

Kindergarten Readiness

Watch your child grow

Ages
Birth-2 Years

What is Kindergarten Readiness?

Entering kindergarten is a big change for you and your child. It is an exciting time, and it also might be a little scary for you both. You can help by preparing yourself and your child for this big step well ahead of time. Kindergarten readiness refers to the developmental domains that contribute to a child's ability to adapt to the kindergarten classroom, which is often a new and unfamiliar environment. While there is no single agreed upon definition of Kindergarten readiness, we have prepared a few activities that can help get your child ready to succeed in school and life and become great learners, thinkers, and doers.

Activities will Promote:

- Effective communication of emotions
- Listening and attention to instructions
- Self-regulation of emotions and behaviors
- Persistence on challenging task
- Capacity to develop good relationships
- Problem solving skills

Social Emotional Learning (SEL) & Communication:

While sharing is not yet a developmentally appropriate skill at this age you can encourage your child to practice cooperation. Cooperating is a skill that will help children succeed in school and in life! As you and your child work on something together, point out that this is called cooperation, and it's a great way to be a good friend.

Materials needed: You and your child

Gross Motor

Playing Catch! Grab some varying sized balls and roll the ball over your babies tummy, have them grasp the balls and explore. As your child's skill level increases have them sit up and open their legs wide rolling it back and forth singing songs. This type of movement promotes body awareness, coordination, postural control, and balance.

Materials needed: You, your child, and all type of balls

Fine Motor

Give your child two blocks or toys, have them hold one toy in each hand. Encourage your child to bang these toys together in front of their body.

Materials needed: You, your child, and two toys

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Approaches to Learning

Sound Off: Turn waiting into a "Sound Off" game. Make different sounds like a whisper, peep, ding, or roar. Pause after each sound so your child can respond. Do they smile? Look at you? Make a sound themselves? Try a new sound. Keep going back and forth!

Materials needed: You and your child

Mathematics

Anywhere Count: When you are doing new things with your baby, count the items around you. For example you can say, "Look at all those leaves on the ground. Let's count them" This helps them become familiar with their numbers and it's fun! Making connections between numbers and what they stand for, such as the leaves or toys in a group, your child can see that numbers aren't just words they memorize. They actually stand for quantities of things. This is the first step in learning math.

Materials needed: You and your child

Literacy/Language

Sound Sensor: Play with your child by using your voice and/or handy things that make a sound. Bang a pan or hum as you move around. Watch them move their head to follow the sound. Smile and talk with them when they figure out where the sound is coming from. Your child is learning to follow where sounds are coming from. Their brain is turned on as it connects what they hear to the world around them. These connections prepare your child for future learning.

Materials needed: You and your child



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Ages
2-3 Years

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Materials needed: You and your child

Gross Motor

Playing Catch! Grab some large sized balls and play a game of catch together. Toss the ball back and forth to one another, throwing it slow, close in distance, and underhanded. This type of movement promotes body awareness, coordination, and balance.

Materials needed: You, your child, and large sized balls

Fine Motor

Itsy Bitsy Spider: Sing the itsy bitsy spider song together with hand motions. Encourage your child to sing and do the hand motions with you.

Materials needed: You, your child, and two toys

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Approaches to Learning

Feelings Talk: Help your child talk about thoughts and feelings by starting with YOURS. You can say, "I feel happy today because it is such a beautiful day." Or, "I feel tired from a long day today." Invite your child to share how they're feeling, too.

Materials needed: You and your child

Mathematics

How Many: Cut an apple and ask your child to guess how many seeds they think will be inside. Or how many pieces of orange there will be after you peel it. Count the seeds or segments together and compare that number with their guess. What other foods can you use for this game? Your child is thinking like a scientist. Making a guess, looking at the results, and then comparing the two is just what a scientist does. Your child is also learning to estimate numbers. This is an important skill for math.

Materials needed: You and your child

Literacy/Language

Power Pointing: When your child points at something, talk back and forth about what they notice like, "You see the big truck!" Then you can take a turn to point something out to them and say what you see. Do they turn to look at it? Do they point or name the object? Your child learns to communicate when you respond to their actions and sounds and encourage them to reply. You help them be curious and explore to learn more about the world. These are important qualities for learning.

Materials needed: You and your child



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3-4 Years

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Social Emotional Learning (SEL) & Communication:

Cooperating is a skill that will help children succeed in school and in life! When children are sharing and taking turns, point out that this is called cooperation, and it's a great way to be a good friend.

Materials needed: You and your child

Gross Motor

Playing Catch! Grab some medium sized balls and play a game of catch together. Practice throwing back and forth to one another, throwing it at a medium speed, spaced a bit apart, and underhanded. This type of movement promotes body awareness, coordination, and balance.

Materials needed: You, your child, and medium sized balls

Fine Motor

Fill container with rice, cereal, dirt and have your child practice turning the container to pour out contents.

Materials needed: You, your child, and cups/containers, rice

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3-4 Years

Approaches to Learning

As you leave the house, talk to your child about the plans for the day. "We're going to the grocery store to buy some food." Ask questions like, "What do you think we should buy? Why?" Continue the conversation, "When we get home we're going to cook this food for dinner!"

Materials needed: You, your child, run an errand

Mathematics

How Many: Cut an apple and ask your child to guess how many seeds they think will be inside. Or how many pieces of orange there will be after you peel it. Count the seeds or segments together and compare that number with their guess. What other foods can you use for this game? Your child is thinking like a scientist. Making a guess, looking at the results, and then comparing the two is just what a scientist does. Your child is also learning to estimate numbers. This is an important skill for math.

Materials needed: You and your child

Literacy/Language

Sentence Mixer Upper: Sometimes it can be fun to mix things up as you make statements like, "Your banana is blue. I wear shoes on my ears," or "This ice cream is hot." Give your child a chance to correct you and show how much they know before they take a turn mixing things up. In this game, your child compares what they know about the world to your mix-ups. Playing helps them develop the thinking skills of paying attention to details and using information they know in fun and flexible ways.

Materials needed: You and your child



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4-5 Years

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Materials needed: You and your child

Gross Motor

Playing Catch! Grab some balls of varying sizes and play a game of catch together. Practice throwing back and forth to one another, upper-hand and underhand, giving more space in-between as skills increase. Try having them throw the balls into a basket. This type of movement promotes body awareness, coordination, and balance.

Materials needed: You, your child, and balls of varying sizes and baskets of varying sizes

Fine Motor

Take a walk outside and encourage your child to trace their name or a pattern in the dirt.

Materials needed: You, your child, and a walk outside

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4-5 Years

Approaches to Learning

To help your child manage anger, try a guessing game. Act out a feeling with your face and body. It can be surprised, happy, or any feeling. You can add words, like "Eek! A snake!" Or "Wow! A butterfly!" Have your child guess how you're feeling. Now switch. Have them act out a feeling, and you guess!

Materials needed: You, your child, run an errand

Mathematics

Near and Far: When you're outside, try playing this game with your child. Give them a place to stand and have them estimate how many steps they are from you. When they walk back, count their steps together aloud. Try all different distances! Young children can tell there is a difference between large and small quantities! By doing fun, back-and-forth games like this, you're building on this skill and helping them understand more about what numbers stand for.

Materials needed: You and your child

Literacy/Language

Would You Rather: Ask your child questions like, "Would you rather be a bird or a fish? Why?" Have them give you a few reasons from real-life experience like, "I love the water so I want to be a fi sh!" Then you take a turn answering their questions! Asking and answering questions helps develop reasoning skills—especially when you ask questions that go beyond simple yes or no answers

Materials needed: You and your child



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