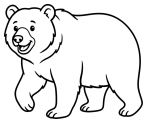
KINDER PREP
Through Play!

Developed by the LSSD OT Department

Kindergarten readiness isn't about flashcards — it's about building strong bodies, coordinated movements, social-emotional skills and the ability to focus and participate in group activities. The best way to prepare? Play!

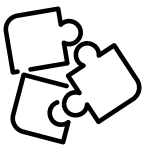


Core Strengthening (For Sitting & Endurance)

• Animal walks - Bear, crab, frog jumps.
• Obstacle courses - Crawl under household objects, climb over pillows.
• Wheelbarrow walks.
• Tummy time play - Coloring, puzzles or reading books on belly.
• Playground climbing.

Crossing Midline (Using Both Sides Together)

• Big sidewalk chalk rainbows and figure-eights.
• Simon Says - Touch right hand to left knee.
• Ribbon or scarf dancing.
• Painting on an easel or vertical surface.



Attending to Tasks (Building Focus)

• Simple board games - Practice taking turns.
• Puzzles (start small and build up).
• Read & retell short stories.
• Cooking together - Follow 2-3 step directions.
• I Spy games.
• Build-it challenges with blocks.

Hand Strengthening (For Writing & Self-Help Skills)

- Playdough power - Roll, squeeze, and hide small treasures to find.
- Spray bottle fun - Spray plants or chalk outside.
- Water play with sponges to squeeze.
- Clothespin clip game - Clip onto a box or matching cards.
- Tear & crumple art - Make collages.
- Sticker peel & place activities.
- Build with Legos or Duplo blocks.

Self-Regulation & Social-Emotional Skills

- Freeze Dance Games
- Red Light, Green Light - to build impulse control.
- Calm-Down Practice - Practice strategies like deep breathing, counting to 5, squeezing a stuffed animal, or asking for help.
- Turn-Taking Games - Board games, rolling a ball, or taking turns building a block tower.
- Story Time Discussions - Talk about how characters feel and how they solve problems.
- Simple Problem-Solving Practice - Encourage children to use words like "Can I have turn?" or "Let's share."

SELF-CARE SKILLS
for Kinder readiness

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Helping your child practice these daily routines can make the transition to kindergarten smoother, build confidence at school, and ensure they are ready to learn.

Eating/Lunch Skills

- Open their lunchbox and food containers
- Open snack bags, wrappers, and drink containers
- Use a spoon or fork appropriately
- Drink from a water bottle or carton
- Clean up their eating area when finished.

Backpack & Belongings

- Put on and take off their backpack
- Open and close backpack zippers
- Take items in and out of their backpack
- Recognize their own belongings
- Carry their backpack and lunch to and from the classroom

Personal Hygiene

- Wash hands before eating and after using the bathroom
- Cover coughs and sneezes with their elbow
- Blow their nose and throw away the tissue
- Tell an adult if they feel sick or have an accident

Toileting

- Use the bathroom independently during the school day
- Recognize when they need to go and tell an adult if needed
- Pull pants/underwear up and down independently
- Wipe themselves after using the toilet
- Flush the toilet
- Wash hands with soap and water
- Dry hands with a towel or paper towel

Dressing

- Put on and take off their coat or jacket
- Zip and unzip their coat (starting the zipper may take practice)
- Put on and remove shoes independently
- Manage pants, leggings, or shorts for bathroom use
- Attempt basic fasteners (snaps, buttons, Velcro)
- Turn clothing right side out if needed
- Keep track of their belongings (coat, backpack, hat, etc.)