

Discovery Bay School's Getting Ready for Kindergarten



School Readiness Skills List

This list is a general guideline. Children develop at different rates. This list is meant to help you discover which skills you need to help your child learn. If you have any concerns about your child's ability to learn, contact the school.

Reading Readiness

- Has been read to often
- Recognizes first name.
 - Looks at books.
- Can turn pages of a book.
- Knows words and pictures
- Talks about what happened during the day.
- Sees you reading at home.

Social Readiness

- Can be away from parents without being upset.
- Listens, remembers and follows one step directions.
 - Can name body parts.
 - Dresses self
 - Can stay on task
 - Plays with others
- Knows that adults have authority.
- Maintains self control.

Numbers Readiness

- Knows age.
- Knows numbers 1-5 by sight.
- Understands that numbers mean quantity.
 - (I want two toys)
- Counts out loud to 20.
- Counts groups of objects from 1-5.
 - Knows bigger and smaller.
- Puts things in order from small to big and big to small.
- Able to group things that are the same.
 - Understands opposites, hot/cold, fast/slow, in/out

Writing Readiness

- Holds crayons or markers like a pencil.
- Familiar with numbers and letters.
- Sees you writing.

Motor Skills

Large Motor Skills

- Can follow the leader and walk, run, jump, hop and march.
 - Jumps on both feet.
- Can balance on both feet to the count of 5.
 - Kicks large ball.
- Catches big ball with both hands.

Small Motor Skills

- Draws and colors beyond scribbling.
 - Cuts with scissors
 - Can zip, button and snap.
- Completes simple puzzles.
- Plays with dough or clay.

Colors and Shapes

- Knows and names many colors (blue, red, green etc)
- Knows basic shapes, square, triangle, circle..)

School Readiness Skills List

This list is a general guideline. Children develop at different rates. This list is meant to help you discover which skills you need to help your child learn. If you have any concerns about your child's ability to learn, contact the school.

Life Skills Readiness

- Understands rules, routines and limits
 - Can share and take turns
 - Knows basic manners
 - (hello, goodbye, thank you)
- Has respect for objects and people.
- Shows concern for others.
- Can talk about their feelings.
- Can solve problems in some situations.

Health and Safety

- Knows first and last name.
 - Takes care of own toilet needs.
 - Washes and dries hands before eating and after using toilet.
 - Knows how to use tissues.
 - Knows not to hurt themselves or others.
 - Follows simple safety rules.
 - (stove is hot, don't touch!)
 - Knows to someone else not to do something dangerous.
(don't throw rocks!)
- Has set routines at home such as:
Bedtime, bath time, brush teeth

Music and Art

- Draws pictures and tells stories about pictures..
- Marches and moves to music.
- Draws pictures of themselves with 10 body parts.
- Recites rhymes and sings.

School Readiness

Here are some ways you can help your child with school readiness.

Number Readiness

- Talk about child's age and count together from 1 to their age.
- Sort objects such as cars, rocks or blocks by color and size.
- Walk with your child indoors or outdoors and collect objects such as leaves, shoes, keys, and count objects with your child.
 - Point out numbers when you see them in stores, newspapers, or signs.

Colors and Shapes

- Talk about colors with your child, make a list of what is green, red, etc.
- Play color games like "Red Light, Green Light, Candyland, Trouble, I spy.
- Sing songs and poems about color, Brown Bear, Rainbow Sing.
- Have children find shapes. *circle:cookie, square:napkin, triangle:tortilla chip, rectangle:door.*
- Cut out shapes from magazines.

Reading Readiness

- Enjoy reading and telling stories to your child daily. In the car, in line at the store, at home cooking dinner.
- Say rhymes, poems, and sing songs with your child. (Jack and Jill, Twinkle, Twinkle Little Star, Itsy Bitsy Spider)
 - Let your child see you reading. Turn off the TV.
 - Label your child's books and toys so they will recognize them by their name.
 - Take your child to the library and share a joy of reading. Library Cards are Free!

