

## Personal and Self-Help Skills to Work on With Your TK Student To Be Ready For School

- \*Give them simple directions to follow
- \*Work together on an activity (not a computer game) that required sustained focus for 5-10 minutes
- \*Model showing kindness, manners, and concern for others
- \*Have them zip, snap, and button their own clothes
- \*Practice opening and closing their own backpack with the lunchbox inside
- \*Work on how to open and close food (lunch/snack) items, containers, and lunch boxes
- \*Learn to fold or roll their rest blanket/towel
- \*Keep a tissue box in the house; teach them to get a tissue when needed and how to blow their nose independently and throw used tissues away
- \*Teach them how to independently use the toilet including how to wipe, flush, and wash their hands
- \*Talk about problem solving with peers without touching, shouting, or saying hurtful things
- \*Practice asking for help when needed
- \*Send your child in closed toe/back shoes. Teach them to independently take on and off shoes (Velcro works best)
- \*Teach them how to fix inside out sleeves