



## **Kindergarten Readiness**

There are many factors that go into the kindergarten readiness decision. Other boys mature more slowly than girls, gender is not the most heavily relied upon factor when making this important decision. Understanding that each child develops at his or her own rate and that some develop faster in some areas than in others and recognizing individual strengths and weaknesses should be the determining factors.

The closer your child fifth birthday is to the October 1st cut off date the consideration for the future is will your child be one of the youngest or one of the oldest in his or her grade? In general, being on the older side is better, but this is not always the case.

Take into consideration the physical characteristics of your child. Smaller children may find more security in small groups and may not be ready for a large classroom environment. With their emphasis on an academic curriculum, the decision to delay may be a wise one.

Experience in a structured preschool program or in a day care setting for at least two years may have provided your child with the skills necessary for a successful kindergarten year. With all things considered, our children need to be ready for kindergarten.

Listed below are skills and activities that your child should know and be able to accomplish for a successful beginning of kindergarten. These are age appropriate expectations and can be easily learned with help. Suggestions for working with your child are included afterwards. Please keep in mind that this list is not exhaustive.

### **Language Skills**

Knows and spells her first name

Can orally say first and last name and recognize letters in name

Can give street address and phone number

Knows birthday (month and day)

Follows 2-3 step directions

Can identify and name shapes: circle, square, rectangle, and triangle, etc...

Can identify and name colors; red, yellow, blue, orange, green, purple, black, and white

Identifies likes and differences in pictures

Names pictures of familiar objects: boy, girl, ball, cat, dog, keep, apple, flower, etc...

Identify his body parts: head, eyes, ears, nose, mouth, elbows, fingers, etc...

Answers questions

Listens to stories with interest for approximately 10–15 minutes

Listens without interrupting  
Uses words to express feelings  
Rhymes words  
Can tell a story about a past event  
Interested in books – pretends to read space  
Recognizes environmental print (ex: Dunkin' Donuts, goldfish, Cheerios, etc...)  
Can say the alphabet  
Speaks with complete sentences

### **Fine Motor Skills**

Grasps/hold pencil with fingers  
Can write first name  
Can draw a circle and square without help  
Prints numbers 1-10  
Can glue and paste  
Cut with (safety) scissors  
Folds paper in half  
Buttons, snaps, and zips  
Puts on own coat

### **Gross Motor Skills**

Can play in a group  
Can stack at least 10 blocks  
Gallops, skips, runs, jumps, hops, dances or moves to music  
Catches, kicks, bounces a ball  
Walks up and down stairs using alternating feet  
Enjoys different sports  
Can ride tricycle  
Stand on one foot for five seconds  
Can hop on one foot  
Walks forwards heel-to-toe  
Walks backwards tow-to-heel

### **Social/Emotional Skills**

Controls emotions- state his/her feelings not act them out  
Enjoys playing with other children and being part of a group  
Separates readily from mother without fuss (five minutes is okay, more than that is not)  
Can share and take turns

## What you can do to help your child prepare for Kindergarten

### **Read to your child every day!**

Avoid comparing your child to others

Prepare a child for school – give them opportunities to play and be a kid; play with peers

Explore the world – parks, museums, zoos, farms

Go on nature walks

Explore the neighborhood

Go to the library

Read aloud and tell stories

Teach your child basic safety information:

Their first and last name

Street address

Parents or guardians names

Phone number

Walk to school and point out: traffic lights, crosswalks, driveways, bus stops, etc...

**Build organization skills** – arrange household items into groups, colors, sizes, and shapes

Stack books from largest to smallest

Use measuring cups

Talk about time and temperature

**Encourage helpful habits** – Put away things to encourage responsibility

Set up play dates and help your child to get along with others, take turns, choose games, etc...

Help with listening and following multi-step directions (Ex: “Hang up your coat, close the closet door, and come to the kitchen.”)

**Do simple chores** – set or clean up table (start with utensils and napkins), put away clothes and toys, hang up towel after bath, put books on shelf, matching/sorting objects

**Dressing without help** – shoelaces, buckles, buttons, zippers, and snaps

**Playing** – taking turns, following rules and directions

**Care for Living things** – give pets and plants food and water

**Sleep Well** – 10-12 hours per night

**Limit TV** – for example 1 hour per day, no more than 8 hours per week

**Practice healthy habits** – wash hands before eating and after the bathroom, flush after using bathroom, take regular baths or showers, brush teeth at least 2 times per day

**Develop eye-hand coordination** – string beads, paint, use crayons, put puzzles together, play with play dough and clay, cut with child-safety scissors, paste

**Model the positive behaviors** – say please and thank you often

**Recognize positive behaviors** – when they share, say good job sharing or taking turns

Allow your child to make choices – clothing, food, games, etc...

