

## Readiness activities

These activities can be done at home to help your child prepare to enter school. Work with your child on an activity for as long as he is comfortable. If your child is frustrated, please stop. Even if it is only a few minutes, the experience can be enriching for both you and your child. The most important activity is reading to your child as often as possible.



### Know personal data

- Information about your child can be combined into a book titled "All About Me." In the book, you can write your child's name, address and telephone number. Review the book often with your child.
- Help your child make a poster titled "My Family." Have your child draw pictures of everyone in the family. Help your child label each picture with the person's name and relationship. For example, if your child draws a picture of his sister Sara, label the picture, "my sister Sara." Don't forget the pets!
- Model and help your child write name with first letter capital and all others lowercase.

### Recognize colors

- Personalize color. A child will first learn the color names of items that are personal to him. For example, if a child likes his gray cap and receives compliments about it, he may learn gray before red, blue or yellow. Comments regarding the color of a child's personal items will help him recognize colors.
- Discover colors as you shop with your child and put groceries away. Point out things that are certain colors. Have your child find additional items that are a specific color.
- Help your child make a color collage. Look through old magazines or catalogs and cut out pictures of things that are a certain color. Glue the pictures on a piece of paper. When you have a collage for each color, help your child combine the pages to make a book.
- When reading a story to your child, emphasize the color words. Name the colors in pictures.

### Number readiness

- Provide objects for your child to put into groups and count. For instance, put three blocks in one group and two blocks in another. Have your child join the groups together and count the total number of blocks. Continue with various combinations and objects.
- Use pictures and ask your child to count the number in each group and then count the number if you join the two groups together.
- Look at family pictures. Count everyone in the picture or count the number of boys and girls, relatives or friends.

- Take advantage of time spent in the car. Count things you pass.
- While reading books together, count the objects in the pictures.

### Draw a person

- Allow your child to draw various people in the family, encouraging him to include detailed common body parts.
- Have your child draw a self-portrait and name body parts.
- Play Simon Says. As your child becomes familiar with the game, introduce less-known body parts (ankle, jaw, wrist, elbow).
- Help your child make a large self-portrait. Trace around your child on a large sheet of paper and help cut it out. Have your child draw features and name them.

### Early literacy

These basic skills help children move easily into reading. Practice these with your child:

- Print motivation: interested in and enjoy books
- Phonological awareness: hear and play with smaller sounds of words
- Vocabulary: know the names of things
- Narrative skills: describe objects and events and tell stories
- Print awareness: notice print, hold a book the right way, follow words on a page
- Letter knowledge: point out letters in books, use magnetic letters to play games, practice writing letters in sand, clay, etc.
- Comprehension: ask questions about what is happening in books to check for understanding

### Health and activity

- Children's play is their work, and they learn by doing and experimenting. Encourage physical activity on a daily basis.
- Proper food, exercise, up-to-date shots (immunizations) and good health prepare a child for kindergarten.
- Provide activities that build skills for small muscles in the hands, such as cutting out shapes with scissors or stringing beads.