School Readiness

Here are some ways you can help your child with school readiness •

Motor Skills

•Large Motor Skills

- Visit a large park or playground, encouraging your child to run, climb and jump.
- Play with different size balls with your child.

•Fine Motor Skills

- Make and play with playdough.
- Do puzzles with your child.
- Draw with crayons, markers, chalk and finger paint.

Life Skills

- Provide dress up clothes for pretend play. Choose things that zip, button and snap. Visit thrift stores for large clothing items if you have none.
- Have your child help with family chores such as setting the table, sorting laundry, etc.
- Show your child how to respect people and objects.
- Hold special family meeting nights (No TV) and play games, talk or read.

Writing Readiness

- Have markers, crayons and blank paper at home, set aside for drawing and writing.
- Have your child tell you a story or talk about a picture. Write down what they say and read it back to them.

School Readiness

Here are some ways you can help your child with school readiness •

Health and Safety

- Model non-violent ways to solve problems. (use kind words, no yelling, no hitting)
- Have your child help care for pets or flowers.
 - Put a picture chart of daily activities on the fridge to keep track of what they do. Use stickers to mark what they did.
- Use puppets, dolls or stuffed animals to show them how to wipe parts of the body. Use tissues and wash hands.
- Talk to your child about healthy food choices when shopping, cooking or eating.

Music and Art

- Have your child listen to different types of music.
 - Dance with your child.
- Have different art materials like glue, scissors, old magazines, paint for your child to draw their feelings.
- Look for art and music around you. Jingles on the radio, in stores, display boards, Billboards, ads.
- Point out the beauty in the world. Without seeing it they cannot recognize it.

Social Readiness

- Show photos and talk about family members.
- Give your child 2 or 3 choices for clothing to wear, food etc.
- Make up songs about parts of the day like cleaning, laundry or both.
 - Have a routine for goodbyes and hello.
- Play Simon says and give your child 2 things to do.
"Put your hand on your head and jump up and down."

School Readiness

Some things to try and practice at home.

My Letters

School Readiness Worksheet.

Say the ABC song and point to the letters.

Ask your child to find the first letter of their name.

When practicing writing the letters of the alphabet. Start at the top of the letter.

A B C D E F G H I

J K L M N O P Q R

S T U V W X Y Z

School Readiness

Have your child trace the letters with their fingers

Compare Capital letter and lower case letter.

"Here is a little b, where is the Capital B?"

a b c d e f g h i j k

L m n o p q r s t u v

w x y z

School Readiness Worksheet.

Some things to try.

Count out loud and point to the number.

Count objects (pennies, buttons, cheerios, and ask your child to find the number.

Numbers

1

2

3

4

5

6

7

8

9

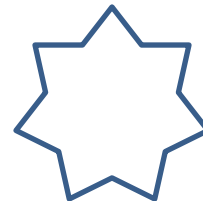
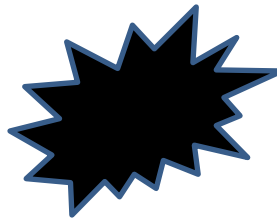
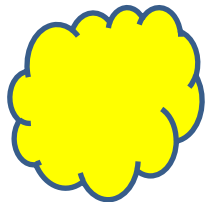
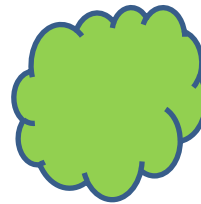
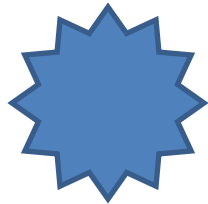
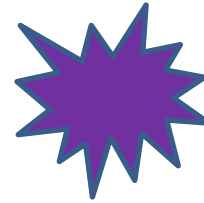
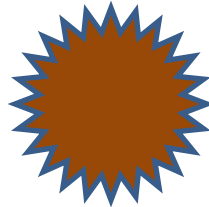
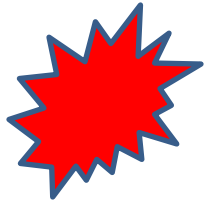
10

School Readiness Worksheet.

