

Kindergarten

Here I Am!

Activities to do with your kindergartener



Welcome to Kindergarten, Here I Am

Each month, the *Kindergarten, Here I Am* newsletter will provide information to help your kindergartner have a successful school year.

Activities: Each activity is linked to the PA Early Learning Standards for Kindergarten. These standards are being used in kindergarten classrooms across Pennsylvania. When you and your kindergartner do activities together, you build their knowledge and experience.

Books: The books each month will help support the activities and may help your kindergartner better understand a particular concept. Print the list of books, then visit your local library to find the books mentioned each month or ask your librarian to help you find a similar book.

Tips and Resources: Each month you can find tips and resources to help your kindergartner build the skills they need for kindergarten. You can share your favorites with your friends and family.

Do you know a friend who would like to get the *Kindergarten, Here I Am* newsletter? [They can sign up!](#)

We are learning!

Your child may not begin Kindergarten for a few months, but you can help them learn throughout the summer. Try these activities, then visit your library to find a book. [Click here to print this list.](#)

We are learning Language and Literacy

Do it!

Play "I Spy." Say, "I spy something with my little eyes that starts with 'h' or ends with an 'n'." If your kindergartner has difficulty, encourage them to find something that is a specific color or shape. Change the game to develop the senses by playing "I hear with my little ears," "I feel with my little hands," "I taste with my little mouth," or "I smell with my little nose."

Read it!

S Is for S'mores: A Camping Alphabet by Helen Foster James. *Q Is for Duck: An Alphabet Guessing Game* by Mary Elting

We are learning Partnerships for Learning

Do it!

You can find a book at your local library that shows how to do magic tricks. (Print this month's book list and take it with you!) Have your kindergartner learn a magic trick to perform for their family.

Read it!

Magic Shapes by Patrick George. *Tap the Magic Tree* by Christie Matheson.

We are learning Social and Emotional Development

Do it!

Make a card and take your kindergartner to share the card with a friend. Ask your kindergartner to describe how the treat or card was made for the friend. Find pictures of what your kindergartner likes doing and help them create a picture book. Pictures can be of their favorite toys or activities they enjoy.

Read it!

The Quiltmaker's Gift by Jeff Brumbeau. *Zen Shorts* by Jon J. Muth.

We are learning Health, Wellness, and Physical Development

Do it!

Create a physical activity routine for your kindergartner. Use a calendar to keep track of how many minutes you do physical activities each day.

Read it!

Sofa Boy by Scott Langteau. *One Two Three PULL!* by Sophie Schmid and Sabine Praml.

JUNE BOOKS FOR KINDERGARTNERS



What Can You Do with Monthly Book Lists?

Each month, *Kindergarten, Here I Am* provides a list of books that complement the activities. What can you do with this list?



- [Print the list](#) and take it to your local library. Your librarian can help you find the books on the list. Then read the books with your kindergartner. Help your kindergartner circle or cross out the books on the list as you read them.
- Make a short video of your kindergartner reading or giving a book review of one of the books on the list. What was their favorite part of the book? Share the video with family and friends. Tag PA's Promise for Children on [Facebook](#), [Twitter](#), or [Instagram](#)!
- Share the list with your friends who have children. You can forward this email to them!
- Visit [PA's Promise for Children](#), where you can share this list via social media, like Facebook or Pinterest.
- If you are a teacher, [print this list](#) and give it to your students' families. Or post this list where families can see it, so they'll know which books are being read in your classroom.

Resources for You

Get ready for a fun adventure full of reading and learning with the Summer Learning and Literacy Road Trip!

The Pennsylvania Office of Child Development and Early Learning (OCDEL) is taking families on a virtual [Summer Learning and Literacy Road Trip](#)! This summer, families, teachers, and early childhood partners are invited to join the journey and explore exciting ways to support young children's love of reading and learning.

You'll discover incredible facts about Pennsylvania's rivers, lakes, and amazing wildlife. You'll also find fun hands-on activities with your child, book suggestions to enjoy together, and helpful tips matching the PA Early Learning Standards.

Don't forget to download the [Travel Journal](#) in English or Spanish to keep track of the books you read and draw pictures of your favorite moments. Let's hit the road and make learning fun—all summer long!

