the sounds of the letters they are learning.

### Math - Your child can...

- Count in order from 1 to 20
- Recognize numbers and quantities to 10
- Name and sort items by color, shape, & size
- Understand concepts such as more, less, same, above, below, big, and small

### Fine Motor/Social Skills - Your child can...

- Hold and use a pencil and crayons correctly
- Cut with scissors
- Follow 2-step instructions: (For ex: "Please go get your shoes and put them on.")
- Cooperate with other children
- Sit and pay attention for periods of time

## • Ideas & Resources •

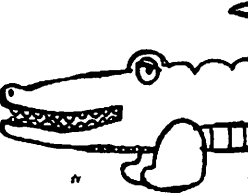

### Make learning FUN!

- **Snack/Shopping Time** – Look for letters on food boxes or cans and say them together; count and sort items.
- **Drive Time** – Sing songs and read signs, pointing out various letters and sounds; practice counting.
- **Library Time** – Visit the library often to pick out books you can enjoy reading together. Be sure to check out the summer reading program at Arlington's Sam T. Wilson Library - <https://www.facebook.com/samtwilsonlibrary>.
- **Lesson Time** – Use magnetic letters, dry-erase/chalk boards, sand, shaving cream, Play-Doh, etc. to practice forming/writing letters, name, and numbers.





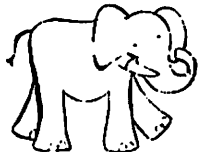


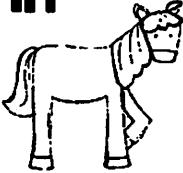










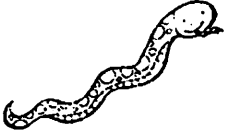







### Check out these apps/online resources!

- **Teach Your Monster to Read** – This award-winning series of games has helped millions of children learn to read. Play for free on their website or download the app.
- **Starfall.com** – This site has several free educational videos and games for teaching children the letters of the alphabet and more.
- **ABCmouse** – Site and app offer more than 5,000 fun and interactive PreK-K learning activities that teach reading, math, and more.
- **Family Play Kindergarten** – The Sheriff needs help at Cowboy Kids Academy to learn Kindergarten skills...great app for kids heading into Kindergarten.
- **Moose Math & Splash Math** – Apps have math activities/games to teach number sense, counting, shapes, and much more.

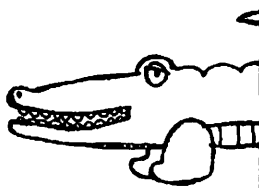
# The A to Z of Kindergarten Readiness

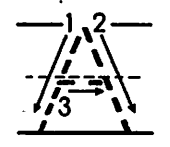
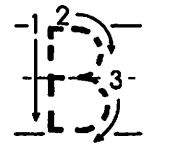
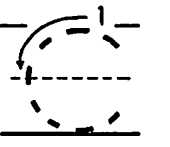
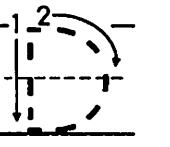
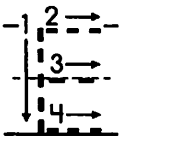
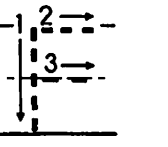
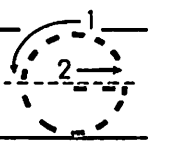
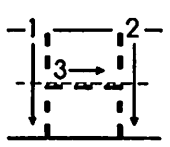
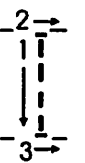
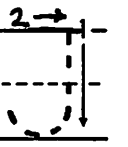
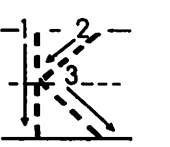
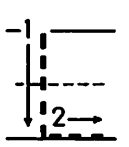
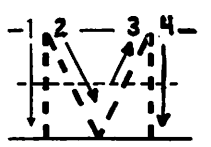
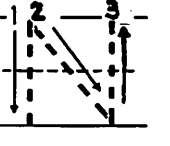
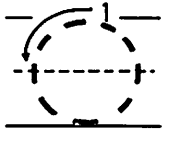
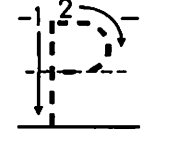
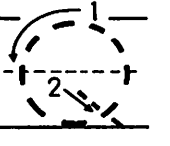
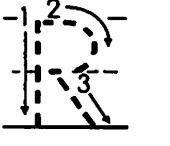
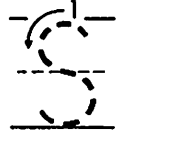
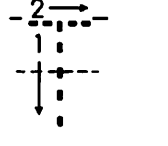
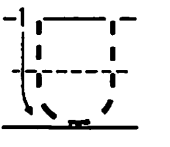
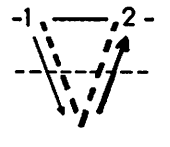
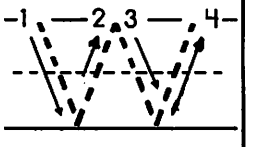
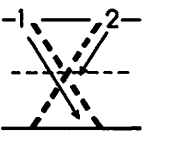
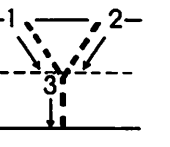


	<p><u>Alphabet:</u> can recognize uppercase &amp; lowercase letters</p>	<p><u>Bathroom:</u> can use the bathroom independently</p>	<p><u>Concepts of print:</u> know how to read a book and track words</p>	<p><u>Do your best:</u> when presented with difficult tasks</p>	<p><u>Eat independently:</u> can open and close snack/ lunch</p>	<p><u>Friendly:</u> can interact with new friends in a positive way</p>
<p><u>Get dressed:</u> can put on &amp; take off clothes independently</p>	<p><u>Handwriting:</u> can print their name &amp; uppercase letters</p>	<p><u>Independence:</u> can problem solve</p>	<p><u>Just right noise level:</u> can control their voice in different settings</p>	<p><u>Kind:</u> is kind to others and can share</p>	<p><u>Letter sounds:</u> can produce letter sounds</p>	<p><u>Minutes:</u> can focus on a specific task for 5-10 minutes</p>
<p><u>Name recognition:</u> can recognize and write their name</p>	<p><u>Optimistic:</u> is positive about coming to school</p>	<p><u>Pay attention:</u> can pay attention to the teacher or activity</p>	<p><u>Quiet listener:</u> can listen quietly</p>	<p><u>Rhyme:</u> can recognize rhyming words</p>	<p><u>Scissors:</u> can hold scissors correctly and cut straight lines</p>	<p><u>Trace:</u> can trace straight and curved lines</p>
<p><u>Understand directions:</u> can follow 1 &amp; 2 step directions</p>	<p><u>Volunteer answers:</u> can answer questions</p>	<p><u>Wait in line:</u> can wait patiently in line</p>	<p><u>eXcited:</u> is excited to be in school and learn new things</p>	<p><u>Yearly calendar:</u> knows the name of months &amp; seasons</p>	<p><u>Zippers, etc.:</u> can use zippers &amp; buttons on clothes</p>	

