



# 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



## SOCIAL EMOTIONAL LEARNING /COMMUNICATION

Help your child learn self-awareness skills and words. While your child won't be using the words yet, saying the words and bringing attention to how their body is feeling when they are expressing various emotions helps to build the foundation so that they are able to recognize and use words later to describe their emotions. Make sure to name both positive and negative feelings.

**Materials needed:** You and your child

## GROSS MOTOR

Dance Party! Turn on some music, sing to your baby, or make music together. Hold your child and dance with them. Let them feel the movement in your body. Try and get them to move their arms and kick their legs. This type of movement promotes coordination, motor learning, and body awareness."

**Materials needed:** Music

## FINE MOTOR

Give your child a baby safe fork, a cup, a book, a plate, or any household object. Let them explore, practice holding, and play with these objects.

**Materials needed:** Any household object

March

Spring



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## APPROACHES TO LEARNING

**Explore:** Give your child different objects of size, color, texture and allow them to explore each object.

**Materials Needed:** Objects of different size, color, and texture

## MATHEMATICS

**Space Explorer:** Show your child the world from different points of view. When they're in your arms, crouch down low or gently lift them up in the air. Describe what you're doing and respond to their reactions. "You're as high as the light! Look what you can see up here!"

**Materials needed:** You and your baby

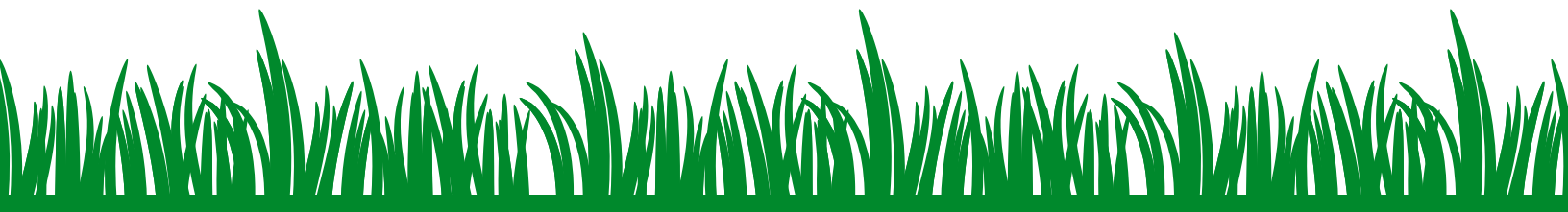
## LITERACY

**A Tall Tale:** During a diaper change, tell your child a silly story about the tallest little child in the world. While you are at it, stretch their arms over their head as you stretch out your words in a playful tone. (The taaaaaaallest baaaaaby in the woooooooorld!)

**Materials needed:** You and your baby

## NATURE PLAY

Outdoor tummy time is a great way to spend a Spring day. Gather a few toys, like instruments, a book, and a blanket. Laying on the blanket, notice the sounds you hear, and feel the difference the blanket feels when layed on the grass. Blow some bubbles, feel the wind, and have fun!





# Kindergarten Readiness

**Ages  
2-3 years**

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## SOCIAL EMOTIONAL LEARNING/COMMUNICATION

Help your child learn self-awareness skills and words. When you or your child is feeling stressed, one of the things you can do is to learn to find your "Happy Place"! This can be a physical place, or it can be a happy memory or image. Make sure to talk with them through the whole process and have them name their negative or positive feelings.

**Materials needed:** You and your child

### GROSS MOTOR

Dance Party! Turn the music up and get ready to move your body. Encourage your child to try out new moves by observing your own movements. Try having them jump and wiggle their bodies. This type of movement promotes creativity, balance, coordination, and body awareness.

**Materials needed:** Music

### FINE MOTOR

Let's Color! Grab any sheet of paper, color crayons or pencils and encourage your child to draw anything they want!

**Materials needed:** paper, coloring supplies

March

Spring

# Kindergarten Readiness

**Ages  
2-3 years**

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## APPROACHES TO LEARNING

Help encourage independence by allowing your toddler to "do it themselves" while getting dressed, putting on shoes, etc. **Materials needed:** Book

## MATHEMATICS

**Bye-Bye Bubbles:** While cleaning up, give your child a soapy sponge and a large container with a little water so they can help wash safe kitchen items. Scrub up lots of bubbles together. When you're ready say, "Bye bye bubbles!" and show them how to rinse the bubbles away. Encourage them to try it.

**Materials needed:** You and your baby during dish washing time

## LITERACY

**Sound Pattern Play:** Take turns with your child making sound patterns. For example, say, "Coo, coo, ca, coo." Ask them to repeat your sounds. Then ask them to come up with a new pattern, and you repeat it. See if you can make the patterns harder by going faster or adding more sounds

**Materials needed:** You and your baby

## NATURE PLAY

On a cookie sheet, place a small amount (about 1 cup) of chocolate pudding. Let your fingers play in the "pretend mud". Is it cold? Is it squishy? I bet it's yummy! Spring has sprung, let the mud play begin.

March

Spring



# Kindergarten Readiness

**Ages  
3-4 years**

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## SOCIAL EMOTIONAL LEARNING/COMMUNICATE

Help your child learn self-awareness skills and words. If you feel yourself getting stressed and overwhelmed, try to remain present in the moment. Notice what you see around you. What do you hear? What sensations do you feel in your body? Make sure to talk with them through the whole process and have them name their negative or positive feelings. **Materials needed:** You and your child

## GROSS MOTOR

Dance Party! Turn the music up and get ready to move your body. Encourage your child to try out new moves by observing your own movements. Try having them swing their arms up and down and kick those legs. This type of movement promotes creativity, balance, coordination, and body awareness.

