

How Can I Help My Child Prepare for Kindergarten?

As parents, we want our children to succeed in school, but we're not always sure what we can do to help them. Use this packet as a tool to help your child prepare for success in kindergarten. Keep in mind that each child has a variety of skills and strengths. Use the worksheets and tips as a way to practice and encourage your child to use new skills.

Ready for School has the skills and concepts children should master before entering kindergarten. Keep in mind that your child will not master all of these at the same time, and that some of them will need practice.

Skill Categories

- Reading Readiness
- Time
- Size, Positions, and Direction
- Colors and Shapes
- Numbers
- Motor Skills; Big Muscles, Small Muscles
- Social Skills; Self Care
- Personal Information

How to use *Ready for School*:

Each skill category has examples of activities and concepts. Place a circle around the skills your child can do. Use the activity and tip sheets to practice the skills they have not yet mastered.

Kindergarten Checklist



Reading Readiness Skills

Remembers pictures from a printed page
Repeats a 6 to 8 word sentence
Pretends to read
Recognizes their own first name in writing
Prints own first name
Can answer questions about a short story
Looks at pictures and tells story
Understands to read from left to right

Circle One

Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No

Knows:

Letters of the alphabet
Some nursery rhymes
Meaning of simple words

Yes No
Yes No
Yes No

Time

Understands day and night
Knows age and birthday

Yes No
Yes No

Size, Position, and Direction

Understands:

Big and little
Long and short
Up and down
In and out
Front and back
Over and under
Hot and cold
Empty and full
More and less
Fast and slow
Top and bottom

Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No

Colors and Shapes

Circle One

Recognizes:

Red, blue, yellow

Yes No

Triangles, circles, squares/rectangles

Yes No

Numbers

Counts to 10

Yes No

Can count objects

Yes No

Motor Skills – Big Muscles

Is able to:

Run

Yes No

Walk a straight line

Yes No

Jump

Yes No

Hop

Yes No

March

Yes No

Alternate feet walking down stairs

Yes No

Stand on one foot for 5 seconds

Yes No

Walk backward for 5 steps

Yes No

Throw a ball

Yes No

Motor Skills – Small Muscles

Is able to:

Paste pictures on paper

Yes No

Clap hands

Yes No

Button clothes

Yes No

Build with Blocks

Yes No

Put a simple puzzle of 5 pieces together

Yes No

Zip clothes

Yes No

Control pencil and crayon well

Yes No

Handle scissors

Yes No

Cut and draw simple shapes

Yes No

Self care

Is able to:

Dress self

Yes No

Brush teeth

Yes No

Carry a plate of food

Yes No

Take care of toilet needs

Yes No

Social Skills

Uses words to express himself/herself
Can be away from parents for 2 - 3 hours
Joins in family conversations
Gets along with other children
Recognizes authority
Shares with others
Talks easily
Puts away toys
Helps with family chores
Works independently

Circle One

Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No

Personal information

Knows:

First name
Last name
Parent's names
Home address
Home phone number
Whether they are a boy or girl
Names for body parts

Yes No
Yes No
Yes No
Yes No
Yes No
Yes No
Yes No



Reading Readiness

- Read to your child as often as you can, in any language. Try to make it a daily routine. Have a goal of 20 minutes per day (this does not have to be all at once).
- Visit the library often. Try out Story Time or other library programs.
- Point out letters of the alphabet and help your child recognize each letter and its sound.
- Give your child paper, pencil, and crayons to practice writing by scribbling and pretend spelling.