Pennsylvania Office of Child Development and Early Learning

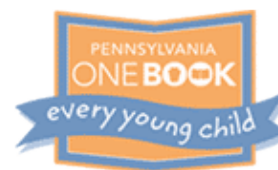
SUMMER LEARNING AND LITERACY ROAD TRIP



PA
Pennsylvania
Office of Child Development
and Early Learning

Get ready to read, learn and have fun! Use this map with the Summer Learning and Literacy Road Trip! Each week, learn about Pennsylvania's water ways and animals native to Pennsylvania, get book recommendations, and find fun activities to do.

Supporting Your Child's Literacy with the PA One Book Program



Families, child care providers, libraries, and community organizations all play a vital role in nurturing a love of reading in young children. The PA One Book program offers a variety of free, engaging resources to help support early literacy and encourage meaningful reading experiences.

Each year, the program features a carefully selected book for young children and a collection of easy-to-use tools to bring the story to life. Available resources include:

- Printable Activity Guides with fun, age-appropriate learning activities
- NEW! Hosting a PA One Book Reading event in your community
- Printable Bookmarks to encourage children to read
- Printable Stickers to celebrate participation and make reading even more fun

These resources are designed to be used at home, in classrooms, during library storytimes, and at community events. Together, we can inspire a lifelong love of books and learning in Pennsylvania's youngest readers.

To explore this year's book and download free materials, visit the [PA One Book website](#).

SUN Programs: USDA's Summer Nutrition Programs for Kids



Families now have more ways to get their kids the nutrition they need when school is out during the summer through SUN Programs: USDA's Summer Nutrition Program for Kids. Visit the [new website](#) to learn about SUN Meals, SUN Meals To-Go and SUN Bucks. Also available in [Spanish](#).

Reading Rockets National Summer Learning Initiative: Start with a Book



Families and early childhood educators can sign up now for reading and learning tips via text, in English or Spanish, from Reading Rockets. Receive three messages per week, featuring hands-on activities to keep kids reading, creating, exploring, and learning all summer long.

Text (855) 773-1019 toll-free with the words READING for tips in English and LECTURA for tips in Spanish. Messaging rates may apply.

Plan Now for July 4 Pennsylvania State Parks Fish-For-Free Day

A Fish-for-Free Day is an excellent way for families to catch the fun of fishing! The July 4, 2025, Fish-for-Free Day allows anyone (Pennsylvania resident or non-resident) to fish on Pennsylvania waterways with no fishing license required legally. All other fishing regulations still apply.



Don't have the equipment for fishing? Check out the [Borrow a Rod & Reel Fishing Tackle Loaner Program](#). The public can go to the locations identified and borrow rods, reels, and a tackle box full of hooks and other terminal tackle. This equipment is borrowed in much the same way books are borrowed from a library. Those wanting to borrow gear complete a form, and the loan is made. The equipment is returned to the site at the end of the loan period.

Tune In! A Book-Based Music Adventure

Imagine making music with your body, inventing simple instruments with recycled materials, playing conductor, building community through call-and-response singing and group dances, creating a music time capsule, drawing to music, designing an album cover, exploring voices and songs of social change, and writing original jingles, parodies, and raps.



Tune In gives kids a chance to learn more about music and music genres, to hear about great performers and composers, and to write lyrics and compose songs. It features music from around the world — from classical to salsa to hip hop.

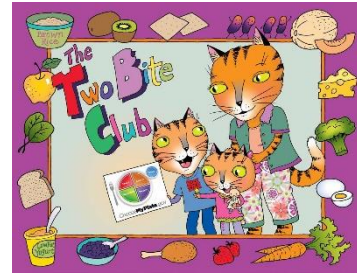
Tune In combines hands-on activities with great fiction, poetry, and picture book biographies — books such as *Charlie Parker Played Be Bop* and *Celia Cruz: Queen of Salsa* — inspiring kids to read about musicians and composers from diverse backgrounds and cultures.

Kids will have a chance to record original music and take the stage through a welcoming Open Mic. Kids and adults are also invited to create a collage-style Music Mural together that documents all the explorations, discoveries, and joy of the 5-day camp.

Tune In is designed for educators, summer program leaders, and families — and it's free! Join in to explore, create, read, write, and learn — all about music. [Learn more!](#)

Two-Bite Club

Getting kids to try a variety of foods may feel like a daunting task to some. If you deal with picky eaters, try introducing them to MyPlate's Two-Bite Club, developed by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture. The resource has a printable book that encourages kids to try new foods and provides fun certificates to celebrate new tasting milestones. [Available in English and Spanish.](#)



Tree Trekkers: A Book-Based STEAM Adventure!

