

# 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) Trust and Emotional Security:

"Children develop trust when their needs are met on a consistent basis" Scan QR code for love and trust building activities for infants.

**Materials needed:** You and your child



## Gross Motor

**Ball Time:** Grab a ball and let your child explore. Make sure to grab all different types, textures and sizes of balls. Encourage your child to explore using all senses! Roll them, kick them, throw them, and squish them. There are all sorts of ways to play with a ball and this is a great time to start exploring with your child.

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

## Fine Motor

**Spoon Pick Up:** When your child drops their spoon on the floor (and they will!), as the spoon falls say, "The spoon is falling down, down, down!" Pick up the spoon and give it back to the child.

How long does it take until they drop it again? When they do, talk about falling down again? You don't have to just use a spoon, play this with your child all the time, with any object you would like. Make sure you feel comfortable with what your child throws on the floor. This game is the beginning of understanding cause (dropping a spoon) and effect (the spoon falling). You're helping them learn this by connecting words to their actions. It also builds fine motor skills by grasping and letting go of the object.

**Materials needed:** You, your child, and a small object or spoon

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Ages  
Birth-2 Years

## Approaches to Learning

**Sound Off Activity:** Turn waiting into a "Sound Off". 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. **Brainy Background:** This back-and-forth conversation with sounds gives your child practice listening and helps them learn to notice differences in sounds, the foundation of language development and communicating with others.

Scan QR code for additional resources.

**Materials needed:** You and your child



## Mathematics

**Sorting and Classifying Language:** At this age a lot of learning happens by hearing and seeing. As you are cleaning up use the suggested phrases: "Let's put all of the red cars in the bucket first." or "Let's pick up all of the wood blocks". When you are cooking: "Let's separate the fruits and veggies." Have them help if they are old enough.

**Materials needed:** You and your child

## Literacy

**Sound Conversations:** If your child says "Ba," repeat the sound back to them. Then add on to it, "Ba, ba, ba." Do they try to copy your sounds? Add a new sound next, "Ba, ba, MA." Do they notice the change? Do they try to repeat it? Go back and forth repeating each other's sounds and building on them. You can do this during diaper time, nap time, meal time, when your out and about, and sooo much more!

**Materials needed:** You and your child

## Communication

**Peek-a-Boo** helps develop eye contact and turn taking skills. It also develops shared communication – your baby smiles/laughs then in turn you smile/laugh and because it is fun for you both it is repeated. It is predictable and repetitive – babies and young children learn through repetition.

**Materials needed:** You and your child

# Kindergarten Readiness

Watch your child grow

Ages  
2-3 Years

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### Social Emotional Learning (SEL) Friendship Skills/Attachment

"Children develop trust when their needs are met on a consistent basis" Scan QR code for love and trust building activities for children.

**Materials needed:** You and your child



### Anger Management/Emotional Regulation

How to support your child's social-emotional at home.

Scan QR code for the Turtle Technique.

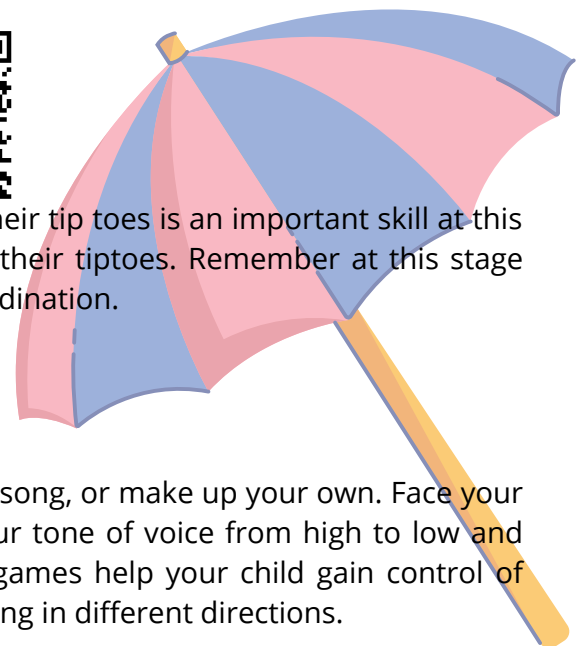
**Materials needed:** You and your child



### Gross Motor

Shhhhh Let's Tiptoe! Learning how to stand and walk on their tip toes is an important skill at this age. See if your toddler can walk between bedrooms on their tiptoes. Remember at this stage this is normal and a great skill to practice balance and coordination.

**Materials needed:** You and your child



### Fine Motor

Hand Games: Use hand actions for your favorite rhyme or song, or make up your own. Face your child and encourage them to mirror your hands. Vary your tone of voice from high to low and use a big, expressive way of speaking or singing. These games help your child gain control of their movements and encourage them to understand moving in different directions.

