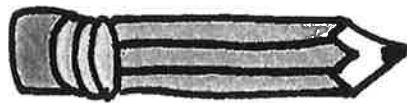


# How to Be KINDERGARTEN READY

---

This is a guide to help you make sure that your child has had experiences that will help make the transition into kindergarten easier. It is not expected that these things be mastered but are listed to provide suggestions for activities and topics to discuss in preparation for school. Research identifies physical, social, emotional, and academic traits of a typical four or five-year-old child which indicate kindergarten readiness. These skills are primarily gained through parent and child interaction and conversation in a playful and fun environment.



## Social and Emotional

1. Have your child spend time away from you.
2. Teach your child the importance of treating friends and adults respectfully.
3. Take a walk when you have time to stop and talk about things you and your child notice.
4. Give your child a simple one step direction to follow. (Ex: Please pick up your coat.)
5. Give a more complex direction to follow. (Ex: Please get your bike and put it in the garage.)
6. Limit TV viewing and video game playing and encourage your child to play with other children.
7. Hug your children, tell them you love them, and let them know you are confident of their abilities.

## Physical Development

1. Draw and color pictures.
2. Practice using pencils, crayons, glue, markers, and scissors correctly.
3. Have fun walking on a straight line, hop and stand on one foot, and walking backwards.
4. Have your child practice writing their name with a capital letter followed by lower case letters. Make it fun- use sidewalk chalk, paint, markers, crayons, as well as pencils
5. Let your child use scissors cutting things up and out.
6. Practice snapping, buttoning, and zipping clothing.
7. Practice tying shoes.
8. Ask questions and encourage your child to answer with a complete sentence.
9. Read nursery rhymes to your child. Have them tell you the rhyming words.

## Health and Safety

1. Have a set routine and schedule for preparing for bed, personal hygiene, and eating meals.
2. Follows simple safety rules.
3. Attempts to put straws in juice pouches, open water bottles, open milk cartons, chips, and ketchup packets.
4. Practice taking care of own needs including toileting, washing hands, and dressing.

## Math

1. Recognize and name basic colors.
2. Name the four basic shapes: square, triangle, circle, and rectangle.
3. Count things. (Ex: Count buttons on a shirt, Legos as they play, etc.)
4. Play board games and learn to win and lose, take turns, and share.
5. Look at groups of objects and describe their shape, color, or size.
6. Understands positional words such as top, bottom, side, etc.
7. Counts from 1-10 in correct order.
8. Recognizes numbers 0-20.

## Reading and Language

1. Read to your child every day and then ask questions and talk about the story together.
2. Talk with your child and help them learn new words so they will be able to express themselves clearly and effectively.
3. Name a letter and find that letter on the page or in the world around you.
4. Recite and name the letters of the alphabet.
5. Have your child show you the front of the book, back of the book, where you start to read, top of the page, bottom of the page, left and right side.
6. Practice naming the letters and the sounds they make.
7. Practice writing and recognizing the letters in his/her own name.

## Make Learning Fun!

Visit these websites for more learning fun.



Havefunteaching.com  
Readingrockets.org  
ABCmouse.com  
Starfall.com

