

KINDERGARTEN

READINESS



Using my words

- ★ Use words to ask and answer questions
- ★ Sing songs and practice rhyming
- ★ Listen to and follow 2 or 3 step directions
- ★ Express my emotions with words
- ★ Carry on a short conversation



How I learn

- ★ Solve problems on my own
- ★ Try even when I'm discouraged
- ★ Explain what I'm doing
- ★ Experiment with different things
- ★ Use my senses



Managing emotions and relationships

- ★ Manage my emotions with help
- ★ Follow a predictable routine
- ★ Approach a group of children
- ★ Respect and care for others:
 - ☆ Recognize others' feelings
 - ☆ Respect others' space
 - ☆ Accept the diversity of others



Using my brain

- ★ Touch and count objects to 10
- ★ Recognize and write some letters and numbers
- ★ Recognize my name in print
- ★ Sort items by shape, size and color



Using my muscles

- ★ Cut with scissors
- ★ Properly hold and use a pencil, crayon, marker
- ★ Dress myself: buttons, zippers, snaps, shoes, gloves
- ★ Take care of my body: wash my hands, use a tissue
- ★ Be active: jump, run, climb, hop, throw, kick, catch, balance on one foot

★ Turn over to find tips on how to develop these skills. →



Using my words (Language development)

My parents/caregivers help by...

- Asking me who, what, when, where and why questions
 - Having a conversation with me and explaining things to me
 - Listening to my stories and reading to me
 - Talking with me about my feelings
-

1+2

How I learn (Approaches to learning)

My parents/caregivers help by...

- Encouraging my curiosity, initiative and ability to expand my learning
 - Giving me opportunities to use my senses, including getting messy
 - Giving me extra time to solve problems on my own
 - Limiting my screen time so I have more hands-on opportunities to learn
 - Reading to me
-



Using my brain (Cognitive development)

My parents/caregivers help by...

- Helping me practice writing and saying my first and last name
 - Challenging me to count items out loud and by touch
 - Encouraging me to sort items by size, shape and color
 - Playing games which allow me to find different letters and numbers
 - Allowing me to help with tasks and chores such as cooking, cleaning and gardening
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Managing my emotions (Social & emotional development)

My parents/caregivers help by...

- Modeling the skills I need to manage my emotions such as taking deep breaths, having time alone and staying calm
 - Teaching me the names of my feelings
 - Giving me a consistent routine
 - Reading books about feelings to me
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Using my muscles (Physical development)

My parents/caregivers help by...

- Supervising and showing me how to use scissors
- Allowing enough time for me to dress myself
- Being active with me outside
- Establishing a healthy lifestyle by providing adequate sleep, healthy foods and limited screen time