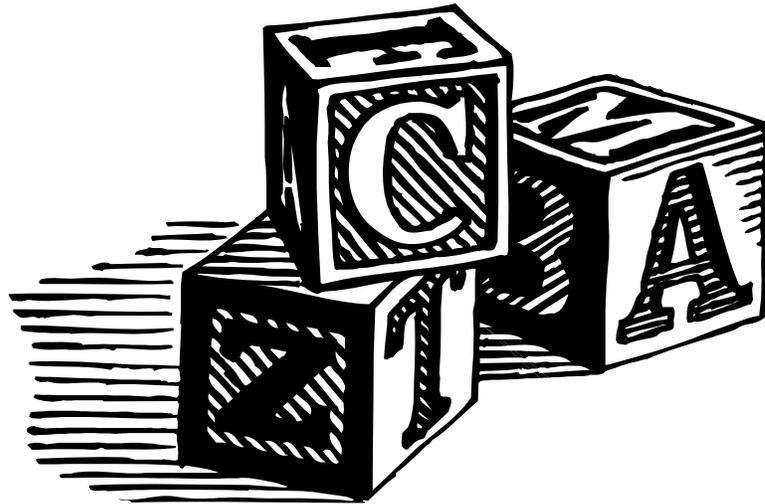


# Kindergarten Readiness Activities



Activities and  
Strategies to Help Your Child  
Get Ready for Kindergarten



*Central Kitsap School District  
Silverdale, Washington*



# Incoming Kindergarten Targets

**A five year old with these skills is ready to succeed in school.**

## **1. Letters and Sounds**

- enjoys being read to and can retell a story
- recognizes and names 10-15 alphabet letters and their sounds
- repeats beginning and ending sounds in words
- speaks in complete sentences
- prints his or her first name
- understands 4,000 to 5,000 spoken words

## **2. Math**

- counts in order from 1 to 20
- recognizes numbers and quantities to 10
- names and sorts items by color, shape and size
- understands concepts such as more, less, same, above, below, big and small

## **3. Social**

- settles into new groups or situations
- can concentrate on a task for at least 5 minutes
- follows simple directions
- shows kindness and concern for others

## **4. Bi-lingual**

- comes to school speaking English, if other languages are spoken at home.

## **5. Personal Health**

- potty trained
- no longer takes a daily nap (slowly wean away naps the summer before school starts)

**Reading aloud 20 minutes a day helps your child master these skills.**

# REPORT TO PARENTS

## Preparing for Kindergarten

The move from preschool to “real” school is exciting (and often tearful) for both children and parents. There’s a lot you can do to make the transition to kindergarten enjoyable.

**Making Friends with the School** – Point out the school as you drive or walk past, and say, “That’s your school.” Attend kindergarten orientation together, taking the opportunity to tour the school and meet the principal and teachers. Take your child to play on the school’s playground after school, on weekends, and during the summer.

**Learning Social Skills** – *Sharing* is a regular part of the day in kindergarten. Help your child learn to take turns by sharing toys, crayons, and games with friends and family members. *Waiting* is tough for preschoolers, but you can help them get used to it by saying things like, “We’ll go to the park after lunch.” Teach your child to *communicate* with words, not actions when upset. Emphasize that screaming, crying, hitting, kicking, and other “temper tantrum” behavior is not acceptable.

**Listening is Important** – Looking at the person who’s talking to you is more than good manners when it’s the teacher who’s doing the talking. Work with your child on paying attention and following simple directions...“Please put your pillow on your bed, and then put your shoes in your closet.”

**Loosening the Apron Strings** – If your child isn’t already attending preschool or day care, look for ways for them to spend some time apart from you. Trade off with a friend, or sign your child up in a community or church program for preschoolers.

**Who Am I?** – Kindergarteners should know not only their full names, but the first and last names of their parents and caregivers. Memorizing your phone number and address may be a little easier for a preschooler if you set them to a familiar tune, like “Mary Had a Little Lamb.”

**All by Myself** – Your child should know how to zip, snap, tie, button, and fasten Velcro. Be sure that your little one can also take care of his or her bathroom needs well before the first day of school.

**Begin with Basics** – Go beyond teaching your child the ABC song by working on letter recognition, especially letters that spell out his or her name. It’s also helpful if your child can recognize isolated letters and those not in alphabetical sequence. Talk about the colors and shapes around you—the round clock, the red umbrella. Make simple counting a part of your preschooler’s day by counting aloud as you put each piece of silverware in the drawer, climb stairs, or bring in bags of groceries. Help your little one learn important concepts by acting out the differences between up and down, in and out, high and low, over and under, small and tall.