Some things to try.

Point to colors and name them.

Ask your child to think of things that are the same color.



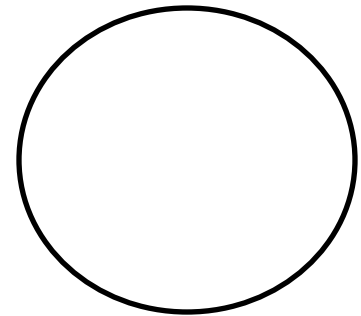
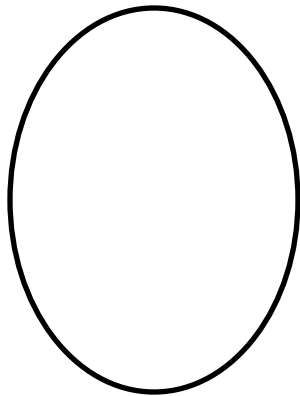
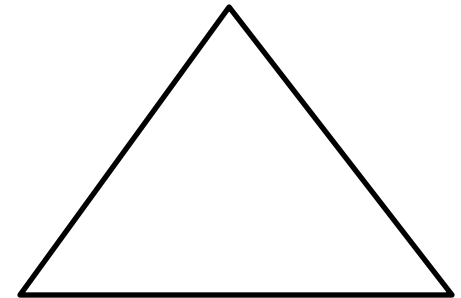
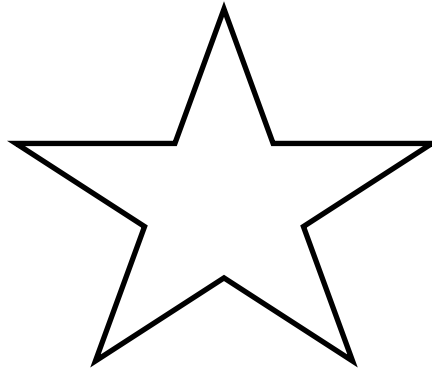
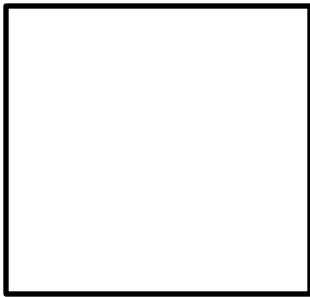
School Readiness Worksheet.

Some things to try.

Point to shapes and ask your child to name them.

Point out the explanations for the shapes. A Circle is round like a ball with no straight lines.

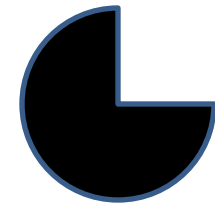
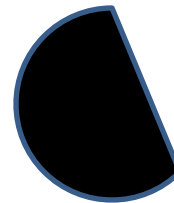
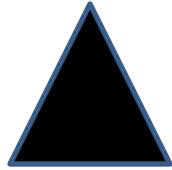
Talk about what things in the world are these shapes.



School Readiness Worksheet.

Ask your child to point to the thing that is different, (not the same).

Ask your child, why is it different?



School Readiness Worksheet.

Ask your child to point to the thing that is different, (not the same).

Ask your child, why is it different?

Write Your Name

School Readiness Worksheet.

Ask your child to point to the thing that is the same on their face.
Ask your child, why is it different or why is it the same.

Body Parts



Eyes



Ear



Mouth



Feet



Nose



Hands



Face

School Readiness Worksheet.

My Picture

School Readiness Worksheet.

Have your child tell you a story and write it down for them. They can practice "reading" their story at night.

My Story

School Readiness Worksheet.
Draw and label a picture of your family.

- **My Family**

School Readiness Worksheet.
Draw or trace your hand!

My hand!