

KINDERGARTEN READINESS

**AGES
BIRTH-2 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

GROSS MOTOR:

Spend some time crawling or doing tummy time in a makeshift tunnel. Grab a large box and encourage your little one to crawl through. You can hang ribbons or socks to encourage big movements, such as grabbing and reaching.

Materials needed: You, your child, and blankets, laundry baskets, ribbons, socks, etc.

FINE MOTOR:

Watch and Learn: Offer your child something common like a scarf, an empty box, or a pot. Watch to see what they do. Do they try to put the scarf in the box or the lid on the pot? Boost their learning by commenting on what they're doing. "You put the scarf in the box!"

Materials needed: You, your child, and any item, box, container

MATHEMATICS:

Open-Close, In-Out: Working in the kitchen? Give your child some safe plastic containers to open and close. Say "open" and "close" as they play. Show them how to take things, like spoons, in and out of the containers. Say "in" and "out". Be sure to talk to them about what they're saying.

Materials needed: You, your child, and house items

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LITERACY:

Sharing the Story: When you're reading with your child, let them explore it with all their sense. Allow them to touch, pay, hold, and even taste (if it's clean) what you're reading. Describe their actions like, "You're patting the picture of the white bunny."

Materials needed: You, your child, and reading material

COMMUNICATION:

Listen and respond to your child's sounds and words, including cooing and babbling. Imitate your child's sounds or words and add to them. Introduce vocabulary words during new routines and outings. You're teaching back-and-forth conversation skills.

Materials needed: You and your child

LEARNING TO LEARN:

Tummy Time: Tummy time is one of the earliest ways your baby will learn to play. Place toys or books in front of your baby for added fun!

Materials needed: You, your child, and toys or books

NATURE PLAY:

Although you may not think of your kitchen as "nature", look through your drawers to find safe wooden objects like wooden spoons, napkin rings, small rolling pins, etc. These items, being made of wood, introduce your child to natural textures. Allow them to hold, teethe, and explore the wooden objects to become aware of nature.

Materials needed: You, your child, and wooden kitchen items

SOCIAL EMOTIONAL LEARNING:

Sooth and Help Them Self-Sooth: Help children regulate their emotions by being a calm, supportive and responsive presence. Give them comfort through loving words and gestures, snuggles, and comfort items like blankets.

Materials needed: You, your child, and comfort items



KINDERGARTEN READINESS

**AGES
2-3 YEARS**

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GROSS MOTOR:

Let's make a tunnel! Line up multiple cardboard boxes and tape them together. Have your child crawl through the boxes. To add to the fun you can encourage your child to bring along some toys to crawl with them.

Materials needed: You, your child, and a cardboard box and tape

FINE MOTOR:

Music Makers: Add uncooked beans or pasta to a container that has a lid, tape the lid closed, and show your child how to shake the container to make music. Try shaking fast and slow. You can say, "Go!" to start and then, "Stop!" See what other instruments you can make from what you have at home.

Materials needed: You, your child, container, uncooked beans, and tape

MATHEMATICS:

Simple Steps: Make cleanup more fun by starting small. Say something like, "You can pick up these three books first." After that, encourage your child to choose their next simple step. As they get the hang of it, increase the number of objects and add more steps

Materials needed: You, your child, and books before bedtime

KINDERGARTEN READINESS

**AGES
2-3 YEARS**

LITERACY:

Can You Find It: Draw or use your cell phone to take pictures of things in your room like a chair, a table, or the refrigerator. Ask your child to look at your cell phone picture and say, "Can you find it in the room?" As they get good at this, you can make it a little harder.

Materials needed: You, your child, paper & pencil, or phone

COMMUNICATION:

Choose books with rhymes, bright colors, different textures, and photos. Read with expression, and point to words as you say them; point out real versions of pictures from the books you read as you see them in everyday settings (traffic signs, store logos). Create daily routines that incorporate reading, such as at bedtime or mealtimes.

Materials needed: You, your child, and books

LEARNING TO LEARN:

Questions and Answers: It can be irritating and frustrating at times for parents to answer a string of questions, but take heart in the fact that your child is learning by asking all these 'why', 'what', and 'how' questions. A toddler's mind is like a sponge and retains a lot of information.

Materials needed: You, your child, toys or books

NATURE PLAY:

Winter is here! Using a glove or sock, see how many objects you can stuff inside. Read the book, "The Mitten" by Jan Brett. Use your favorite stuffed animals, and small wooden blocks to replicate the book.

Materials needed: You, your child, a glove or sock, things in nature

SCAN QR CODE TO READ "THE MITTEN"



SOCIAL EMOTIONAL LEARNING:

Solution Kit "We Can Be Problem Solvers at Home":

You can print or make these cards at home.

Materials needed: You, your child, and solution kit

SCAN QR CODE FOR SOLUTION KIT INSTRUCTIONS



Pinal Gila
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KINDERGARTEN READINESS

**AGES
3-4 YEARS**

WATCH YOUR CHILD GROW

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GROSS MOTOR:

Tunnel time! Have your child help you build a tunnel using chairs and blankets. Encourage your child to help with the building, then time to crawl through!