# My Alphabet Chart

from <b>A</b>	<b>Aa</b>  alligator	<b>Bb</b>  bear	<b>Cc</b>  cat	<b>Dd</b>  deer	<b>Ee</b>  elephant	<b>Ff</b>  fish
<b>Gg</b>  gorilla	<b>Hh</b>  horse	<b>Ii</b>  iguana	<b>Jj</b>  jellyfish	<b>Kk</b>  kangaroo	<b>Ll</b>  lizard	<b>Mm</b>  mouse
<b>Nn</b>  night owl	<b>Oo</b>  octopus	<b>Pp</b>  penguin	<b>Qq</b>  quail	<b>Rr</b>  rabbit	<b>Ss</b>  snake	<b>Tt</b>  tiger
<b>Uu</b>  umbrella bird	<b>Vv</b>  vampire bat	<b>Ww</b>  weasel	<b>Xx</b>  fox	<b>Yy</b>  yak	<b>Zz</b>  zebra	to <b>Z</b>

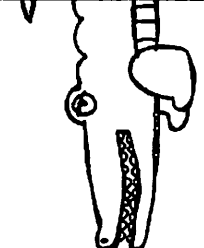

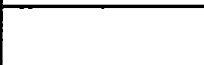
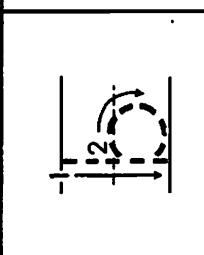
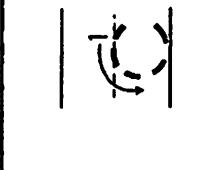
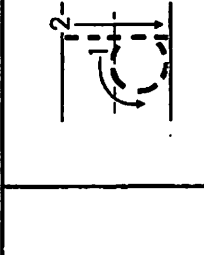
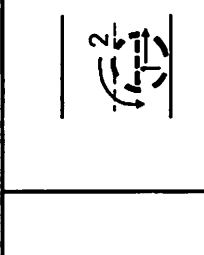
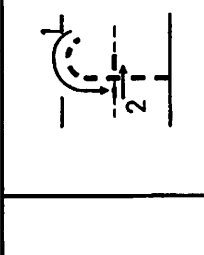
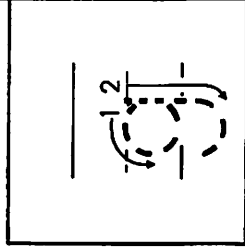
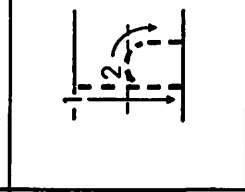
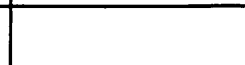
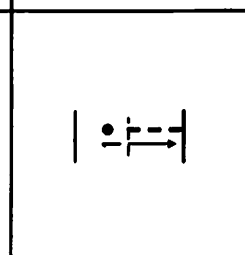
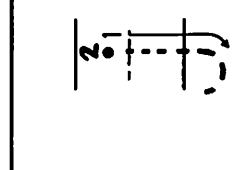
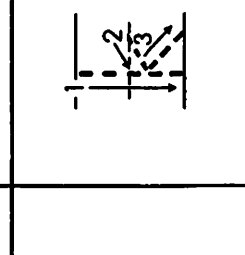
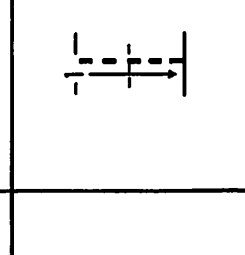
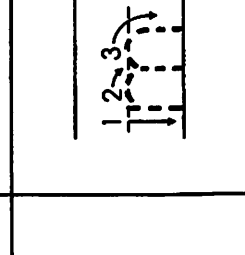
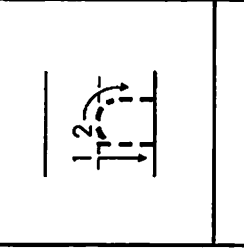
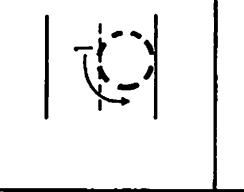

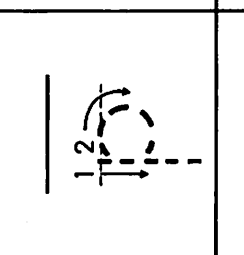
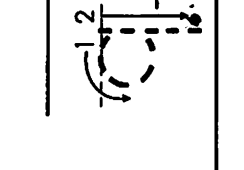
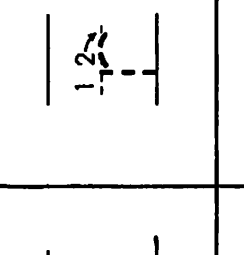
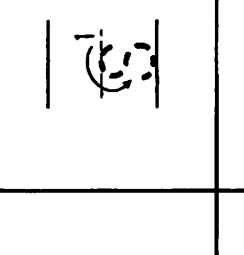
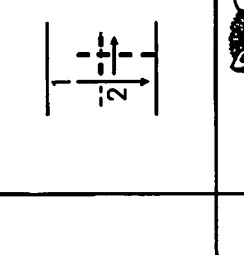
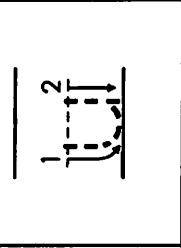
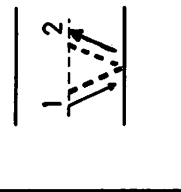

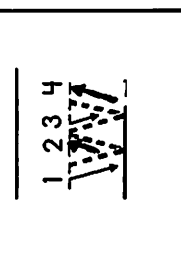
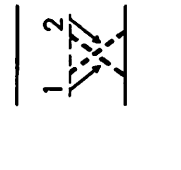

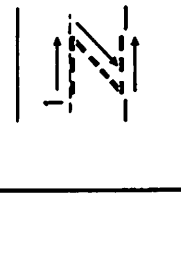




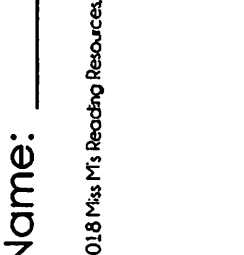

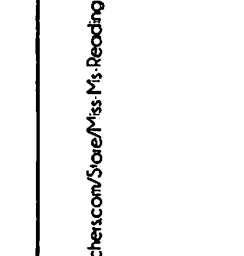
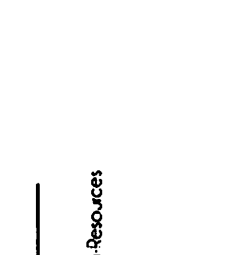

# I can write my letters A-Z!



Name: \_\_\_\_\_

# I can write my letters a-z!



Name: \_\_\_\_\_

# The Alphabet Around Us!

Aa 	Bb 	Cc 	Dd 	Ee 
Ff 	Gg 	Hh 	Ii 	Jj 
Kk 	Ll 	Mm 	Nn 	Oo 
Pp 	Qq 	Rr 	Ss 	Tt 
Uu 	Vv 	Ww 	Xx 	Yy 
Zz 	Read the words you already know and hear the letter's sound.			

