

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

Social Emotional Learning (SEL) and Communication:

Show your child pictures of different members of your family and friends. Talk about how they are the same and different from each others. This will help your child start to recognize those around them as well as start the conversation of celebrating how we are the same and different from each other!

Materials needed: You and your child

More resources for families, scan QR code



Gross Motor

Ball pit time! Grab some small balls and a kiddie pool and make a ball pit for your little! Lay them in the pit and move the balls over their tummy. If of crawling or walking age, have them crawl through the balls. This type of movement promotes motor learning, sensory processing, muscle tone, and strength.

Materials needed: You, your child, and Small balls and kiddie pool (or some version of this from things around the house).

Fine Motor

Lay your child on their back and hold a small object above them. Encourage your child to grab the toy with their hands.

Materials needed: You, your child, and 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

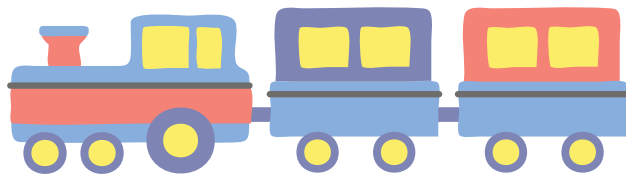
Tummy Drum: When your child is on their back, gently pat their tummy. Sing a favorite song and tap along to the beat on your baby's tummy. Try patting fast and slow. Do they smile or kick? Keep going as long as they seem to be having fun. When you share different sounds and sensations with your child, you're introducing them to concepts of math, rhythm, and music. Connecting with them by touching and talking helps them feel safe and taken care of, laying a strong foundation for learning and growth.

Materials needed: You and your child

Literacy/Language

Skin Sensations: Talk to your child about how things feel on their skin: "Your shirt is soft." "The wind is cold." "The ice cube is slippery." See how they react and continue the conversation: "You like the warm water in your bath!" When you talk back and forth with your child about how things feel on their skin, you're introducing them to new words and feelings. This helps make new connections, which is how they start learning to use these words themselves in the future.

Materials needed: You and your child



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2-3 Years

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Social Emotional Learning (SEL) and Communication: Friendship Skills/Attachment

It's important for children to learn both to respect and appreciate people's differences as well as to understand all the things they have in common. One fun activity would be to dance to music from countries and cultures. Between songs you can ask "How is each song different from the others?" "How are they the same?" You could also have pictures from each culture of music you are playing and have the children answer questions about what they see as well.

Materials needed: You, your child, music from different countries and cultures

More resources for families, scan QR code



Gross Motor

Build an obstacle course: Find things around the house and create a strength building course. Hula hoops can be a place for some big jumps, pillows can keep you safe from the lava, tape can be stepping stones to jump on. Get creative! This type of movement promotes coordination, balance, muscular strength, and endurance.

Materials needed: You and your child

Fine Motor

Snack time: Allow your child to practice reaching and grabbing small foods like fruits, crackers, beans, etc.

Materials needed: You and your child

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2-3 Years

Approaches to Learning

Clothing Choices: Does your child want to choose their clothes? Help them by giving them two choices: "Do you want to wear your blue pants or your green pants? When they choose, congratulate them by saying, "Great choice, I like those too." **Brainy Background:** Limiting choices in the early years sets your child up for success as a decision-maker, a skill they'll use their whole life. You're giving them the control they want and need without letting them get overwhelmed. This lets them focus on thinking.

Materials needed: You and your child while getting dressed

Mathematics

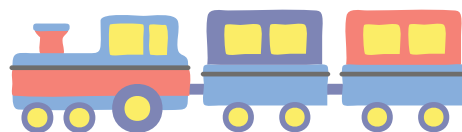
Big Time Play: "Big Time" to make waiting time fly by. Hold up an object—a magazine, an item from a bag, or a toy. Ask your child, "Can you find something bigger than this?" After they do, then ask, "Can you find something smaller than this?" When you take turns asking questions, this game becomes a back and forth conversation about size. It is a chance for them to focus on and explore the idea of size—something they will use to organize their understanding of the world.

Materials needed: you, your child, and blocks or beads

Literacy & Language

Treasure Box: Give your child a small box and tell them it's a "Treasure Box," made to keep very special things. With their help write their name on top of the box. Talk back and forth about things they might keep inside. Store it in a place they can reach so they can use it. Your back-and-forth conversation about treasures gives your child the chance to express their ideas and build their vocabulary. With conversations like these, you're helping them become a better communicator.

Materials needed: You, your child, and book, magazine or other "readable" material



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3-4 Years

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Social Emotional Learning (SEL) & Communication Friendship Skills/Social Relationships

Grab a blank piece of paper and draw two circles that intersect, above one circle have your child put their name above the other circle have your child put someone else's name. For their circle have them write or draw only the things that they like. For the other person's circle have them write or draw things only that other person likes. For the part of the circles that intersect have them write or draw things they both like. Point out that others can introduce us to new things that we never knew we liked. If everyone liked the same things, we'd never try anything new and things might get a little boring!