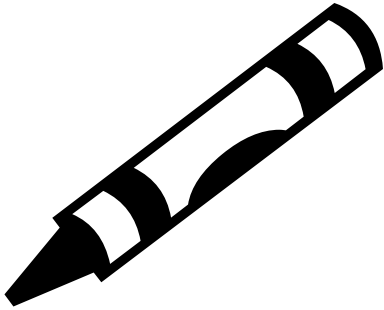
Book suggestions to Get Ready for Kindergarten



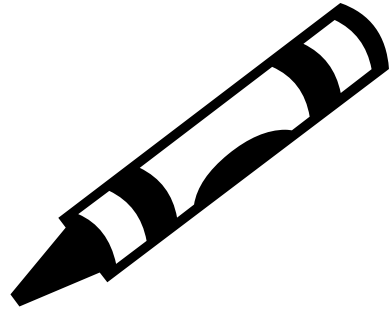
- Pooh's First Day of School – Rosemary Wells
- Amanda Pig, Schoolgirl – Jean Van Leeuwen
 - Timothy Goes to School – Rosemary Wells
 - My Teacher Sleeps In School – Leatie Weiss
 - Miss Bindergarten Gets Ready For Kindergarten – Joseph Slate
 - Will I Have A Friend? – Miriam Cohen
 - School Bus – Donald Crews
- When You Go To Kindergarten – James Howe
- The Day The Teacher Went Bananas – James Howe
- My First Day Of School – Patrick K. Hallinan

Color Words

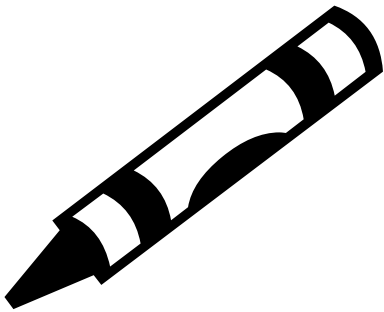
Color the crayons with the color that matches the word.



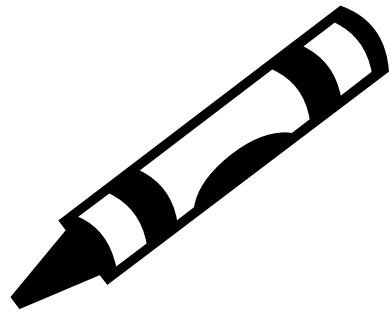
Red



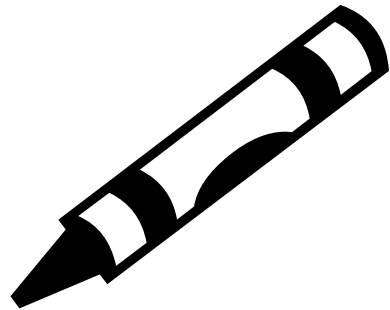
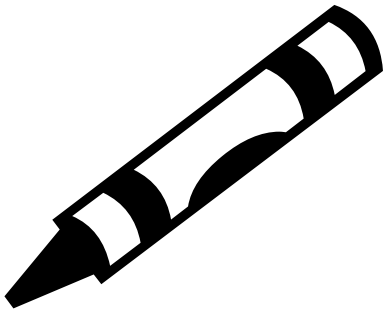
Blue