Print one for each student in your group.  
Use this to teach kids the alphabet song sliding and pointing to each letter.

Aaa Bbb Ccc Ddd Eee Fff Ggg

Hhh Iii Jjj Kkk Lll Mmm Nnn Ooo Ppp

Qqq Rrr Sss Ttt Uuu Vvv

Www Xxx Yyy Zzz

Now I said my ABC's, next time won't you sing with me?



# Ideas for Name Practice at Home

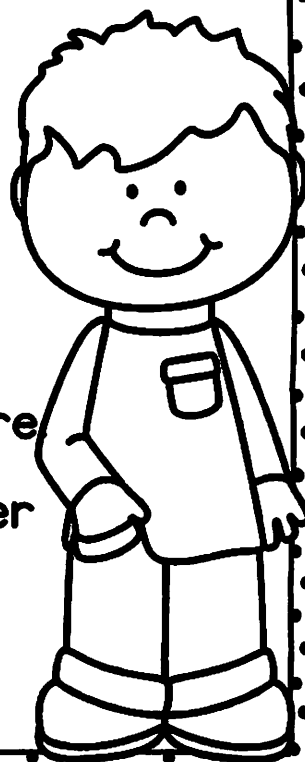
-Have your child use magnetic letters to build his/her name.

-Write your child's name on a popsicle stick. Write each letter on a clothespin. Have your child match each letter to their name on the stick.

-Write the letters of your child's name on index cards and put them in a path on the floor. Have him/her say the letters as they walk on the cards.

-Have your child stamp the letters in his/her name into playdoh.

-Write your child's name across a picture. Cut the picture into strips with one letter on each strip. Have your child put the letters in order to re-build the picture.



I can write my name!



Practice

Handwriting practice lines consisting of 10 rows. Each row has a solid top line, a dashed middle line, and a solid bottom line.

Dear Parents,

Your child is on their literacy journey and there are many components that are essential to reading success.

### **Phonemic Awareness**

Phonemic awareness is done **orally** and **without print**. Phonemic awareness is the knowledge that words are made up of individual sounds. It is also the knowledge of how to manipulate these sounds: blending sounds, rhyming, syllables, segmenting sounds.

### **Phonics**

Phonics is the connection between sounds and letter symbols. Students start by learning the individual sounds letters can make. Then students progress toward looking for patterns within words and how combinations of letters produce various sounds.

### **Fluency**

Fluency is a reader's ability to read with expression, accuracy, and speed. Not only do students need to be able to recognize and decode words, they must also understand the words as they are being read.

### **Vocabulary**

Vocabulary development is a life long process. There are two ways to teach vocabulary. Explicit instruction happens when the meaning is told (teacher, parent, dictionary). Another method is using context clues which are "hints" contained in a text that help a reader figure out the meaning of an unfamiliar word.

### **Comprehension Reading**

Comprehension is understanding what a text is all about. It requires the reader to combine their knowledge of phonics, use of fluency, their understanding of the text vocabulary, and their use of prior knowledge to develop meaning.



Children develop phonological awareness at different ages. The stages of development are listed below.

**Sound deletion**

Say BOAT without the B.

**Sound substitution**

Change the H in HAT to B (BAT).

**Segment sounds**

Say the sounds you hear in SHIP.

**Blending sounds**

Guess this word: S-U-N.

**Syllable deletion**

Can you say window without the win?

**Isolate beginning sound**

Say the first sound in hat

**Produce Rhyme**

Can you think of a word that rhymes with car?

**Blends (onset and rime)**

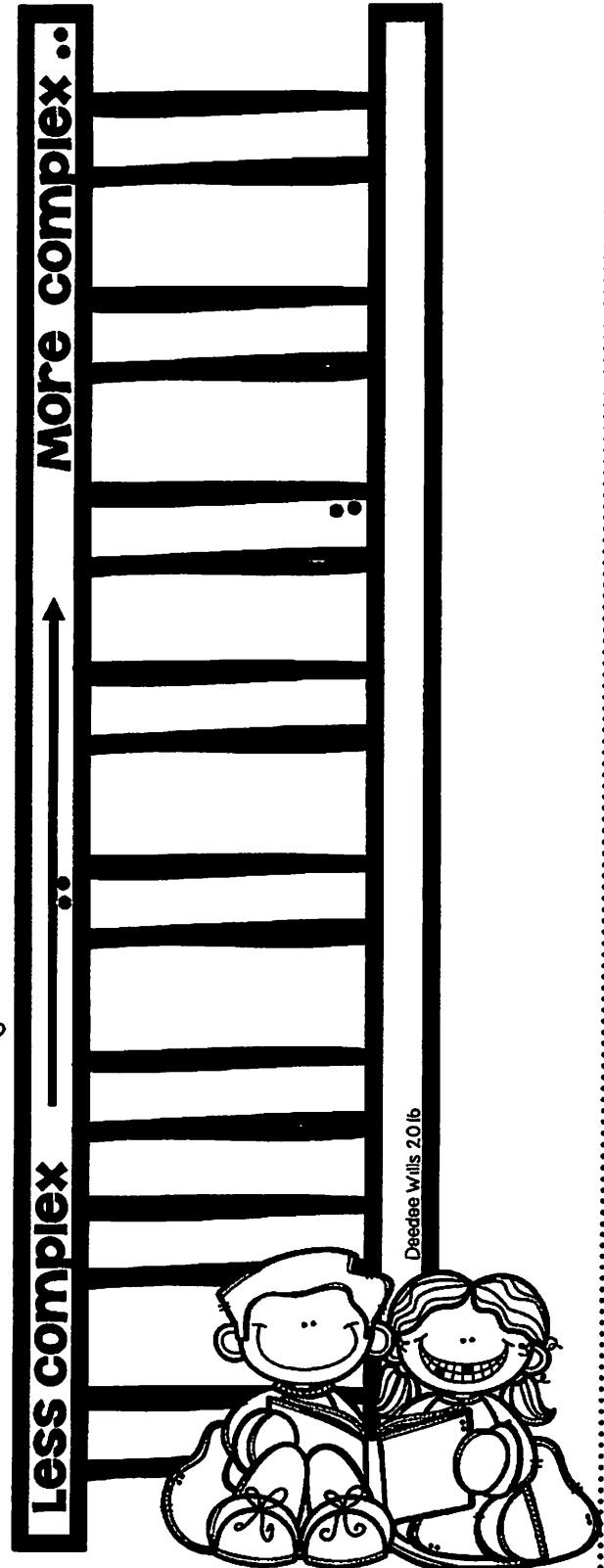
Guess this word: C-AT

**Syllables**

Can you clap the syllables?

