5 Activities to Promote KINDERGARTEN READINESS

Here are a few simple things you can do to support kindergarten readiness.

1 LETTER RECOGNITION AND WRITING

- Play with refrigerator alphabet magnets.

- Write in shaving cream in the bathtub, in salt or sugar in a cake pan, or in finger paint to make practicing more fun and multisensory.

2 NUMBER RECOGNITION AND COUNTING

- Count throughout the day (for example, the crackers she is eating for snack or the socks that you take out of the dryer).

- Point out numbers you see in your environment and have your child name them (for example, the numbers found on food boxes or street signs).

- Play games in which your child finds objects of particular colors and shapes around the house or in the neighborhood as you drive. For example: "Jamal, point to something that is a red circle."

3 READING READINESS

- Run your finger under the words as you read to your child to help him learn that words go from left to right and top to bottom.

- Play games with rhyming words to help your child hear similar sounds in words. For example, as you are going up the stairs, name one word that rhymes with cat for each step as you go up.

4 ATTENTION AND FOLLOWING DIRECTIONS

- Give your child two- and three-step directions. For example: "Hazel, please put on your pajamas, brush your teeth, and pick a book to read."

- Play Simon Says with two- or three-step directions. For example: "Simon says, 'Jump up and down and shout hooray.'"

5 SOCIAL SKILLS

- Help your child realize and understand her own emotions—feeling sad, mad, glad, happy, or excited—and talk to her about what makes her feel that way. Provide your child with ideas on how to communicate those feelings with others.

- Read books with your child about characters who are learning about their emotions and talk with your child about the characters' actions to help build social awareness. Ask questions like, "Why do you think the character felt happy/angry/sad?", "What did the character do to communicate how she was feeling?", and "What would you do in that situation?"

NEW HORIZON ACADEMY