**Ensure a Healthy Start** – Make sure your child’s immunizations are up to date. A complete physical before the start of school, including vision and hearing tests, is also a good idea. Start your preschooler on a school day regimen of bedtime and wake-up time several weeks before school starts. At this age, a child should have ten 10 hours of sleep.

Most importantly, understand that your child is unique and will learn at his or her own pace. So don’t become frustrated if your child fails to master simple skills right away. The best thing you can do to prepare your preschooler for kindergarten is to invest as much time as possible helping him or her learn new skills. The long-term results will be worth your efforts.

# Fine Motor Activities

## Finger Strengthening

Squeeze a ball ("squish," play dough or foam)

Tug of war - Make a loop with thumb and index finger, interlock other hand loop, pull loops tight without pulling apart. Try with thumb and each finger.

Lay palms flat on table. Pull fingers up and make a "cave." Next lay fingers flat and raise finger up, one at a time.

## Hand Strengthening

Play Dough/Clay - Stretch, twist, squish, roll.

Wall Pushes - Place palms flat against wall, push as if you were going to move the wall back.

Rotating - Do activities that involve rotating your hand.

Single handed: Turn on and off faucet, turn doorknobs.

Dual handed: Put together nuts and bolts, screwdriver and screw, twist open jar.

## Manipulation

Attach large paper clips to tag board.

Clip clothespins on a shoebox, drop into container from waist height.

Pin large safety pins into fabric.

Stack small blocks, holding one block in hand while stacking.

Use tweezers to pick up small objects

## Coordination

Sequencing - Copy someone's pattern of clapping, snapping, tapping.

Bilateral - Claps on body parts, alternating hands, cross over.

Twiddle thumbs, alternating directions.

Action songs - "Eency, Weency Spider," finger plays.

## Early Literacy Websites For Parents

Literacy Center Education Network (Computer games for alphabet, shape, and high frequency word learning): [www.literacy.net](http://www.literacy.net)

Carl's Corner: Alphabet and Blends Charts and Game plus MORE:  
<http://www.carlscorner.us.com/>

ABC Match (Online practice for early phonics):  
<http://www.readwritethink.org/materials/abcmatch/>

Learning Planet (Computer games for alphabet): [www.learningplanet.com](http://www.learningplanet.com)

Rat Catches Letters, Shapes Game: [www.learningplanet.com](http://www.learningplanet.com)

Perpetual Preschool Lesson Ideas: <http://www.perpetualpreschool.com/>

Sample lessons:

### **Alphabet Song and Sounds (sung to the tune B-I-N-G-O)**

There is a letter in the Alphabet, and A is it's Name-O, A-A-A-A-A, A-A-A-A-A, A-A-A-A-A, and A is the sound it make's O. There is a letter in the Alphabet and B is it's name-o, Buh-buh- buh-buh-buh, Buh-buh-buh-buh-buh, buh-buh-buh-buh-buh, and Buh is the sound it makes-o. And so on with each letter, using the sound each letter makes instead of B-I-N-G-O.

### **Alphabet Soup**

One of my class's favorite alphabet games to play is the "Alphabet Soup" game. I use a black plastic cauldron (purchased at Halloween time) and magnetic letters of the alphabet. Each child takes a turn by stirring the "soup" with a large plastic spoon, and dipping out one letter. The child then tells me what letter it is, and then finds the matching letter on a placemat that I found with the alphabet on also. The children love this game!!

### **Alphabet Book**

Build those early reading skills by making an alphabet book. We took an 11x13 piece of construction paper for each letter of the alphabet. We do one letter weekly. We make cut outs using the die cut machines of items that begin with that letter. Like elephant, ear, elbow, eight, earth, etc. for letter E. (Can also have children add to page by cutting things out of magazines.) They paste these cut outs on the right page for the letter. Then if there is a child in the class whose names begin with that letter (ie, D--David), put that child's picture on that page. The children end up with their individualized alphabet book, plus a scrapbook of their Pre-K class.

## **Tiny Tim**

I had a little turtle, his name was Tiny Tim.  
I put him in the bathtub, to teach him how to swim  
He drank up all the water, he ate up all the soap.  
And now when he talks, there's a bubble in his throat.