**Recognizing Rhyme**

Do these words rhyme?



Here are a few fun activities you can do at home with your child.

## I Spy



Play an "I Spy" game.

"I spy something that rhymes with \_\_\_\_\_."

"I spy something that starts with the /b/ sound."

Take turns.

DeeDee Willis 2016

## I'm going on a trip...

"I'm going on a trip and I am bringing things that start with the /b/ sound/."

Take turns thinking of things (ball, brush, bat). Then switch to a new sound.

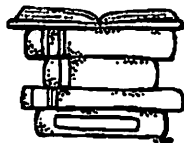


DeeDee Willis 2016

## Read a book!

Stop by your school or local library. Rhyming books are plentiful! Read the text and pause before the rhyme. Have your child fill in the missing rhymes:

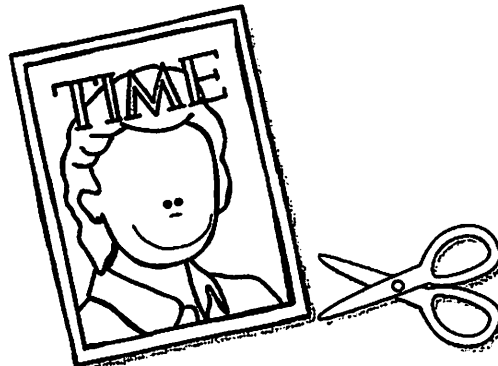
Books by Dr. Seuss or Eric Carle have fun rhymes. Don't forget to ask the librarian. They are so knowledgeable.



DeeDee Willis 2016

## Magazine sort

Sort pictures in a magazine by the number of syllables they have. You can also look for pictures that start with a particular sound.



DeeDee Willis 2016

# Draw it!

Say the sounds and have your child draw the word.

Easier: c/at (2 parts)

Harder: c/a/t (3 parts)

Challenge: n/e/s/t (4 parts)

This could be done with a pencil, crayon, or even shaving cream in the bathtub!

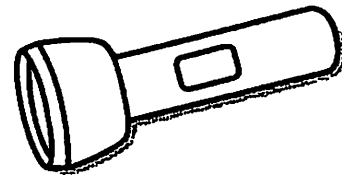


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# Spotlight

Turn out the lights and shine a flashlight around the room. Your child can clap out the syllables in the word:

Example: Television, pillow, sofa, dog, table...



Deedee Willis 2016

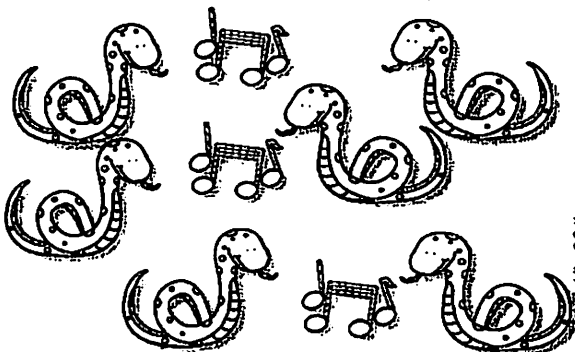
# So silly!

Help your child create silly sentences!

Example:

Six sweet snakes sang songs.

Two tiny turtle twirled together.



Deedee Willis 2016

# Riddle me this!

You will say a word riddle and your child will solve it.

Example:

What rhymes with hand but starts with /s/?

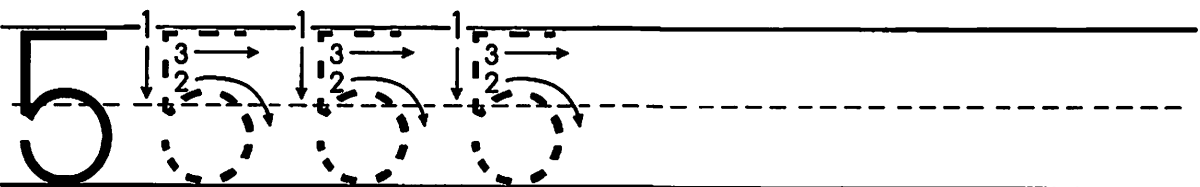
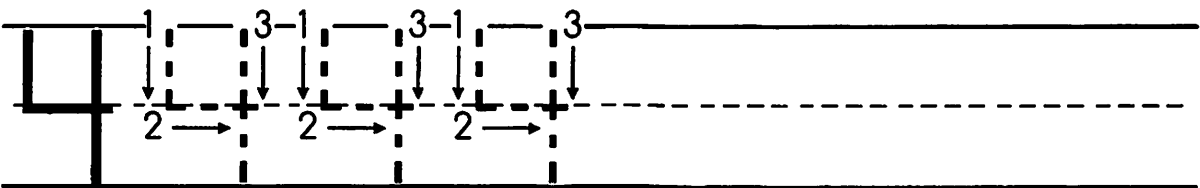
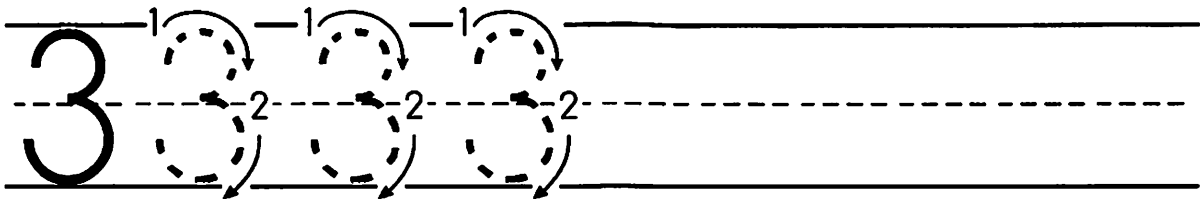
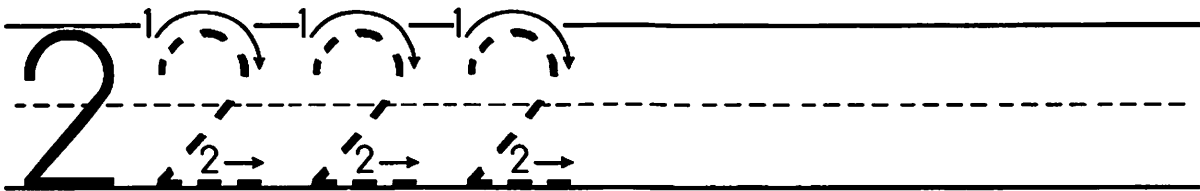
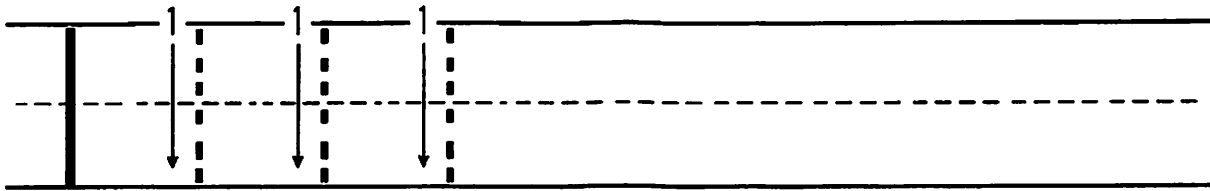
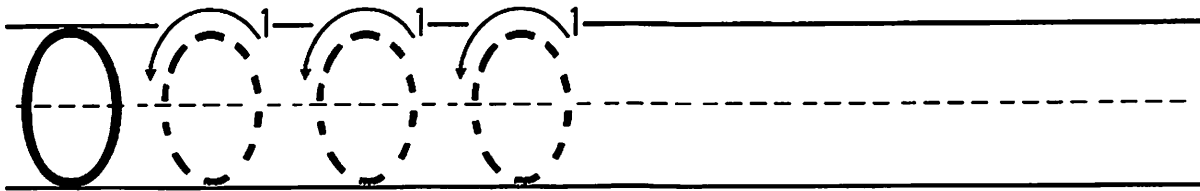
What rhymes with book but starts with /h/?