Materials needed: You, your child, paper and pencils

More resources for families, scan QR code



Gross Motor

Build an obstacle course together: Find things around the house and create a strength building course. Grab some toilet paper and make a maze to crawl through, grab tape and make a path through the house, or have them sing while they jump up and down. This type of movement promotes creativity, balance, crossing of the mid-line, and endurance.

Materials needed: You, your child, toilet paper, tape, etc

Fine Motor

Grab your favorite bedtime book and allow your child to practice turning pages 1 at a time.

Materials needed: You and your child

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3-4 Years

Approaches to Learning

What's Next: Want to help your child get ready for reading? Read a book or tell a story to your child. Then, invite them to guess what happens next. It can be a real story, like "I saw a puddle of water on the ground. What do you think I did then?" Or it can be a story you make up, like "The girl saw a mountain made of chocolate. What do you think she did?"

Materials needed: You and your child

Mathematics

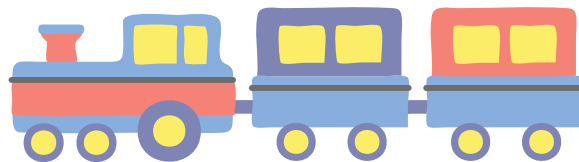
Comparison Shopping: A store can be a great place to build your child's brain on the go. Give them something like a banana and an apple to hold. "Which is heavier? Which is larger? Which is softer?" You can do this with any items, in any aisle, in any store! Games like these help your child to think like a scientist. They're taking in the world around them and guessing how things compare or fit together. Repeat the game a few times with different objects for them to compare. Remember, repetition is how we learn!

Materials needed: You and your child

Literacy & Language

Wait and See: Waiting in line at the store is a great chance to be a brain builder. Point to a picture on a magazine and ask your child, "How do you think that man feels?" You can also look for different letters like, "Look, here's a B just like in your name. It says 'baseball' on the magazine." This game gives your child an early reading experience. They're learning to read the meaning of pictures, to see how pictures and words work together, and hear how letters sound. Not only are you developing literacy skills, you're showing them how to manage the boredom of waiting in line!

Materials needed: You, your child, and today's mail



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4-5 Years

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Social Emotional Learning (SEL) & Communication Trust and Emotional Security:

Grab a blank piece of paper and draw two circles that intersect, above one circle have your child put their name above the other circle have your child put someone else's name. For their circle have them write or draw only the things that they like. For the other person's circle have them write or draw things only that other person likes. For the part of the circles that intersect have them write or draw things they both like. Point out that others can introduce us to new things that we never knew we liked. If everyone liked the same things, we'd never try anything new and things might get a little boring!

Materials needed: You, your child, paper and pencils

More resources for families, scan QR code



Gross Motor

Build an obstacle course together! Find things around the house and create a strength building course. Pillows can be stepping stones, chairs can be tunnels, tape as a balance beam, etc. Get creative! As they begin to master the course add in the element of time and speed. This type of movement promotes creativity, balance, muscular strength, and endurance.

Materials needed: You, your child, pillows, chairs, tape, etc

Fine Motor

Clean up Fast and Slow: When cleaning up encourage your child to put their toys away as fast as they can. Let them choose which toys they want to clean up first. Say, "Ready! Set, Go!" and time them to make it exciting. Then change the rules and ask them how slowly they can put something away. Time them again.

Materials needed: You, your child, favorite toys

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4-5 Years

Approaches to Learning

When your child has trouble sitting for meals, turn mealtime into story time. You can read books or make up your own tales together. Start a story and let your child say what happens next. Begin with, "Once there was a child who was very brave." Now take turns adding to the story!

Materials needed: You, your child

Mathematics

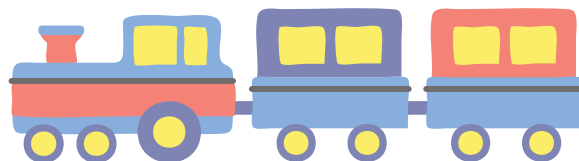
Guess My Number Think of a number and see if your child can guess it based on your clues. Say something like, "My number is bigger than four and smaller than six." Or "It is the number of fingers on my hand." Make it harder by adding or taking away numbers. "My number is two more than the number three." Your child must think on their feet and use what they already know about numbers to play this game. Guessing games like this one ask your child to use their memory and focus to follow the clues and come up with the answer

Materials needed: You and your child

Literacy & Language

Menu Maker: Involve your child in meal planning. Ask them to choose how to organize the meal. Can they do it by color or family favorites? For example, they could ask family members which dish is their favorite. Then help your child draw or write a menu based on everyone's picks. Your child is using important skills to make their menu. They're grouping things and making connections. They're learning how important language is in daily life and using early reading skills.

Materials needed: You, your child, piece of paper or something to write with



August

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Scan QR for
fun activities

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