## **Right Hand, Left Hand**

This is my right hand,  
I'll raise it up high (right hand over head).  
This is my left hand,  
I'll touch the sky (left hand up).  
Right hand (show right palm)  
Left hand (show left palm)  
Roll them around (roll hands over and over)  
Left hand (show left palm)  
Right hand (show right palm)  
Pound, pound, pound (pound fists together)

## **Sleepy Caterpillars**

Let's go to sleep, the caterpillar said, (wiggle finger)  
As they tuck themselves into their beds. (make a fist)  
They will awaken by and by,  
And each one will be a lovely butterfly. (open hand one finger at a time)

## **Five Little Fishes**

Five little fishes swimming in a pool, (wiggle 5 fingers)  
The first one said, "the pool is cool". (wrap arms around body)  
The second one said, "the pool is deep", (voice deep)  
The third one said, "I want to sleep", (rest head on hands)  
The fourth one said, "let's dive and dip", (hand dives and dips)  
The fifth one said, "I spy a ship", (peer out under hand)  
Fisherman boat comes, (fingers form V and move away from body)  
Line goes KER-SPLASH, (pantomime throwing fishing line)  
Away the five little fishes dash. (wiggle 5 fingers away)

## **Bunny and The Cabbage**

Once there was a bunny (right fist forms bunny and two fingers his ears)  
And a great big cabbage head (fist of left hand)  
"I think I'll have some cabbage," the little bunny said.  
So he nibbled and he nibbled (nibble cabbage head w/fingers of right hand)  
And pricked his ears to say (ears straighten up)  
Now I think it's time to be hopping on my way.

### **Twelve Little Rabbits**

Twelve little rabbits in a rabbit pen;  
Two hopped away and then there were ten. (hold up 10 fingers)  
Ten little rabbits with ears up straight;  
Two hopped away and then there were eight. (bend down two fingers)  
Eight little rabbits doing funny tricks;  
Two hopped away and then there were six. (bend down two fingers)  
Two little rabbits found a new friend;  
They hopped away, and that is the end

## **Chipmunk in a Tree**

See the little chipmunk (hold left hand up, elbow bent.)

Run up the tree (right hand running up left arm.)

There he finds a hole and hides from me. (right hand through hole and disappears)

Watch and you will see him peek all around. (put forefinger of right hand through hold as though looking about.)

And if you'll be quite still, he'll come down. (chipmunk runs down.)

## **Going to Bed**

This little boy is going to bed (place forefinger in left hand.)

Down on the pillow he lays his head,

Wraps himself in the cover tight. (fold left hand over right forefinger)

This is the way he sleeps all night.

Morning comes he opens his eyes. (blink eyes as if just opening)

Back with a toss the cover flies

Up he jumps, is dressed and away

Ready for work, ready for play. (open left fist and quickly raise right forefinger, then wiggle it and move hand as if walking on its way.)

## **Beehive**

Here is a beehive.

Where are all the bees?

Hidden away where nobody sees!

I see something! They are alive!

One! Two! Three! Four! Five!

## **Grandmas' Glasses**

Here are grandmas glasses

Here is grandmas hat.

This is the way she folds her hands

And put them in her lap.

Here are grandpas glasses,

Here is grandpas hat.

This is the way he folds his arms!

Just like that!

## **There Was a Little Turtle**

There was a little turtle, (make a small circle w/hand)

He lived in a box, (make box w/hand)

He swam in a puddle (wiggle hands)

He climbed on the rocks. (stack hands on the other)

He snapped at a mosquito, (clap hands)

He snapped at a flea, (clap hands)

He snapped at a minnow, (clap hands)

He snapped at me. (clap hands)

He caught the mosquito, (clap hands)

He caught the flea, (clap hands)

He caught the minnow, (clap hands)

But he didn't catch me! (shake index finger)

## **Additional Literacy Parent Resources**

*More Finger Plays are available at* <http://falcon.jmu.edu/~ramseyil/fingerplayindex.htm>

Early Literacy Songs <http://www.thekidslist.com/Thematic%20Songs.htm>

Early Literacy Poetry <http://www.enchantedlearning.com/rhymes/topics/cats.shtml>

Nursery Rhyme Collection <http://www-personal.umich.edu/~pfa/dreamhouse/nursery/rhymes.html>

Books for the Very Young <http://www.lil-fingers.com/>

Starfall [www.starfall.com](http://www.starfall.com)

Listening Tips [www.hsolc.org](http://www.hsolc.org)

## **Math Parent Resources**

**PBS Parents Preschool and Kindergarten Math Games**

<http://www.pbs.org/parents/education/math/games/preschool-kindergarten/>

**Preschool and Kindergarten Splash Math**

<https://itunes.apple.com/us/app/preschool-kindergarten-splash/id610303073?mt=8>

**Kindergarten Interactive Math Skill Builders**

[http://www.internet4classrooms.com/skill\\_builders/beginning\\_counting\\_math\\_kindergarten\\_k\\_grade.htm](http://www.internet4classrooms.com/skill_builders/beginning_counting_math_kindergarten_k_grade.htm)

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