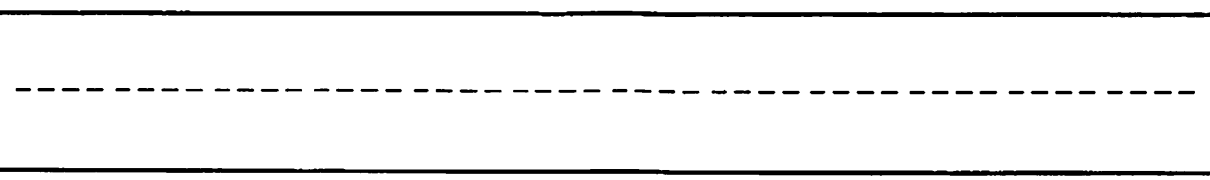
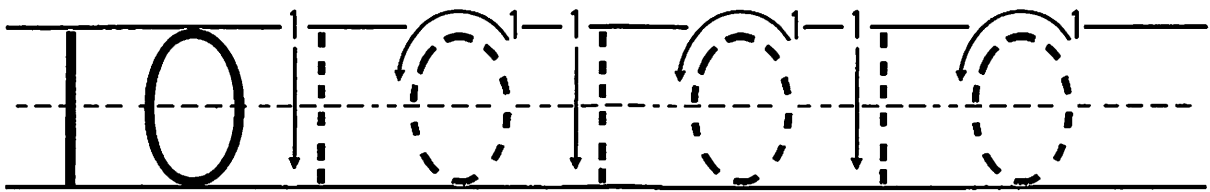
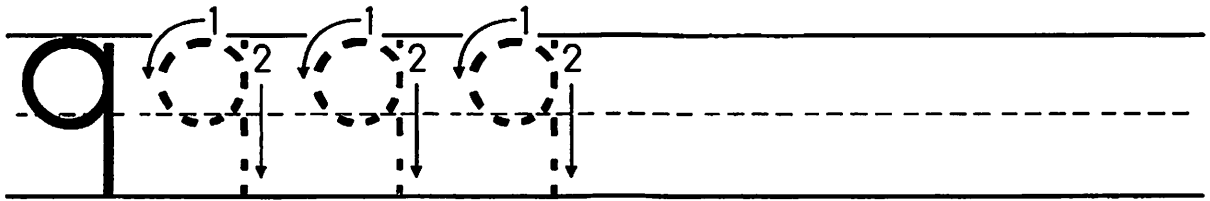
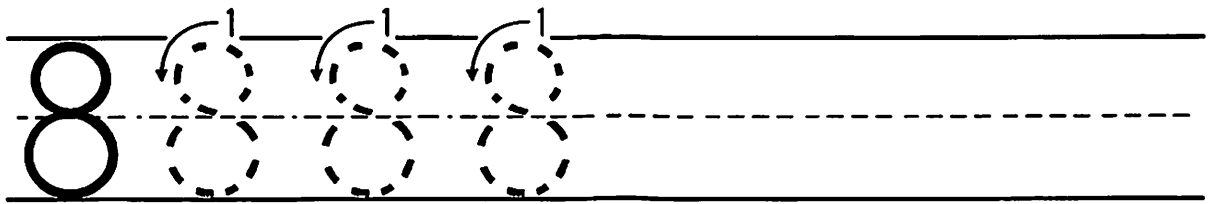
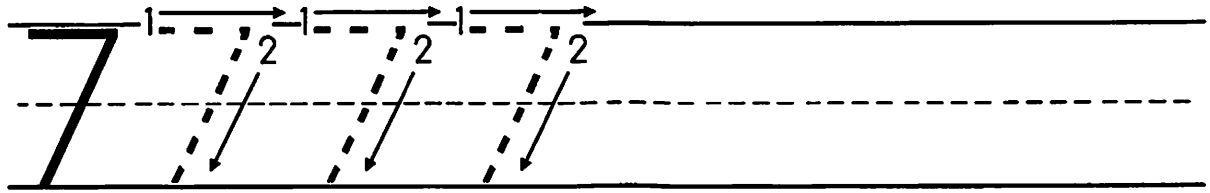
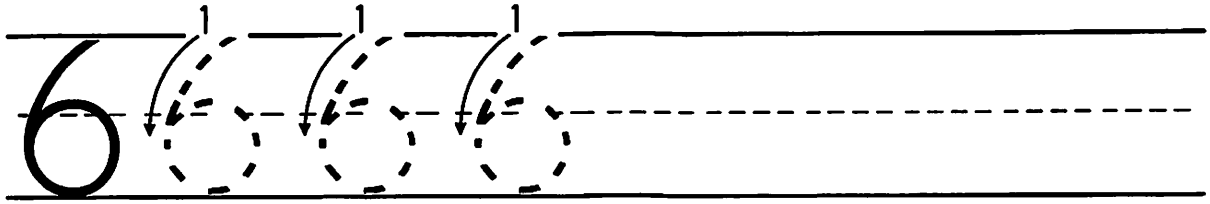
Deedee Willis 2016

**Number Writing Rhymes:**

Round and round and round we go When we get home We have a zero.	Start at the top And down we run That's the way we make a one.
Around and back On the railroad track Two, two, two!	Around a tree Around a tree That's the way we make a three.
Down and over And down some more That's the way we make a four.	Down and around With a flag on high That's the way we make a five.
Around to a loop Number six rolls a hoop.	Across the sky And down from heaven That's the way we make a seven.
Make an "S" and do not wait When we get home We have an eight.	Make a loop And then a line That's the way we make a nine.