What “wood” we do without trees? Tree Trekkers gives kids a chance to learn all about trees — their role in the ecosystem and in climate change, their characteristics and life cycles, their many benefits to humans and to other species, the stories they tell us about our history, and how trees, forests, and parks have inspired art, music, and literature. [Download the free toolkit.](#)



Pennsylvania's KinConnector

Pennsylvania's [KinConnector](#) provides guidance, advice, and support for kinship care families throughout Pennsylvania in numerous ways, including:

- Connecting caregivers to health, financial, and legal services.
- Connecting caregivers to training and parenting support, identifying local physical or behavioral health services.
- Identifying support groups, and guiding caregivers on how to apply for federal, state, and local benefits such as CHIP and Social Security, and other services designed to support caregivers; and
- Providing access to a compassionate KinConnector who will listen and provide supportive guidance.



Whole Body Health

June's Health Trends in Early Childhood: Summertime Play – Staying Safe and Cool

Stay informed. Stay prepared. Make a difference.

Each month, *Health Trends in Early Childhood* delivers timely, easy-to-understand insights on health issues that matter most for young children. We break down the facts, explain why they matter, and show how they affect children, families, caregivers, and communities—and most importantly, what you can do to help keep children safe and thriving.

In [the June issue](#):

- ◆ Why are young children spending *less* time outdoors?
- ◆ How does this affect their growth, health, and development?
- ◆ Tips for safe and meaningful outdoor play
- ◆ Trusted resources to help you learn more

Print it. Share it. Use it. This [one-page guide](#) is perfect for parents, educators, and caregivers. Plus, you can explore the helpful links for deeper learning. Together, we can build healthier futures—one child at a time.



Benefits of Barefoot Outdoor Play

Kids seem to naturally be drawn to bare feet. Like most things kids do, there are actually many benefits to spending time barefoot, especially outside. Celebrate today's National Barefoot Day on June 1, 2025, with [five great reasons to consider barefoot play outdoors this summer](#).



Keep Your Child Healthy and Protected!

Staying on track with your child's regular checkups and recommended vaccines is important. If your child is behind on any shots—or even if they haven't had any yet—don't worry! You can still catch up, and it's easier than you might think. The good news is there's no need to start over. Talk to your child's doctor and take the first step today. [Learn more.](#)



Should Your Kindergartner Drink Juice?

The American Academy of Pediatrics (AAP) policy recommends that kindergarten-aged children (4-6 years) limit juice to no more than 4-6 ounces per day. This is the amount in a typical juice box. Children should also not be allowed to carry a cup or juice box throughout the day. The evidence is clear that over-consumption of juice can lead to weight gain and tooth decay. [Click here](#) to see other options for kindergartners when they're thirsty.



Preventing Food Waste

With food costs rising, families are looking for ways to stretch their budgets. [This resource](#) from the FDA outlines some strategies to minimize food waste, as well as a food storage chart to make sure your food stays fresh longer.



Summer Safety

A few serious sunburns can increase your child's risk of skin cancer later in life. Protect your child's skin from the sun's harmful UV rays anytime outdoors with sunscreen, a hat, sunglasses, and shade. Get sun safety tips from the [Centers for Disease Control and Prevention](#).

Pennsylvania's Promise for Children also has ways to keep your preschooler safe while having fun this summer season with [these six tips](#).



June Calendar of Activities for Early Learning Professionals

Did you know that all Pennsylvania-certified child care programs are required to meet essential health and safety standards to operate? With June marking National Safety Month, it's the perfect time to take a fresh look at your program's safety practices and ensure your environment is ready for a safe, successful summer.



Explore the [June Calendar of Activities for Early Learning Professionals](#). It's packed with helpful tips, fun ideas, and resources to support school readiness and keep children and families safe and thriving all month long.

Top Pins for Kindergartners!

[20 Inspiring Nature Activities for Kids](#)
[50+ sight word books for Kindergartners](#)
[Engineering activities for kids](#)



Follow the [Kindergartners Learning Through Play](#) board!

Did you get this email from a friend? [Sign up to get next month's enews to your email!](#)

We are where you are.



The Office of Child Development and Early Learning (OCDEL) provides families access to high quality services to prepare children for school and life success.

Find more information about quality early learning in Pennsylvania
[Pennsylvania Department of Education](#) | [Pennsylvania Department of Human Services](#)
[The Pennsylvania Key](#) | [Pennsylvania's Promise for Children](#)
[Early Intervention Technical Assistance](#)

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