

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
- 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) & Communication:

Show your child pictures of various community type members i.e. teachers, firefighters, police officers, trash removers, doctors, nurses, etc. You can talk with them about what each does and have them start to notice them around their community.

Materials needed: You and your child

Gross Motor

Big movements! Lay your child down on a blanket and encourage them to copy you, help them clap their hands together, kick their legs, touch their toes, and if able, crawl, sit up, walk, and do tiny jumps. This type of movement promotes body awareness, motor learning, and muscular strength.

Materials needed: You and your child

Fine Motor

Patty Cake is a great game to play with your baby to help them learn to clap.

Materials needed: You, your child, and a smart device



How to play Patty Cake



Kindergarten Readiness

Watch your child grow

Ages
Birth-2 Years

Approaches to Learning

While waiting with your child, talk to them about everyday wonders. Do they notice the bright colors in a photo? Do they feel how soft their sweater is? Can they hear quiet background music? Keep chatting with them and when they make a sound, respond back.

Materials needed: You and your child

Mathematics

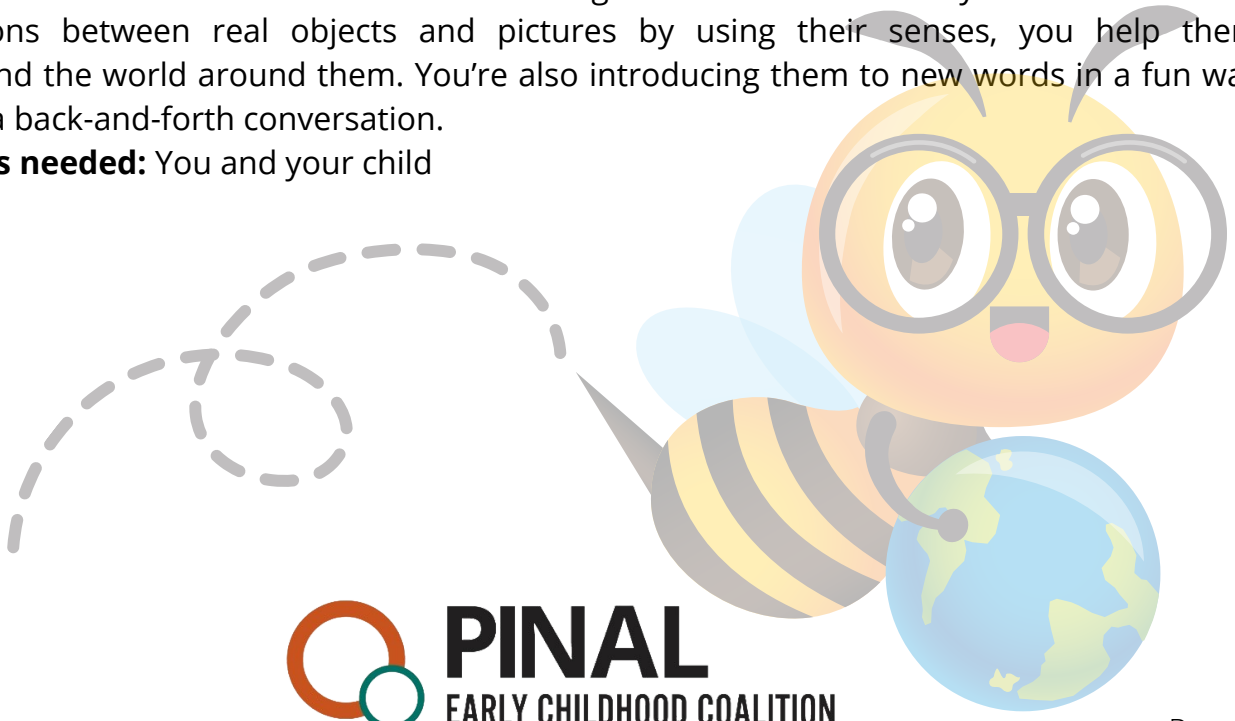
Daily Discoveries: What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As they discover their world, pay attention, smile, and use words that they will learn someday: "You reached out your fingers and got your toy." When you pay attention to what your child does and share their delight in doing and learning, you start them on the path to becoming a lifelong learner.

Materials needed: You and your child

Literacy/Language

Real Life Matchup: Match pictures to the real objects. After looking at a picture of an apple, for example, let your child touch and smell one. Describe what they're doing. "You're feeling the smooth red apple. Look, here it is in the picture!" Go back and forth and create a conversation. Babies take in information through their senses. When you let them make connections between real objects and pictures by using their senses, you help them understand the world around them. You're also introducing them to new words in a fun way through a back-and-forth conversation.

Materials needed: You and your child



Kindergarten Readiness

Watch your child grow

Ages
2-3 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
- 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) & Communication:

Community: Explain to children that most people belong to a community—a place in which people live together. Communities can enjoy good times together and also get through tough times together. A community is full of neighbors and businesses, and usually has a school and places that help keep its members safe, like a firehouse. A community also has helpers such as energy workers, trash removers, and doctors and nurses. Have them start noticing all of the different community helpers they see as they travel around!