**Materials needed:** Music

## FINE MOTOR

Practice using scissors on any paper. Have your child cut out 5 strips of paper, and tape each paper together to form a chain. Be sure to supervise this activity.

**Materials needed:** Scissors, paper, and tape

March

Spring



# Kindergarten Readiness

**Ages  
3-4 years**

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## APPROACHES TO LEARNING

**Hide and Seek:** Hide an object around the room for your child to find. Take turns being the "hider" and the "seeker." **Materials needed:** Any object

## MATHEMATICS

**Food Count:** Cut an apple and ask your child to guess how many seeds he thinks 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 his guess. What other foods can you use for this game?

**Materials needed:** A piece of fruit or other food that can be counted.

## LITERACY

**Picture Detective:** Encourage your child to be a picture detective. Look at a picture in a book or magazine. It can even be in a newspaper or in an ad on a bus or train. Talk about the picture together. Can you find certain objects? Ask questions like, "Look at that boy's face. How do you think he feels?"

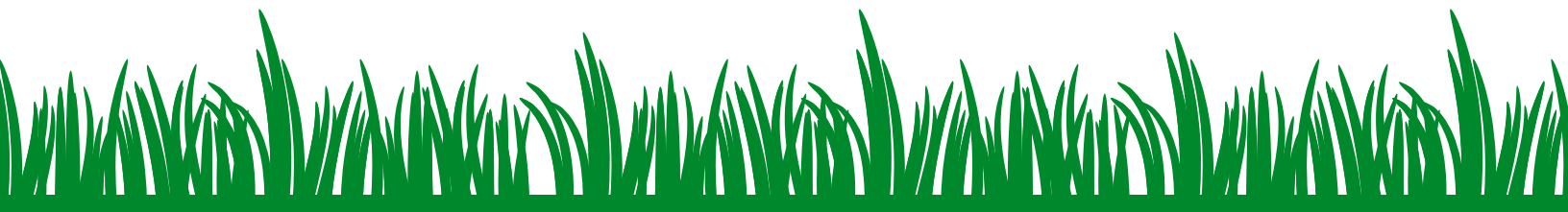
**Materials needed:** You and your child

## LANGUAGE

Name Colors - Red, Green, Blue, Yellow, Black, White, Orange

## NATURE PLAY

Gather your digging tools, find a mudhole or create one with a hose. Dig down deep, what did you discover? Maybe worms, rocks, different colored soils, even a dinosaur? Then read, "Yucky Worms" by Vivian French, so much fun!







# Kindergarten Readiness

**Ages  
4-5 years**

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## SOCIAL EMOTIONAL LEARNING/COMMUNICATION

Help your child learn self-awareness skills and words. Remind yourself that you're good enough. Sometimes just getting through the day is a major feat. Be kind to yourself. You can't be at your best every day. It's okay to fail big sometimes. Make sure to talk with them thru the whole process and have them name their feelings whether negative or positive.

**Materials needed:** You and your child

## GROSS MOTOR

Dance Party! Turn the music up and get ready to move your body. Encourage your child to move with the music. Try having them skip, hop, and move their hips. This type of movement promotes creativity, balance, coordination, and body awareness.

**Materials needed:** Music

## FINE MOTOR

**Napkin Folding:** When you set the table for a meal, encourage your child to think of different ways to fold napkins or paper towels to make different shapes and sizes. You might say, "What shapes can you make?" "What does this shape look like?" "What would happen if you kept folding the corners down?"

**Materials needed:** Meal time and paper towels

March

Spring



# Kindergarten Readiness

**Ages  
4-5 years**

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## APPROACHES TO LEARNING

Have your child pick out a book and read together. Throughout the book ask your child, "what do you think is going to happen next?"

**Materials needed:** Book

## MATHEMATICS

**Find the Opposites:** When you're waiting somewhere, ask your child to play "Find the Opposites" with you. You call out something big and they respond with the opposite, something small. Start with easy comparisons, like big and small, high and low, or near and far

**Materials needed:** You and your child

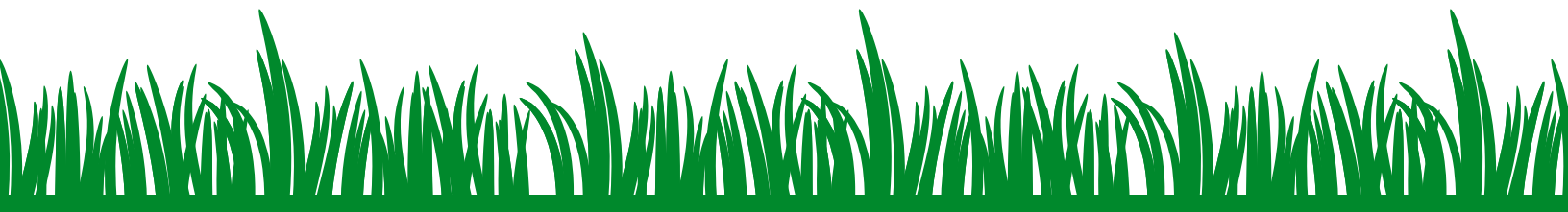
## LITERACY

**Letter Language:** Use a letter, like B, to begin every word you say. Instead of "Hello, how are you?" say, "Bello, bow bar boo?" Encourage your child to use the same letter to begin the words of their response: "I am fine, how are you?" would become "Bye bam bine, bow bar boo?" How long can you keep it up?

**Materials needed:** You and your child

## NATURE PLAY

A fun book to explore "Underground" by Denise Flemoing, is a great Spring read aloud, Go outside and dig for worms or go to the fishing department and purchase some wigglers. Using a ruler, carefully measure which worm is longer or shorter. Hold them in your hand and a magnifying glass to check out all of their characteristics.





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Scan QR for  
fun activities

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