**More ways to help:**

Show a picture book and have your child make up words

Have them tell you a story and write it down

Finger point to words as you read them (left to right progression)

Cut fruit and vegetables and show fractions  $\frac{1}{2}$ s,  $\frac{1}{4}$ s

Practice writing his or her name with capital and lowercase letters

Practice throwing and catching a ball

Adjust sleep schedule to match the school schedule

Help your child choose outfits the night before school. This habit will make more mornings easier

Space count and sort objects - put out crackers or pretzels for snack and counter them

When your child makes a mistake, focused on the mistake not the child

Help your child participate in other children's games as well as be a leader in their own game

Emphasize that sharing is a way to make friends

Help others

Help wait for his or her turn

Encourage your child to use an appropriate voice to get your attention – not whining, yelling, or screaming for your attention

After reading a story, have your child tell you the general story line

Share age appropriate jokes or riddles and explain why they are funny

Discuss empathy – how another child feels or ask when you say nice things or hurtful things



# **Kindergarten Curriculum Objectives**

## **Language Arts & Literacy**

- Print represents spoken language
- Upper & lower case letters and sounds
  - Rhyming
  - Opposites
- Story concepts (characters, events, and conflict)
- Reading (interest emergent and continued skills)

## **Writing**

- Pencil grasp
- Upper & lower case letter formation
  - First and last name
- Ability to draw or print concepts and ideas
- Developmental and conventional spelling

## **Language Word Study**

- Verbal expression of needs, ideas, and feelings
  - Meaningful Conversation
  - Expansion of vocabulary

## **Mathematics**

- Numeral identification 1-100
  - Printing numerals
- Sorting, ordering, counting, and identifying quantity
  - Symmetry and halves
  - Greater than, less than, equal
  - Patterns, measurements, time
- Plane and three-dimensional shapes

## Social, Emotional, and Personal

- Interest in learning
- Interaction and friendship
  - Personal information
- Cooperative group efforts
  - Direction following
- Attentive listening and focus
  - Responsibility
  - Self-control
- Respect for others property and feelings
  - Manners
  - Problem Solving
  - Pride in work

## Science and Health

- Observations
- Predications
- Basic science and nature principles
  - Trial and error
  - Hygiene

## Cooking

- Product identification
  - Measurement
- Ingredient Reactions
  - Techniques
- Experimentation
- Food Pyramid

## Art

- Explore different media
- Size balance, color, spatial relations
  - Fine motor development
- Express freedom and experimentation
  - Following directions for projects



# Kindergarten Schedule

<u>Time</u>	<u>Activity</u>	<u>We are learning...</u>
8:45-9:00	Circle Time	Days of the week, Weather, letter sounds, Counting by 2's, 5's, & 10's, who's here today?, Site words, lunch count
9:05-10:00	Literacy	Handwriting, Phonics, Literacy, Story, Grammar, Story comprehension
10:05-10:15	Morning Snack	Fueling our bodies with a nutritious snack to give us energy for the rest of our day
10:15-11:00	Math	We will provide math lessons to the whole group. Students will practice particular skills with a partner or small group. New skills can be introduced during this period.
11:00-11:45	Centers	Art, Library, Math, Blocks, Manipulatives. The room is especially designed to encourage your child's natural curiosity and desire to learn about their world. The organization of their classroom sends important signals to children about what there is to do and how to do it.
11:45-12:00	Circle Meeting	Revisit the morning, Discuss our favorite parts, Prepare for lunch
12:00-12:30	Lunch	
12:30-1:00	Recess	Gym or Outside time to explore physical fitness.
1:00-1:30	Story/Quiet Time	Students can read a poem, book, or other text quietly. This is a chance for the teachers to pull small reading groups and provide reading instruction at each individual ability.
1:30-2:00	Content Area Studies	Social Studies and Science alternate
2:05-2:15	Afternoon Snack	Fueling our bodies with a nutritious snack to give us energy for the rest of our day
2:15-2:35	Circle Time 2	Days of the week, Weather, letter sounds, Counting by 2's, 5's, & 10's, Site words, Reiterate today's lessons
2:35-3:00	Free Play	Play without explanatory power, interpretation and response by adults. Free play is a vital experience through which children learn social, conceptual and creative skills, as well as increasing their knowledge and understanding of the world around them.
3:00-6:00	Aftercare	Center play, Arts and crafts, Dismissal