**Materials needed:** You and your child

# Kindergarten Readiness

Watch your child grow

Ages  
2-3 Years

## Approaches to Learning

**Category Convos:** Tell your child about your favorite food, talk to them about which food group it falls into. Have pictures ready for visual cues, then ask them if they have a favorite food in the same category as yours. (i.e. if you choose a food in the fruit category, you would ask them to choose a different food from the food category.) You can count together to see how many different foods you both like in that category. You can continue to play the game using the different food groups or even change to types of clothing, animals, etc. Make sure to give them a chance to start a category with their favorite things.

**Brainy Background:** This game is teaching your child about categories; things that are the same in important ways, though different in others. They're also learning about your likes and dislikes compared to theirs, helping them learn about other people.

Scan QR code for additional support resources.

**Materials needed:** You and your child



## Mathematics

**Block or Bead Sorting:** Sort the block/bead collection by color, shape, or curved vs straight edges. If you have various materials – such as foam, plastic and wood, mix them together and sort them that way.

**Materials needed:** Blocks or Beads

## Literacy

**Read to Me:** Share a picture in a book, magazine, or news article with your child. Be sure to point at what you're looking at and chat about it. For example, *"Look at the blue shirt the lady is wearing—I have one too!"* Or, *"This is a picture of diapers, like the ones you wear."* Let them pick the next picture and talk about what you see together.

**Materials needed:** A book, magazine or other "readable" material

## Communication

**Matching Games:** matching pictures game that can be based on different themes. Playing a game like this provides valuable time interacting with family and friends and is also a great way to help children learn improved communication skills (both receptively and expressively).

**Materials needed:** Two decks of any sort of matching type card games or you can extend the game by making your own matching picture cards.

# Kindergarten Readiness

Watch your child grow

Ages  
3-4 Years

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### Social Emotional Learning (SEL) Friendship Skills/Social Relationships

"Children develop trust when their needs are met on a consistent basis" Scan QR code for love and trust building activities for children.

**Materials needed:** You and your child



### Gross Motor

Hop on One Leg. Your child will start to show preference for which foot they can hop best with. Make sure you mix it up and hop on both the right and left foot individually. This skill helps your child with balance and coordination.

**Materials needed:** You and your child

### Fine Motor

Super Silly Handshake Invent a super silly handshake for you and your child. Take turns adding a step (like shaking twice). Repeat it until you both have it down. Now change one of the steps. How do they respond? Go back and forth between the new and old way. Creating and learning a super silly handshake can help a child learn self control and memorization, and the movements of the hands encourage growth in Fine motor! These are all big steps in learning self-control.

**Materials needed:** You and your child

### Language

Short Conversations - What is your name (first/last)? [Practice having your child make eye contact when speaking to someone]

**Materials needed:** You and your child

# Kindergarten Readiness

Watch your child grow

Ages  
3-4 Years

## Approaches to Learning

**Hot Potato:** You and your child can play this game anywhere you are. Find a small item to pass back and forth and sing a song as you do. As the song ends, whoever has the object does something special or silly, like blink three times or jump up and down. Take turns.

**Brainy Background:** Playing "Hot Potato" give your child practice in following rules and taking turns. It also gives them practice at self-control, a skill that helps them to stick with something long enough to meet their goals.

Scan QR code for additional support resources.

**Materials needed:** Small items to pass from one another



## Mathematics

**Household Sorting:** Take several items from two rooms around the house and ask your child to group them. Here's an example:

Bathroom – toilet paper roll, toothbrush, soap, towel, brush, kitchen-cup, plate, spoon, pot, tupperware sorting and classifying are a great way to have fun with math.

**Materials needed:** You and your child

## Literacy

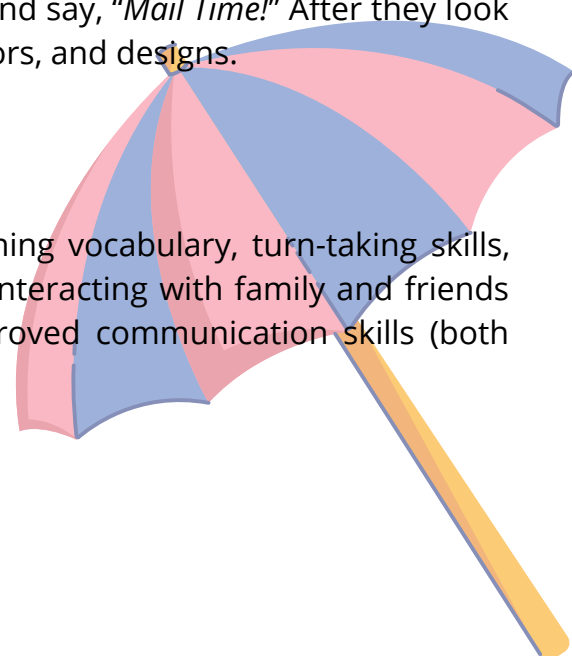
**Mail Time:** Talk to your child about getting mail and what it means. Then write them a note or give them a piece of junk mail or store flyer and say, "Mail Time!" After they look at it, take turns talking about the letters, pictures, colors, and designs.