# Zoo Roll And cover

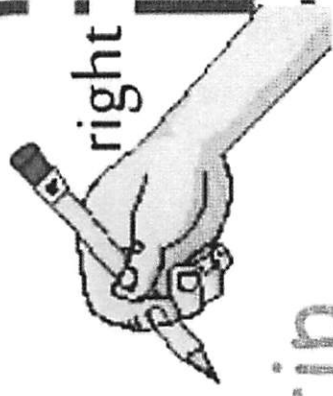


# Zoo Roll And cover



Use the game board to practice counting and number identification. Each player has his/her own side of the game board. Roll 2 dice, count all the dots, and use counters (cubes, pennies, or edible items like cereal, candy, marshmallows, etc.) to cover number rolled. Take turns. Play until one player covers all of the numbers on his/her game board.

# How to hold my Pencil



My thumb is bent,  
Pointer points to the tip,  
Tall man is at the side.  
Tuck the other fingers in  
And take them for a ride!

left





# Why Are Scissor Skills SO Important?

## Build Fine Motor Strength

- Cutting allows a child to build up the little muscles in their hands with the open and close motion. These muscles are so important for writing, painting, and doing everyday things like brushing your teeth, eating with utensils, and getting dressed.

## Develop Eye-Hand Coordination

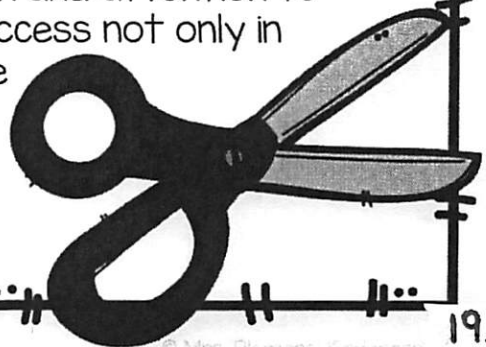
- Cutting requires kids to use their eyes and hands in unison to accomplish the cutting task. Eye-hand coordination is important for catching/throwing balls, eating with a spoon, and zipping a coat.

## Increase Bilateral Coordination

- Cutting encourages your child to use both sides of the body at the same time while each hand is performing its own task. When cutting a shape, a child must hold the paper with one hand while the other hand is opening and closing the scissors and moving forward to cut. This is essential for tasks like zipping up a coat or pants, washing dishes, and opening an envelope.

## Improve Focus and Attention

- Cutting out shapes takes concentration and attention to detail. Both skills are necessary for success not only in the classroom but in everyday life. The ability to sustain focus is essential to being able to read books, listen to instruction and complete many other classroom tasks.



# FUN FINE MOTOR at HOME

Help your child develop the strength and motor control he/she needs to write and draw!

## Things to Remember

Make it FUN and hands on! Children need **FREQUENT** opportunities and a variety of materials to develop their fine motor control as well as eye hand coordination.



## QUICK INFORMATION

Fine motor development involves the use of small muscles of the body (hands and fingers). It is the ability to pick up small items, color with crayons, copy designs, string beads, cut with scissors, draw shapes, and write letters.

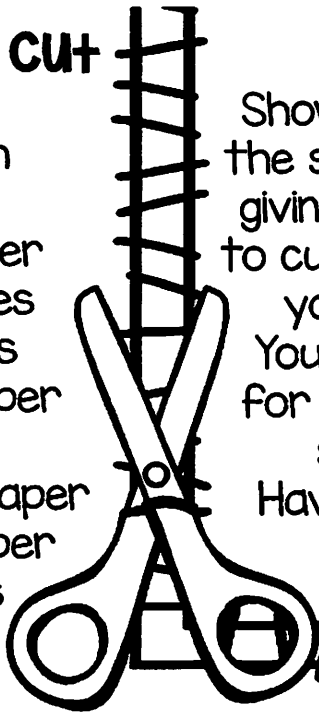
## INCREASE CONTROL AND HAND STRENGTH

- Do a variety of puzzles.
- Tear paper and make a collage.
- Peel and stick stickers and/or tape to paper.
- Build or play with dominos.
- Color and write with broken crayons, short colored pencils, and thin markers.
- Offer tracing stencils or trace around objects.
- Build with small Legos or small wooden blocks.
- String beads, noodles, cereal using pipe cleaners or yarn.
- Play games or explore with tweezers or small tongs to pick up items such as cotton balls, marshmallows, cereal, pom poms, or small rocks. Commercial games that use tweezers are Bed Bugs, Thin Ice, and Crazy Octopus.
- Sprinkle salt, flour, or oatmeal onto a cookie sheet. Your child can use a finger to make lines, shapes, letters, and/or numbers. Gently shake the tray to erase.
- Paint with various types of brushes and on various surfaces (paper, foil, wax paper).
- Use hole punches, shape punches, and/or letter punches.



## Items to Cut

Paper  
Playdoh  
Goop  
Newspaper  
Magazines  
Coupons  
Tissue Paper  
Ribbon  
Wrapping Paper  
Fancy Paper  
Leaves  
Grass



## Cutting

Show your child the correct way to hold the scissors, with the thumb up. Start by giving your child half inch strips of paper to cut. Gradually make the paper wider as your child's scissor skills strengthen.

You can draw thick black lines on paper for your child to cut along. Make simple shapes for your child to cut too!

Have your child make a collage with the items they cut out!



## PLAYdoh & GOOP



There are endless activities your child can do with playdoh and goop! Roll the playdoh into balls or snakes, cut it with scissors, pinch off small pieces, or make a sculpture. Hide small objects (pennies or a small plastic animal) in the playdoh and then try to find it. Manipulate the playdoh to make pretend food. Get out a rolling pin and cookie cutters to make playdoh cookies! Make prints in the playdoh using buttons, toothpicks, popsicle sticks, small plastic animals, or sea shells.



