

K I N D E R G A R T E N

R E A D I N E S S



Using my words

- Use words to ask and answer questions
- Listen to and follow 2- or 3-step directions
- Sing songs and do finger plays
- Express thoughts, feelings and ideas
- Carry on a short conversation
- Use rhyming words



How I learn

- Solve problems on my own
- Explore and explain what I'm doing
- Continue trying even when I'm discouraged
- Try new activities
- Use my imagination
- Use my senses



Managing emotions and relationships

- Engage with other children in pretend play
- Follow a predictable routine
- Manage my emotions with help
- Separate easily from family members/caregivers
- Wait and take turns
- Respect and care for others—recognize others' feelings, respect others' space and abilities, recognize and accept differences



Using my brain

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



Using my muscles

- Hold and use pencils and crayons correctly
- Open snacks and food wrappers on my own
- Dress myself—buttons, zippers, snaps, shoes, gloves
- Take care of my body—use the bathroom, wash my hands, use a tissue, brush teeth
- Be active—jump, run, climb, hop, throw, kick, catch, balance on one foot
- Cut with scissors; pick up small objects



Using my words (Language development)

My parents 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
- Talking with me about my feelings



More ideas online:
www.GreatStartStClair.org



How I learn (Approaches to learning)

My parents 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 opportunities to learn



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Using my brain (Cognitive development)

My parents help by...

- Teaching me to recognize the letters in my name
- Letting me count items out loud and by touch
- Letting me sort items by size, shape and color
- Playing games that allow me to find different letters and numbers



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Managing my emotions (Social & emotional development)

My parents help by...

- Modeling the skills I need to manage my emotions – taking deep breaths, having time alone, staying calm
- Teaching me the names of my feelings
- Giving me a consistent routine



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Using my muscles (Physical development)

My parents help by...

- Supervising and showing me how to use scissors
- Allowing enough time for me to dress myself
- Being active with me outside
- Giving me enough sleep, healthy foods, and limiting screen time



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