Children Transitioning to Kindergarten Activities

Week 1

Parents provided for you are activities to help your child prepare for kindergarten. The activities align with domains of the Early Learning Outcomes Framework (ELOF). If you have questions about your child’s development refer to your classroom teacher when she/he communicates with you. Thank you!

Visit <https://eclkc.ohs.acf.hhs.gov/interactive-head-start-early-learning-outcomes-framework-ages-birth-five> to learn more about School Readiness and the ELOF.

**Day 1. Approaches to Learning;** focuses on how children learn. It refers to the skills and behaviors that children use to engage in learning.

**Activity:** Create a game or use a board game. Help your child follow the rules. Following game and social rules are an important skill in your child’s development. You may have to use reminders at first. Refer to the classroom where they have experience with rules. Ask them to recite some of the rules of the classroom.

**Day 2. Social and Emotional**; Positive social and emotional development in the early years provides a critical foundation for lifelong development and learning.

**Activity:** When your child whines or cries for something, assist him in regulating his emotions by saying, “Use your words to tell me what you want” or “I know you are upset because...“ Be patient, you are teaching them a skill that will take time and consistency to learn. Help them label their emotions.

**Day 3. Language and Literacy**; Communication is fundamental to the human experience, and language and literacy are essential to children's learning

**Activity:** Make a nametag with your child. Write his/her name on a strip of paper and post it somewhere at his/her level. Practice writing their name daily. When she/he masters the first name, start practicing last name.

**Day 4.Cognition** development includes reasoning, **memory**, problem-solving, and thinking skills that help young children understand and organize their world. For preschoolers, this evolves into complex mathematical thinking and scientific reasoning.

**Activity**: Help your child memorize the letters in his/her name. Making flash cards with the letters of his/her name will be helpful in helping memorization.

**Day 5. Perceptual, Motor, and Physical Development** is foundational to children's learning in all areas because it permits children to fully explore and function in their environment.

**Activity**; Jumping Jacks, have your child spell out his name as he jumps.