Materials needed: You and your child

Gross Motor

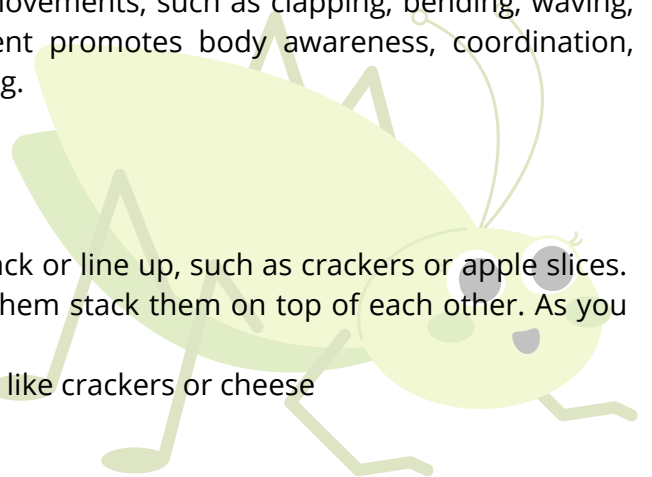
Copy me game! Have your child mimic your big body movements, such as clapping, bending, waving, stretching, touching knees, etc. This type of movement promotes body awareness, coordination, crossing of the mid-line, and motor learning and planning.

Materials needed: You and your child

Fine Motor

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, and stackable snacks like crackers or cheese



Kindergarten Readiness

Watch your child grow

Ages
2-3 Years

Approaches to Learning

Changing Time Challenge: Invite your child to play Changing Time Challenge with you! Ask them to choose a favorite song and sing it together in as many new ways as they can think of. You might sing loudly then softly, or fast and then slow. Pause while you're singing and see if they can keep going without you.

Materials needed: You and your child

Mathematics

Ins and Outs: At the market, point out the ins and outs with your child. Are they IN the cart? Is a worker taking fruit OUT of the box? Did you put food IN a bag? Are you walking OUT the door? Play often enough and they will get it and find ins and outs of their own! You're helping your child begin to think and talk about where objects are in relationship to one other. This helps them organize their understanding of the world. It takes time to develop but it is important for doing math in the future.

Materials needed: You and your child

Literacy/Language

Laundry Ins and Outs: Invite your child to help you gather dirty clothes. Put them IN the laundry basket, pull them OUT. Then put them IN the machine, and pull them OUT. Use the words IN and OUT to describe your actions and see how they learn these ideas! Children this age like putting things in and out of stuff. Use this interest to help you get a chore done! It also helps them learn the concepts of IN and OUT and organize their world.

Materials needed: You and your child



Kindergarten Readiness

Watch your child grow

Ages
4-5 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
- 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) & Communication:

Community: Explain to children that most people belong to a community—a place in which people live together. Communities can enjoy good times together and also get through tough times together. A community is full of neighbors and businesses, and usually has a school and places that help keep its members safe, like a firehouse. A community also has helpers such as energy workers, trash removers, and doctors and nurses. Have them start noticing all of the different community helpers they see as they travel around!

Materials needed: You and your child

Gross Motor

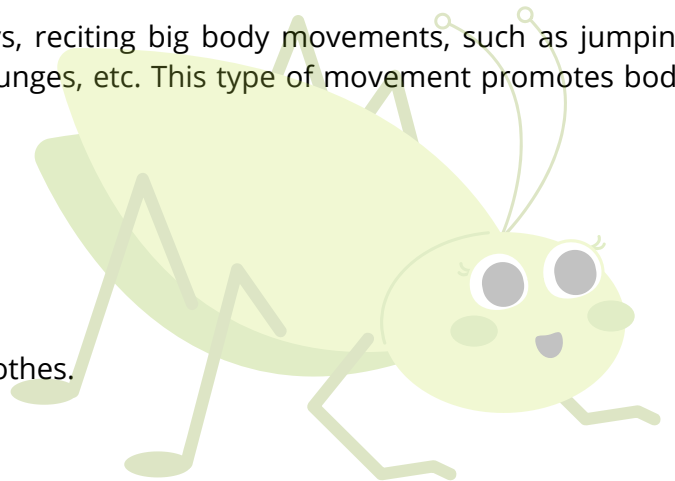
Simon Says! Play the traditional game of Simon Says, reciting big body movements, such as jumping jacks, running in place, hopping on one foot, doing lunges, etc. This type of movement promotes body awareness, coordination, and muscular strength.

Materials needed: You and your child

Fine Motor

Let's get dressed: Practice buttoning and unbutton clothes.

Materials needed: You, your child, and shirt buttons



Kindergarten Readiness

Watch your child grow

Ages
4-5 Years

Approaches to Learning

Make clean-up time fun with a finding game. You can look for color, size, or type of object. For example, you and your child can put away all the red things. Let them pick the next color. Find all the things with wheels or the things that are soft. Take turns setting goals until everything is cleaned up!

Materials needed: You, your child, and a mess to clean up

Mathematics

Food Finder: At the store? Ask your child to find one orange, two apples, and three bananas (or any items on your list). As they bring them to the cart, have them count out each item one by one. Take one of the items out and ask them how many are now left. When you use everyday experiences to teach counting, the idea that numbers stand for actual objects becomes real. With this game, they're counting backward and forward—using the skills of focus, self-control, and remembering.

Materials needed: You and your child

Literacy/Language

List Master: When you're out running errands, put your child in charge of the list. Have them help list out a few things you both have to do that day. When you finish each task, cross it off the list together! When you make a list and cross things off the list together, it helps your child learn that written words represent real-world activity.

Materials needed: You and your child



May

Kindergarten Readiness

Watch your child grow

Scan QR for
fun activities

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.

Ages
Birth-2 Years



Ages
2-3 Years



Ages
3-4 Years



Ages
4-5 Years

