

February



Kindergarten Readiness

Ages
Birth- 1 years

WATCH YOUR CHILD GROW

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)

Show your child pictures of family and friends and of course you and them and talk about what you love about each person in the pictures!

Materials needed: You and your child

GROSS MOTOR

Get moving! Time to go outside and enjoy a ride! For the smaller ones have them get in a stroller or on a bicycle with a caregiver and go for a ride, as they get older offer a balance bike. This type of movement promotes balance, body awareness, and motor strength and planning.

Materials needed: Stroller, balance bike, or with a caregiver and helmet.

FINE MOTOR

Grab a book: Read the book to your child and encourage your child to point or poke at the book images with their index finger.

Materials needed: You, your child and a book



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APPROACHES TO LEARNING

Bag Adventures: Waiting time can be adventure time! When you wait with your child—for an appointment or anywhere—take a moment to engage with them by exploring safe things they can touch and feel in a bag you're holding. Ask them, "What do you think I am going to find inside?" Talk about what you pull out. "What is it used for? How does it feel? Does it make a sound?"

Materials needed: You, your child, bag with different objects

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

Snack Talk: When you're having a snack, talk with your child about what you're doing. "When I bite an apple, it makes a crunch sound. When you have teeth, you'll eat apples too." If they respond or reach for it and it is safe, let them touch it. "It feels smooth, doesn't it?" When you talk to your child, the part of their brain that processes sound lights up, helping them make sense of what their hearing. It also sparks the action part of their brain, which gets them ready to say words. Although they can't talk yet, this simple activity is helping them learn how to talk.

Materials needed: You and your child

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Kindergarten Readiness

Ages
2-3 years

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SOCIAL EMOTIONAL LEARNING (SEL)

Have your child cut out hearts and have or help them write something kind on each heart for a friend or family member. (They can also decorate the heart!) Once they've completed the hearts have them hide them around the house or send them to the person. Ask, "How do you think.....will feel when they find and read this surprise?"

Materials Needed: Paper, scissors and crayons



GROSS MOTOR

Bicycle riding! Time to go on a bike ride! Encourage your child to ride their own tricycle, balance bike, or with a caregiver depending on skill level. Ride around your home, yard, or at a park. This type of movement promotes balance, body awareness, and coordination

Materials needed: Balance bike, tricycle or riding with caregiver and helmet

FINE MOTOR

Take an old newspaper or old mail and tear into strips. Crumple these strips into balls.

Materials needed: Old newspaper or mail

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Kindergarten Readiness

Ages
2-3 years

WATCH YOUR CHILD GROW

APPROACHES TO LEARNING

Try, Try Again: When your child has a potty accident, let them know it is okay. Mistakes are part of learning. They might make it to the potty half the time, but soon they will make it every time. Try to be cheerful and confident. You can say, "Oh well. We can try again next time. Keep practicing and you'll get it!"

Materials Needed: You and your child

MATHEMATICS

Kitchen Music: Let your child create an instrument using a plastic container with measuring spoons or keys inside. Clap a rhythm or tap your toes. Ask them to try and copy your beat with their homemade instrument. Then, have them take a turn at leading and you follow their beat. Going back and forth in a game like this helps your child pay attention and remember the pattern of noises. It's a great brain builder.

Materials Needed: You and your child

LITERACY/LANGUAGE

Words All Around: Your child learns best from what you say and do, so read everything you can out loud. Read signs outside, recipes, or ads in a paper or magazine. Be sure to point at what you're reading too. Do they imitate any of your words or sounds? Do they point, too? Go back and forth with them, pointing and reading out loud. Introducing your child to different things to read helps them make the earliest connections between written words and what they stand for. These kind of back and forth chats, even before they have words, build their communication skills too

Materials needed: You and your child

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Kindergarten Readiness

Ages
3-4 years

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Materials Needed: Paper, scissors and crayons/pencils



GROSS MOTOR

Scooter riding! Time to go on a scooter ride! Encourage your child to ride their own scooter. Ride around your community or near your home. This type of movement promotes balance, body awareness, and coordination.

Materials Needed: Scooter and helmet

FINE MOTOR

Bake cookies: Have your child help you mold the cookie dough into balls

Materials needed: Cookie dough recipe

February



Kindergarten Readiness

Ages
3-4 years

WATCH YOUR CHILD GROW

APPROACHES TO LEARNING

When you and your child are out running errands, look for neighborhood helpers. Ask, “Who helps us?” Do they see a store clerk, delivery person, or a firefighter? All of these people are neighborhood helpers! Chat with them about how each person helps your family. Then, talk back and forth about how you and your child help each other.

Materials Needed: Run an errand

MATHEMATICS

Rhyme Zone: You can play this rhyming game anywhere, anytime. Think of a fun word, then let your child think of another word that rhymes with it. Take turns and keep going back and forth as long as you can! Plan? Fan? Ran? Rhyming games, like this one, help your child focus on word sounds. This will help with reading and writing later on

LITERACY/LANGUAGE

Name That Tune Start humming a song your child knows and have them guess what it is. If they guess wrong, start over and hum the tune again. After a few guesses, you can add in some words to the song as hints. After a few tries, let them try a tune while you guess. This game helps your child focus and pay attention to sounds—which is important in communicating, reading, and writing—and it’s fun too.

Materials needed: You and your child

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Kindergarten Readiness

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4-5 years

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Materials Needed: Paper, scissor and crayons/pencils



GROSS MOTOR

Bicycle riding! Time to go on a bike ride! Encourage your child to ride their own bicycle, either one with or without training wheels or a balance bike. Ride around your community. This type of movement promotes balance, body awareness, and coordination.

Materials Needed: Bicycle or balance bike and helmet

FINE MOTOR

Write your child's name on paper and encourage your child to trace the letters

February



Kindergarten Readiness

Ages
4-5 years

WATCH YOUR CHILD GROW

APPROACHES TO LEARNING

What if: If your child seems to give up easily, you can help them learn to be curious. When they notice something, ask questions. “Why” questions help them learn to wonder. “What if” questions build thinking skills. They can also give you fun science ideas to test together.

MATHEMATICS

Waiting Games: Anytime you’re waiting in line, ask your child to guess how long until it’s your turn. How many numbers can you count? Or how many times will you sing a favorite song? Take turns inventing new “Waiting Games.” “Waiting Games” is not about right or wrong answers. It’s about learning strategies for waiting or self-control. Studies have found that patience and self-control help children thrive now and in the future.

Materials needed: You and your child

LITERACY/LANGUAGE

Practice Positivity: Practice saying things in new ways with your child. Take turns saying something negative, then try to talk about the same thing positively. For example, “I don’t like loud noises” can become “I like quiet sounds.” This game is a good way to practice describing things and people in different ways. They’re practicing language skills and how to see things from someone else’s point of view. These skills are helpful in having good relationships now and in the future

Materials needed: You and your child