Materials needed: Chairs and blankets

FINE MOTOR:

Stack the snack: For today's snack, give your child something they can stack or line up, such as crackers or apple slices. Let them pick what they want to stack first. Then, help them stack them on top of each other. As you stack the snack, count the pieces aloud.

Materials needed: You, your child, child's favorite snack

MATHEMATICS:

Beat and Repeat: Play "Beat and Repeat" anywhere. Create a rhythmic beat with two claps. Can your child copy it? Repeat until they get it. Have them create their own rhythm with two claps. Anytime someone misses, try again. Then make it three beats. How many beats can you get to? Four? Five? Six?

Materials needed: You and your child

KINDERGARTEN READINESS

**AGES
3-4 YEARS**

LITERACY:

Letter Shapes: encourage your child to point out letters on signs. Chat about the shapes of the letters. Is the letter 'A' pointy like a triangle? What about the letter 'O'? How many letters of the alphabet can you find? Enjoy describing their Letter Shapes.

Materials needed: You and your child

COMMUNICATION:

During your daily activities, talk about what you and your child are doing. Ask and answer questions. Your child will learn to associate the words you say with the people, actions, objects, and feelings you describe. Be intentional about speaking clearly, and naturally and using correct speech sounds.

Materials needed: You and your child

LEARNING TO LEARN:

Give your child a wide emotional vocabulary by talking about emotions. Use emotion words like angry, sad, frustrated, scared, or worried to label how your child is feeling. The first step to being able to regulate behaviors is to understand our emotions.

Materials needed: You and your child

NATURE PLAY:

Venture outside your home and find 5 or more flat rocks, and keep the size safe and flat. Now, try stacking the rocks one on top of the other. Did you place them large to small or small to large? Maybe add a few more rocks for more of a challenge.

Materials needed: You, your child, 5+ rocks

SOCIAL EMOTIONAL LEARNING:

Solution Kit "We Can Be Problem Solvers at Home":
You can print or make these cards at home.

Materials needed: You, your child, and solution kit

SCAN QR CODE FOR SOLUTION KIT INSTRUCTIONS.



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KINDERGARTEN READINESS

**AGES
4-5 YEARS**

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GROSS MOTOR:

Are you ready to build?! Ask your child to look around the house and think about what would make the best building material for a tunnel. Grab the supplies together and start building, once done its time for some crawling fun!

Materials needed: Let your child decide

FINE MOTOR:

Folding Practice: Can your child help you with folding the clothes or placing them on clothes hangers? Show how you usually do the folding. As you do this, talk with them about each step. For example, "First, I bring the sides together, then I fold in the middle." Encourage them to try folding themselves and talk with you about what they do.

Materials needed: Yesterday's laundry

MATHEMATICS:

Size Search: Invite your child to hunt for objects of different sizes. How many small objects can they find? What about big objects? Make it harder and ask them to find objects that are medium-sized or huge. Talk about what they see and what is the same and different.

Materials needed: You, your child, house items

SOCIAL EMOTIONAL LEARNING:

Solution Kit "We Can Be Problem Solvers at Home":
You can print or make these cards at home.

Materials needed: You, your child, and solution kit

SCAN QR CODE FOR SOLUTION KIT INSTRUCTIONS.



KINDERGARTEN READINESS

**AGES
4-5 YEARS**

LITERACY:

Same Letter Sentence: Start this game by choosing a letter. See if you and your child can think of a sentence that uses as many words as possible that begin with that letter. If you chose the letter M you might say, "My mother made meatballs." What other M words can you both come up with?

Materials needed: You and your child

COMMUNICATION:

During your daily activities, talk about what you and your child are doing. Ask them **Why Questions**, such as "Why do we need to eat breakfast?" Be ready to ask additional **Why Questions** based on their answer. Encourage your child to ask you **Why Questions** as well. This helps them build their conversation skills and higher order thinking skills.

Materials needed: You and your child

LEARNING TO LEARN:

I Spy: Play 'I spy' games (for example, 'I spy something beginning with a...', using the letter sound) when you are out and about.

Materials needed: You and your child

NATURE PLAY:

Take a neighborhood walk, and bring along a paper lunch sack. See if you can collect 4 - 5 different types of leaves. When back home, place the bag on a flat surface, and flatten the bag so the leaves are inside. Now, take your favorite colored crayon and rub it over the bag or under a piece of paper. Do you see the imprint? Use the bag again on your next nature walk.

Materials needed: You, your child, a paper bag or paper, colored crayons

SOCIAL EMOTIONAL LEARNING:

Sooth and Help Them Self-Sooth: Help children regulate their emotions by being a calm, supportive and responsive presence. Give them comfort through loving words and gestures, snuggles, and comfort items like blankets.

Materials needed: You, your child, comfort items



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**SCAN QR CODES
FOR FUN
ACTIVITIES**

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Birth-2 Years



Ages
2-3 Years



Ages
3-4 Years



Ages
4-5 Years



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