Children Transitioning to Kindergarten Activities Week 5

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. When engaging in activities help your child attend to the activity for 20 minutes. Focusing for lengths of time will increase your child’s concentration skills. |

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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:** draw simple pictures such as car, boat, hat, table and practice beginning sounds with your child. |

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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**: Count how many shoes your child finds in the house. |

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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**: In the yard, have relay races with your child. Use words fast, faster fastest. |