## Water Play

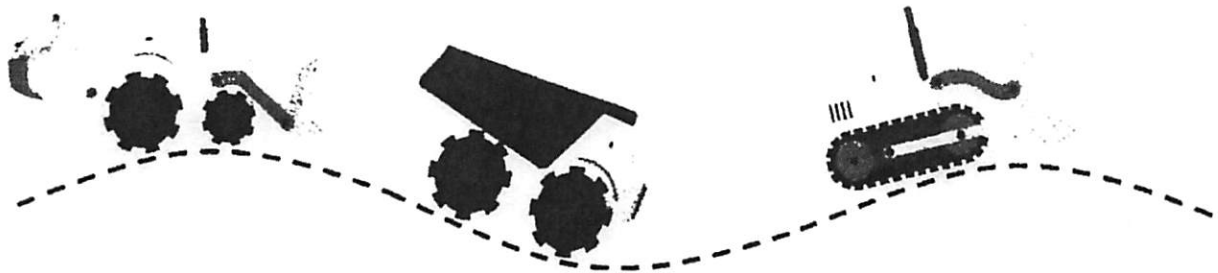
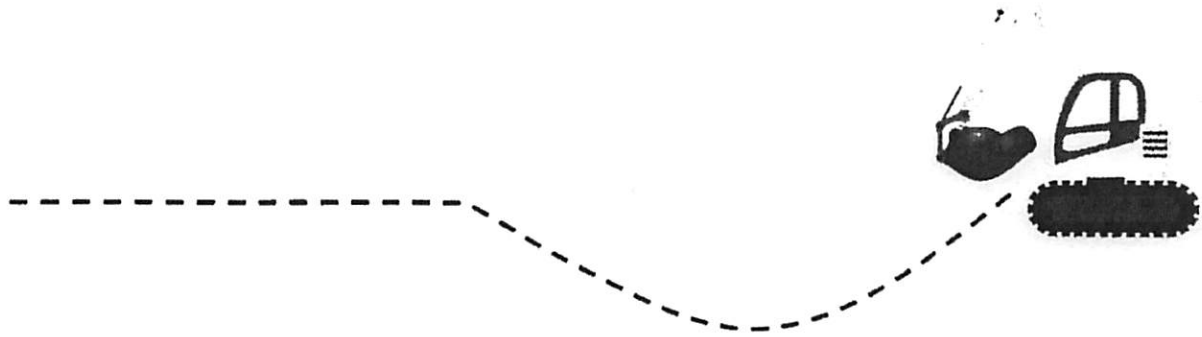
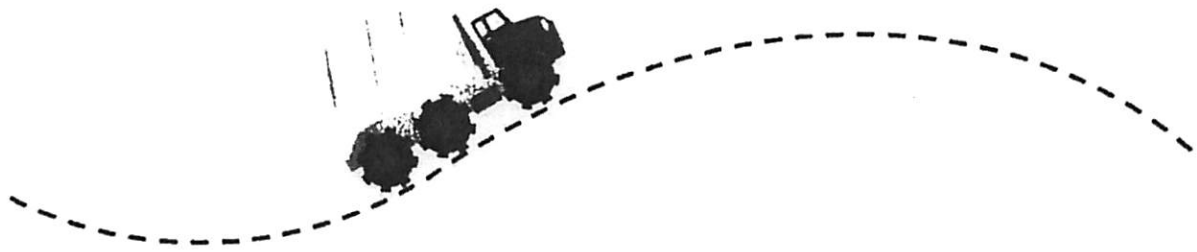
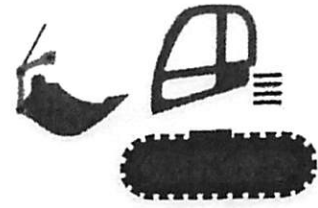
Water play can be a great time to incorporate fine motor fun! Add the items below and let the fun (and muscle building) begin!

- Eye droppers
- Turkey basters
- Bath squirters
- Spray bottles
- Sponges to squeeze
- Tongs and tweezers
- Containers with lids



# UNDER CONSTRUCTION

scissor cutting practice (wavy lines)

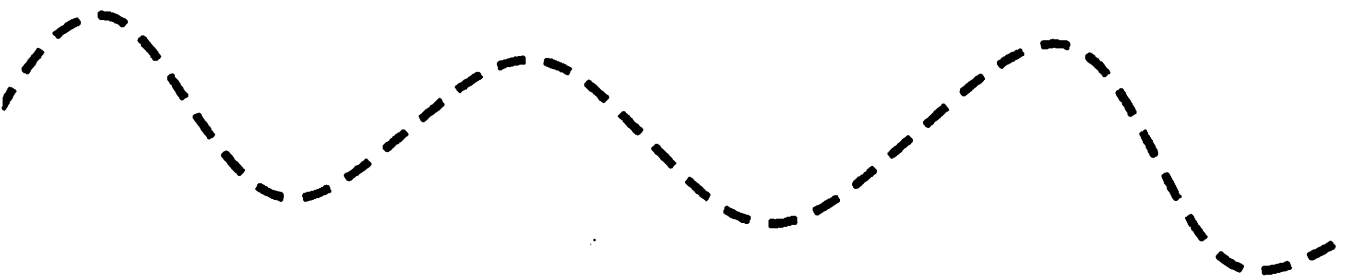
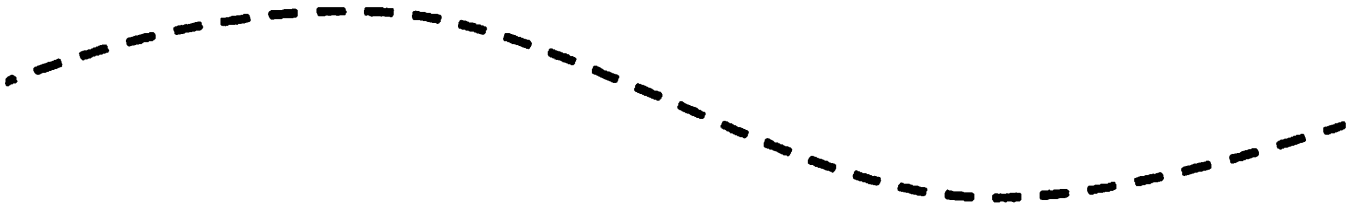
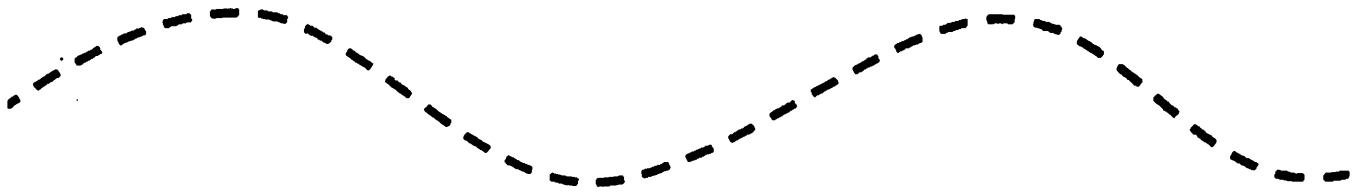




Name \_\_\_\_\_

Scissor Skills Worksheet  
**Practice Cutting Lines**

Practice your scissor skills but cutting the curved lines below



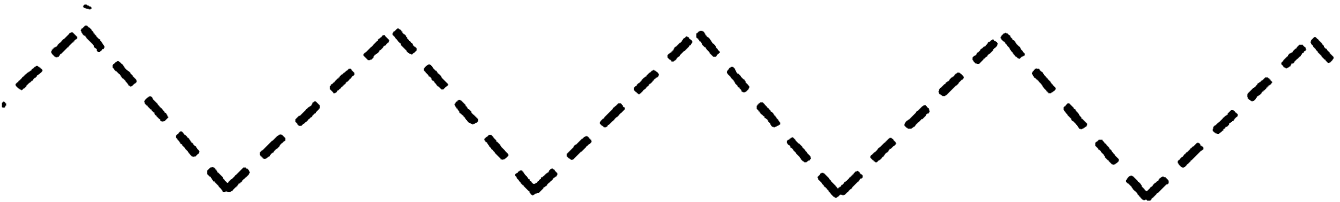
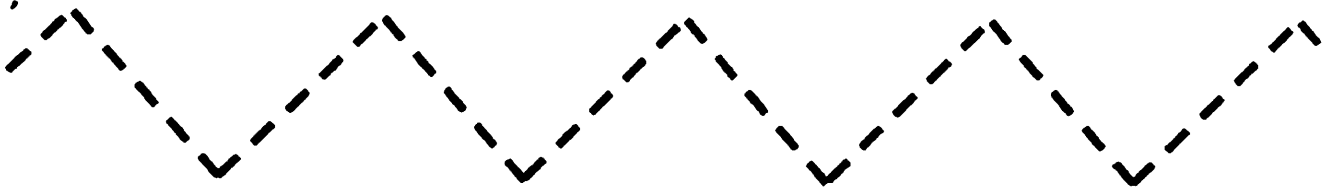