Yellow



Green

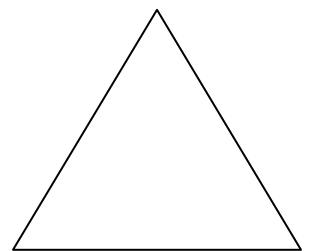
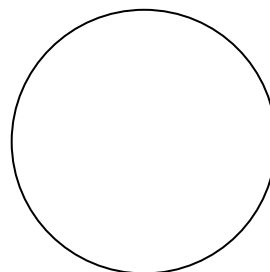
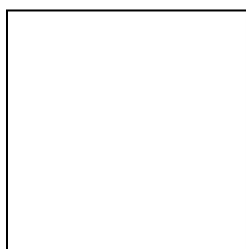
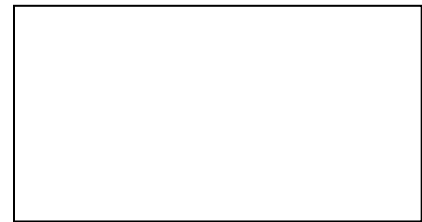
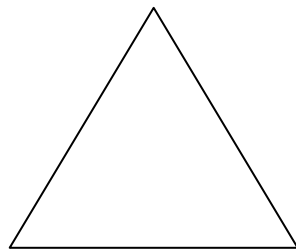
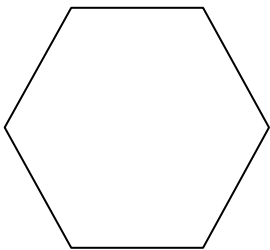
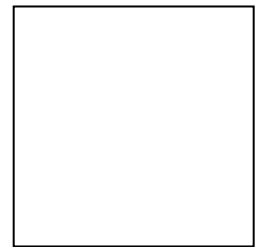
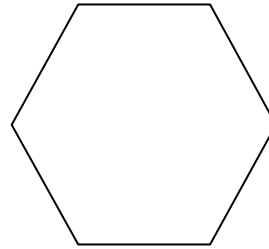
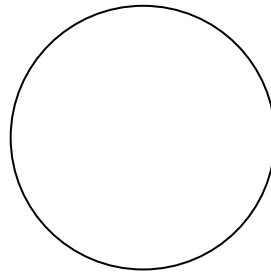
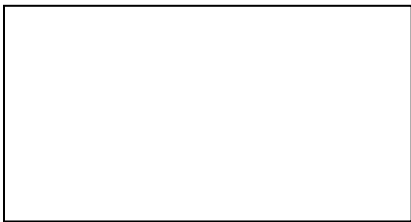
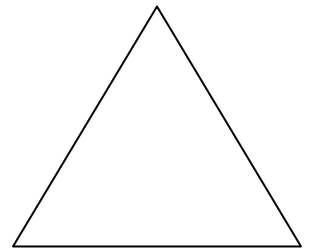
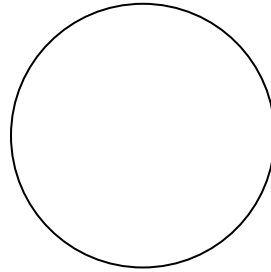
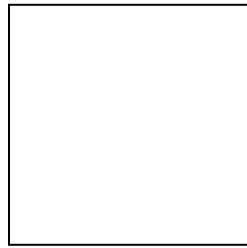
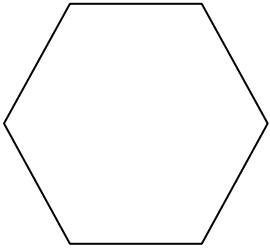


Purple

Orange

Colors and Shapes

Color the circles red, the triangles blue, the squares green, the hexagons orange, and the rectangles yellow.



Practice the letter name and sound:

A a	B b	C c
D d	E e	F f
G g	H h	I i
J j	K k	L l

M m

N n

O o

P p

Q q

R r

S s

T t

U u

V v

W w

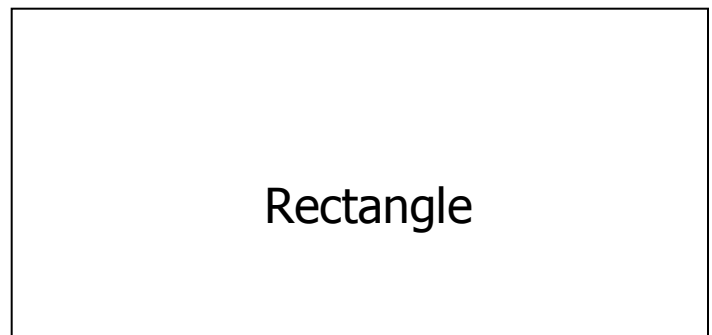
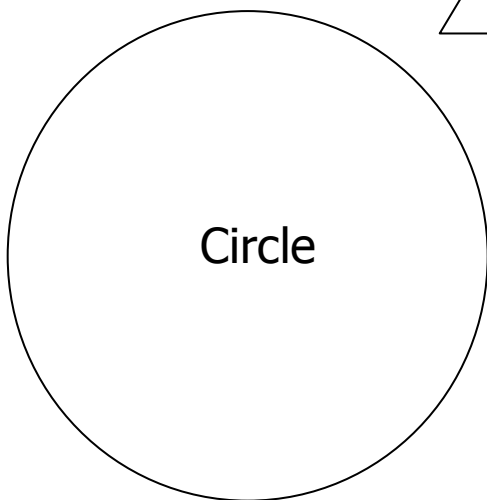
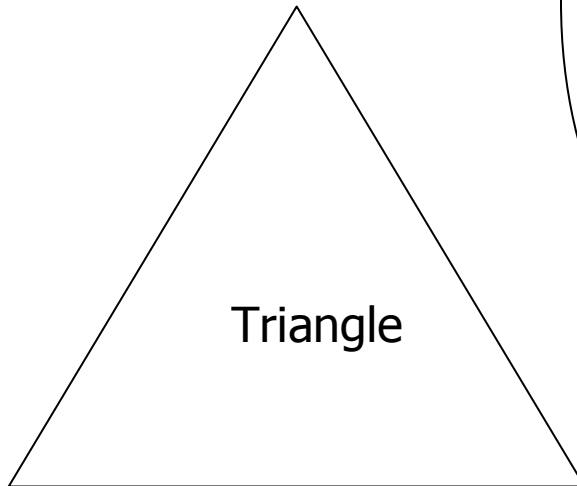
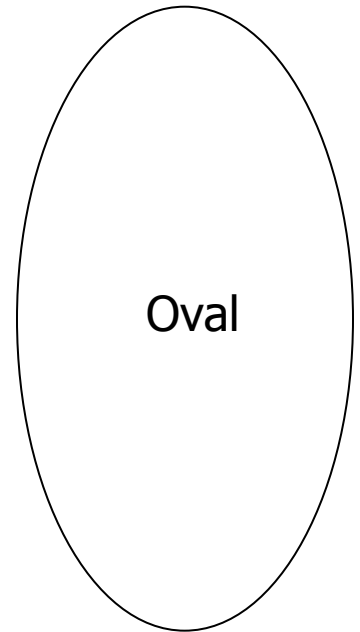
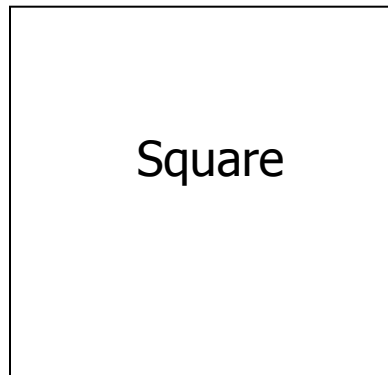
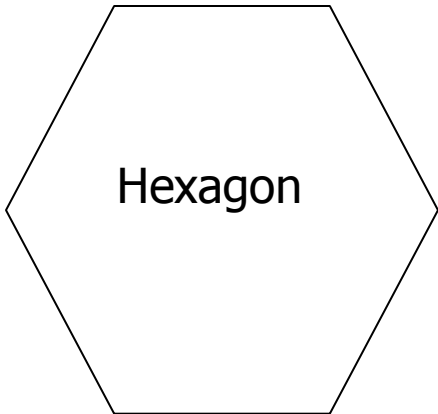
X x

Y y

Z z

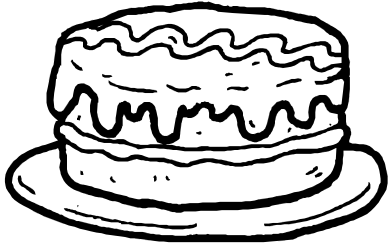
Shapes

Practice the names of the shapes with your child.

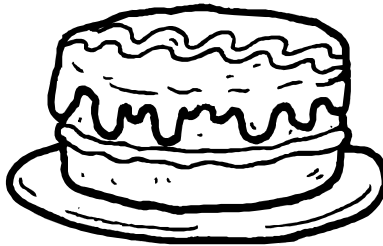


Birthday Party Counting

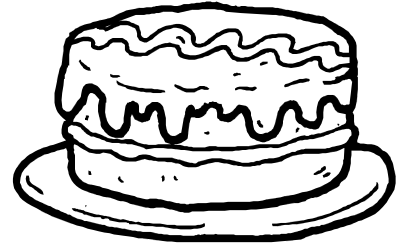
Draw candles on each cake to match the number below each cake. Circle the cake that has the same number of candles as your age.



