

KINDERGARTEN READINESS



HOW I USE MY WORDS

- Ask and answer questions
- Follow 2- and 3-step directions
- Sing songs and use finger plays
- Express thoughts, feelings and ideas
- Have conversations back & forth (3-5 exchanges)
- Use rhyming words and books



HOW I LEARN

- Solve problems
- Explain actions
- Continue trying at tasks
- Try new activities
- Use imagination
- Use senses (touch, taste, smell, see, hear)
- Choose from two choices



HOW I MANAGE EMOTIONS AND RELATIONSHIPS

- Play with others in pretend play
- Follow predictable routine
- Manage emotions with assistance
- Separate easily from family members/ loved ones
- Wait and take turns
- Respect and care for others (feelings, space, abilities)



HOW I USE MY BRAIN

- Touch and count objects to 10
- Sort items by shape, size and color
- Write some letters
- Know numbers 0-10
- Know own name in print



HOW I USE MY MUSCLES

- Hold and use pencils and crayons correctly
- Open food wrappers
- Get dressed (buttons, snaps, zippers, shoes, gloves)
- Take care of bodily needs (use bathroom, wash hands, use tissue, brush teeth)
- Be active (jump, run, climb, throw, kick, etc.)
- Cut using scissors
- Pick up small objects



HOME AND SCHOOL CONNECTIONS



LANGUAGE DEVELOPMENT

- Ask who, what, where, when and why questions (in car, walking, store, etc)
- Have conversations and explain why
- Listen to child's words
- Talk about all feelings



APPROACHES TO LEARNING

- Engage in and expand learning together
- Use senses when learning
- Allow extra time to solve problems
- Minimize screen time to increase more hands-on learning (0 minutes until 2 years old, 2-5 years old 1 hour per weekday)



SOCIAL AND EMOTIONAL DEVELOPMENT

- Model managing emotions (taking deep breaths, having time alone, modeling calmness)
- Label feelings (happy, sad, mad, afraid, lonely, etc)
- Use consistent bedtime routine



COGNITIVE DEVELOPMENT

- Teach letters in name
- Count items out loud altogether and by touch
- Sort items together by shape, size and color
- Play games together using letters or numbers



PHYSICAL DEVELOPMENT

- Show how to use scissors
- Encourage to dress self
- Be active outside
- Plan enough sleep and healthy food options with meals