Name \_\_\_\_\_

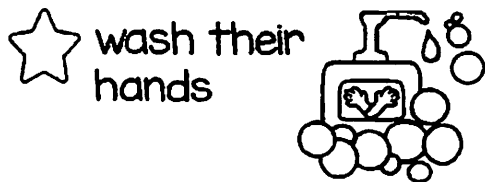
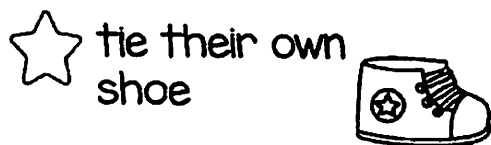
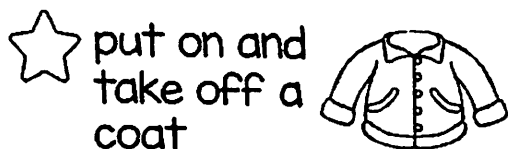
Scissor Skills Worksheet  
**Cutting Zig Zag Lines**

Practice your skills with scissors by cutting along each of the zig zag dashed lines below.



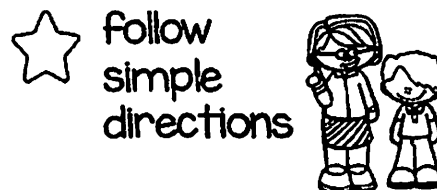
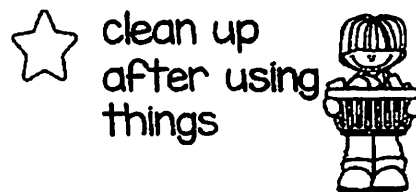
# Self Help Skills

It would be helpful if your child can:



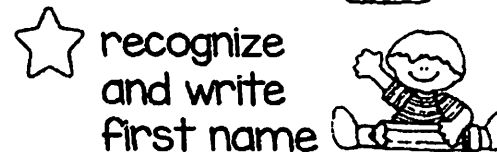
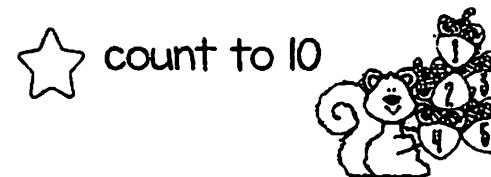
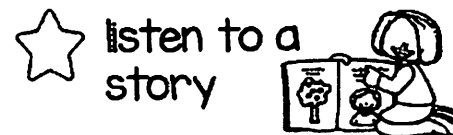
# Social Skills

It would be helpful if your child can:



# Academic Skills

It would be helpful if your child can:



## Check Out These Apps/Online Resources for Your Kindergarten Student!



- **Epic!** – Site offers tons of children's e-books that can be geared towards their interests and reading level – iPad app is also available.
- **Teach Your Monster to Read** - Teach Your Monster to Read is an award-winning series of games that's helped millions of children learn to read. Play for free on their website or download the app.
- **Starfall** – This site has several free educational videos and games for teaching children the letters of the alphabet and more.
- **ABCya** – Site and app with lots of fun learning games for K-5 students
- **Turtle Diary** – This site is aimed at children from Pre-Kindergarten to second grade and offers over a thousand educational puzzles, games, projects, worksheets and more in areas from math and science to ESL and arts and crafts.
- **ABCmouse** – Site and app offer more than 5,000 fun and interactive PreK-K learning activities that teach reading, math, and more.
- **Teach Me: Kindergarten** – This app is for learning basic handwriting, addition, subtraction and early reading skills. This customizable app allows children to level up to more challenging lessons as well as buy stickers with coins they earn for correct responses.
- **MyABC & ABC Pocket Phonics** – More apps to teach letters, sounds, and beginning reading skills
- **Family Play Kindergarten** – The Sheriff needs help at Cowboy Kids Academy to learn Kindergarten skills...great app for kids heading into Kindergarten.
- **Moose Math & Splash Math** – Apps have math activities/games to teach number sense, counting, shapes, and much more.
- **"Better Alphabet" Song** – Great song for practicing ABCs  
<https://www.youtube.com/watch?v=DEDqpd11f7E>

## Booklist

Look for these books at the library:

Don't Let the Pigeon Drive the Bus, by Mo Willems  
Don't Let the Pigeon Stay Up Late, by Mo Willems  
The Pigeon Wants a Hot Dog, by Mo Willems  
The Pigeon Wants a Puppy, by Mo Willems  
Knuffle Bunny, by Mo Willems  
Knuffle Bunny, Too, by Mo Willems  
Pete the Cat: I Love My White Shoes, by Eric Litwin  
Pete the Cat: Rocking in My School Shoes, by Eric Litwin  
Pete the Cat and His Four Groovy Buttons, by Eric Litwin  
Go Away Big Green Monster, by Ed Emberly  
Corduroy, by Don Freeman  
Goldilocks and the Three Bears, retold by Jan Brett  
The Very Clumsy Click Beetle, by Eric Carle  
Three Billy Goats Gruff, retold by Stephen Carpenter  
The Little Red Hen, retold by Jerry Pinkney  
Does a Kangaroo Have a Mother, Too?, by Eric Carle  
Hedgie's Surprise, by Jan Brett  
Mrs. Wishy Washy's Farm, by Joy Cowley  
The Hat, by Jan Brett  
The Tale of Peter Rabbit, by Beatrix Potter  
Owl Babies, by Martin Waddell  
A House for Hermit Crab, by Eric Carle  
Mister Seahorse, by Eric Carle  
Big Al, by Andrew Clements  
Unlovable, by Dan Yaccarino  
It's the Bear, Jez Alborough  
An Extraordinary Egg, by Leo Lionni  
The Umbrella, by Jan Brett  
Who is the Beast?, by Keith Baker  
Duck in the Truck, by Jez Alborough  
Captain Duck, by Jez Alborough  
Cuddly Duddly, by Jez Alborough  
There's an Alligator Under My Bed, by Mercer Mayer  
Caps for Sale, by Esphyr Slobodkina  
David Gets in Trouble, by David Shannon  
Bill and Pete, by Tomie de Paola  
Bill and Pete Go Down the Nile, by Tomie de Paola  
The Doghouse, by Jan Thomas  
Rhyming Dust Bunnies, by Jan Thomas