

READY, SET, KINDERGARTEN!

Find out how to prepare your
preschooler for Kindergarten



KINDERGARTEN SKILLS

What are some skills my child will learn?



Social Skills

- Feel comfortable in a group
- Eye contact when talking to peers or teachers
- Ask for help when needed
- Personal information: name, age, etc.
- Follow basic instructions
- Listen to teacher or parent directions
- Listen without interruptions
- Wait turn
- Share and play appropriately
- Use bathroom by themselves
- Separate from parents

Fine-Motor Skills

- Holding a pencil
- Cutting with scissors
- Coloring
- Zippers and buttons
- Tracing items like shapes
- Crafts and toys are great reinforcers (Legos, Perler beads, Play-Doh)

Gross-Motor Skills

- Running
- Jumping
- Skipping
- Tossing/Catching balls
- Managing stairs

Kindergarten Classroom Skills

- Retell a simple story
- Practice the alphabet and identify letters and letter sounds
- Speak in complete sentences
- Write name and/or recognize letters in name
- Practice finding titles in books
- Match rhyming sounds
- Count and identify numbers to 10
- Count up to 10 objects



What can I do at home?

- Read daily with your child and discuss what you read. Connect to real life experiences; for example, books with animals can be connected to a visit they had at the zoo.
- Have an active social life. Give your child lots of opportunities to play with others in order to practice sharing and develop social skills.
- Help develop independence (getting dressed by themselves, brushing teeth, etc.)
- Self-help skills such as using napkins, washing hands.
- Establish routines (bedtime, bath time, dinner time, story time)
- Give your child chores to instill independence.
- Play games/puzzles
- Talk about what a kindergarten day will be like. Take your child on a visit to their school.



Children's books about starting Kindergarten

Curious George Goes to School
by M. Rey & H.A. Rey

First Day Jitters
by J. Danneberg

I am Absolutely Too Small for School
by L. Child

I Love School! by
P. Sturges & S. Halpern

Leo the Late Bloomer by R. Kraus

Miss Bindergarten Gets Ready for Kindergarten
by J. Slate

Mr. George Baker
by A. Hest & J.J. Muth

The Kissing Hand
by A. Penn

Will I Have a Friend? by M. Cohen

KINDERGARTEN SKILLS

Social Emotional Readiness
for Kindergarten



What is social emotional learning?

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

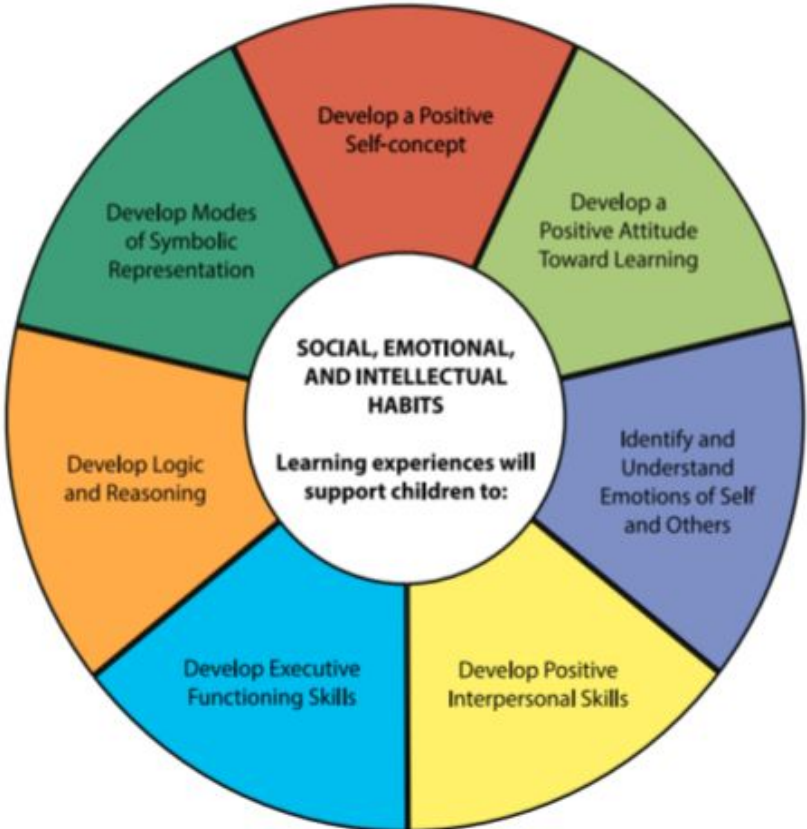
~ Collaborative for Academic, Social, and Emotional Learning (CASEL)



SEL Areas of Competency



CASEL



CT K-3 Components of Social, Emotional, & Intellectual Habits

Scientific Basis for SEL

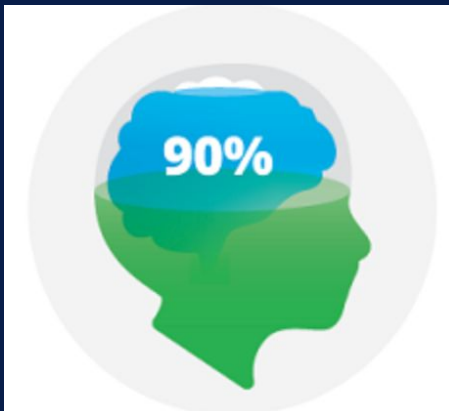
Research shows the link between social and emotional skills and school success is so strong. It is a greater predictor of children's academic performance in the first grade than their familial background and their cognitive abilities.

Learning is a social process.



Kindergarten Brain

- Age 0-6 is largest brain development growth period
- “Learning everything about everything.” – Dr. Dan Siegel
- “Play is the work of childhood.” - Jean Piaget
- Attention span is 5-15 minutes
- Key areas still to develop:
 - Prefrontal cortex
 - Executive functions
- There are some gender differences



*5 year old brain is ~90% of
adult brain size*

Enhancing SEL Skills at Home

- Read lots of books
- Empathy (developing emotions vocabulary, recognizing emotions in others): Play charades using emotions, feelings card games
- Listening skills (actively tuning in, whole body listening): Play “Stop and Go” or “Simon Says”
- Emotion regulation (emotion processing, inhibiting, reading the room): calm down strategies, yoga, deep breathing, mindfulness
- Competence (feeling worthy, growth mindset): chores, independent routines (i.e. getting ready for school in the morning)
- Gratitude (more than saying “Thank you”): Notice - Think - Feel - Do, write thank you notes to people and things
- Joy (increases brain activity): provide wide variety of experiences for your child
- Parent modeling



THANK YOU!

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