**Materials needed:** Today's mail

## Communication

**Go Fish:** Naming and describing pictures while learning vocabulary, turn-taking skills, etc. Playing a game like this provides valuable time interacting with family and friends and is also a great way to help children learn improved communication skills (both receptively and expressively).

**Materials needed:** Deck of cards



# Kindergarten Readiness

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Ages  
4-5 Years

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### Social Emotional Learning (SEL) Friendship Skills/Social Relationships

Scan QR code for love and trust building activities for children from "I am a Super Friend!"

**Materials needed:** You and your child



### Gross Motor

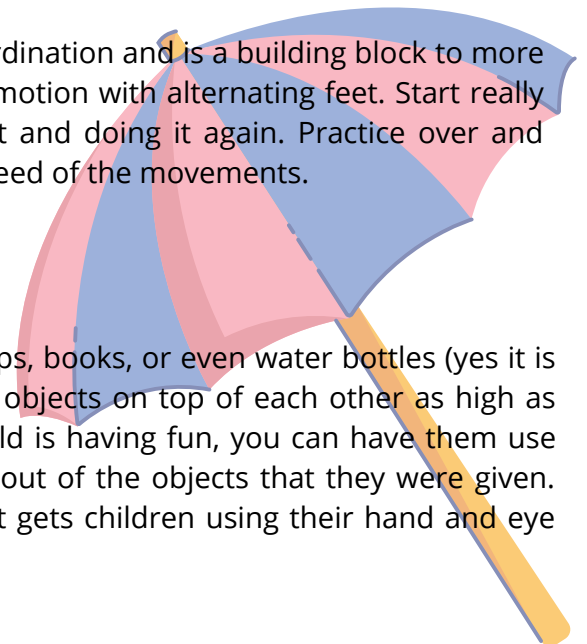
Skipping! Learning how to skip will help them practice coordination and is a building block to more complex movements. Skipping involves a "hop and step" motion with alternating feet. Start really slow practicing hopping and stepping then switching feet and doing it again. Practice over and over slowly. Once they get the idea start to increase the speed of the movements.

**Materials needed:** You and your child

### Fine Motor

Stack Away: Find objects around the house, like blocks, cups, books, or even water bottles (yes it is possible and super rewarding). Have your child stack the objects on top of each other as high as they can go. Start with all the same items, and if your child is having fun, you can have them use different items and see how high they can build a tower out of the objects that they were given. This is a great skill for fine motor development because it gets children using their hand and eye coordination.

**Materials needed:** Lots of stackable objects



# Kindergarten Readiness

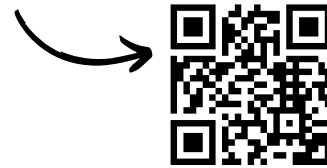
Watch your child grow

Ages  
4-5 Years

## Approaches to Learning

**Face Off:** Make a face that expresses a feeling. Ask your child to make a face that shows the opposite feeling. If you make a happy face, they should make a sad face. Chat about when they remember people making these faces. Take a selfie or draw a picture together with your goofiest faces to stretch the moment! **Brainy Background:** Mirroring the emotions of others helps your child learn empathy. It can also help them express their own feelings. These are essential skills that we use every day as adults. Scan QR for additional support resources.

**Materials needed:** You and your child



## Mathematics

One of these things is not like the other one: Gather a group of similar objects and one item that is not. Have children identify what item does not belong. For example, have 1 square bead in the middle of round ones or an orange in the middle of yellow lemons and a banana. This can be as simple or as hard as you would like as the child gets better. This can also be played as a listening activity, where you say the words, "bat" "ball," "dog," and "baby," asking children to listen for the similar/different beginning sounds.

**Materials needed:** Items around your home

## 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:** Lots of creativity

## Communication

**Scattergories:** Thinking of words that fall into a list of various categories that also start with a specific letter. Playing a game like this provides valuable time interacting with family and friends and is also a great way to help children learn improved communication skills (both receptively and expressively).

**Materials needed:** You can either use the boxed scattergories game or you can extend the game by creating your own category and letter cards to use.