Children Transitioning to Kindergarten Activities Week 4

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.

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| **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: Help your child problem solve with materials.** Make a puzzle out of a cereal box. As you are working with your child, as opposed to giving him/her the answer when she gets stuck; ask opened question to help him/her solve her own problems. Example: when she can’t fit the puzzled ask “Can you think of any other ideas that will make the piece fit:” Helping him/her to think will help he/her to become a critical thinker, which will help him/her with life decisions. |

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| **Day 2. Social and Emotional**; Positive social and emotional development in the early years provides a critical foundation for lifelong development and learning. |
| **Activity:** Because self-regulation is such a big factor is school success it is important for children to identify their emotion in order to self-regulate. Begin to help your child describe his/her emotions by labeling them. Example: I understand you are mad because you want to play longer but it is time to …” or” You face tells me you are really happy, why are you so happy”? |

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| **Day 3. Language and Literacy**; Communication is fundamental to the human experience, and language and literacy are essential to children's learning |
| **Activity:** The amount of language a child hear greatly impacts their abilty to put sentences together and increase their vocabulary. |

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| **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**: The game concentration will help your child with memory as your child has to memorize where the cards are located. |

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| **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**: Cook with your child. While you are cooking ask your child what foods are healthy and how they are healthy. |