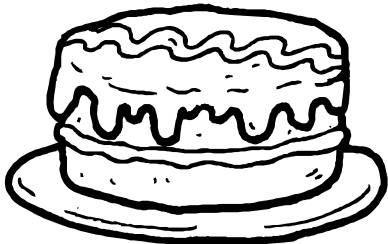
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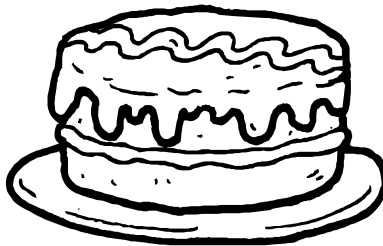
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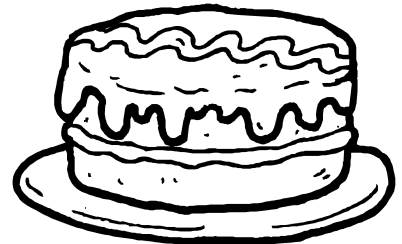
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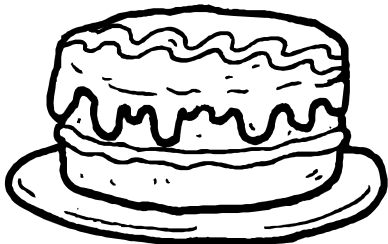
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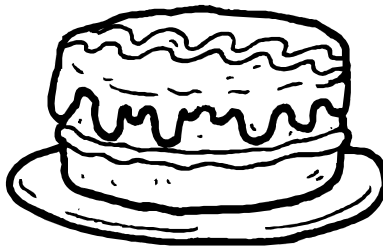
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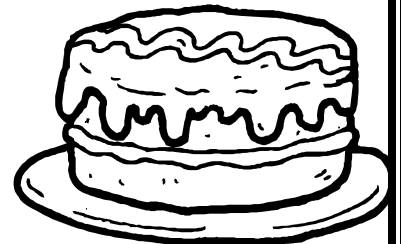
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8



9

Big Muscle Skills



Children will need to develop their large motor skills. This means they will learn how to use the big muscles in the body for running, jumping, and hopping.

Fun things to do to encourage big muscle development are:

- Hopping
- Running
- Climbing
- Playing Ball
- Batting

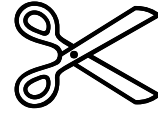
Games to play that help develop big muscles:

- Hop Scotch
- Kick Ball

Activities that help big muscles:

- Climb on a jungle gym at the park.
- Let them practice the monkey bars.
- Roll a ball back and forth. Throw a ball back and forth.
- Kick a ball back and forth.
- Use a plastic bat and let your child practice hitting a ball.

Small muscle skills



Children will need to develop fine motor skills. This means they will need to learn how to use their fingers in coordination with their eyes to do things. The following activities use small muscles:

- Tearing paper, clay
- Cutting with scissors
- Placing things on paper
- Pasting
- Tracing
- Coloring

Children are usually excited to cut with scissors. Tearing paper and clay will help children be ready to cut with scissors.

Ways to practice scissoring

- Let your child cut out coupons with you.
- Let them cut up paper bags, newspapers or magazines that will be recycled.
- Let them make fringe on a piece of paper by cutting on lines you have drawn.

Other fine motor skills that may require practice are:

- Buttoning
- Lacing shoes
- Tying shoes
- Fastening Snaps
- Zipping



All About Me!

My name is:

I am _____ years old.

I am a: Boy Girl

My birthday is:



My favorite color is:

My telephone number is:

____ - ____ - ____ - ____ - ____



Home Address

Write your home address on the lines below.

Draw a picture of your family in your house.