



Ready Set Kindergarten!

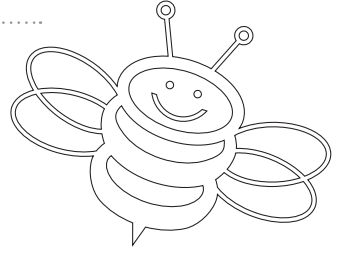
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BeReadyLarimerCounty.org

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Dear Family,

Did you know that your child's brain develops fastest in the first five years? This guide will help you prepare your child for success in kindergarten. You will find:

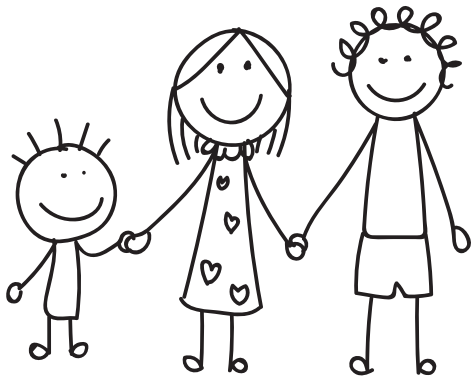
1. Fun activities for making friends and getting along in the classroom.
2. Tips to get ready for reading, writing, and math.
3. A month by month guide to keep you on track with kindergarten registration, vaccinations, and more.

As you look through the booklet, remember that all children develop differently. This means that your child may be really good at some activities and struggle with others. This is normal. Don't worry! This booklet is meant to be a guide, not a checklist of things which have to be mastered before entering kindergarten.

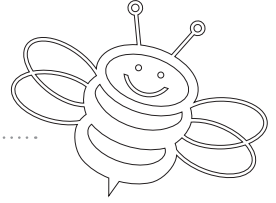
Have FUN spending time with your child playing these games and doing these activities. Everything he or she learns along the way will help with kindergarten.

No matter where you live in Larimer County, we look forward to welcoming your child to kindergarten!

Ready Set Kindergarten content is based on developmental guidelines as outlined in the Colorado Academic Standards and Teaching Strategies GOLD™. It has been developed by the Be Ready Team of Larimer County in collaboration with teachers and administrators from all three school districts in the county.

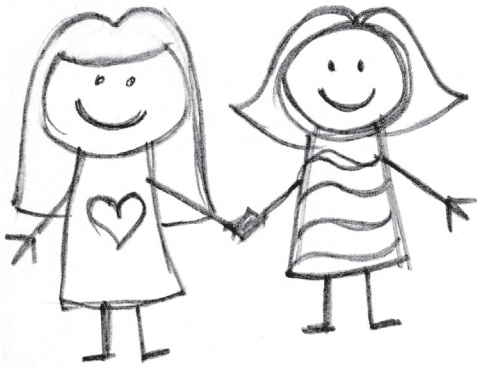


Get ready for friends!



I CAN....

Be a good friend.



ACTIVITIES

Find opportunities for your child to play with other children their age. Help them learn to share.

Teach your child and practice inviting others to play. "My name is _____ . Do you want to play with me?"

Teach and practice problem solving skills before problems arise. When children argue, help them talk through what's happening, how they feel, and how they can solve the problem.

Play turn-taking games or activities, such as board games, using playground equipment or art supplies. Talk about being a good winner and loser.

As you read stories, **talk about the way the characters are being good friends and how they solve problems.**

Name and talk about feelings.



Help your child name and recognize feelings in stories, themselves and friends, such as happy, sad, excited or nervous.

When your child is angry, sad or happy, name the feeling and talk about it. "I can see you are angry when you stomp your feet."

Talk with your child about how to deal with big feelings. Encourage your child to take a deep breath, talk about how they feel or draw a picture.

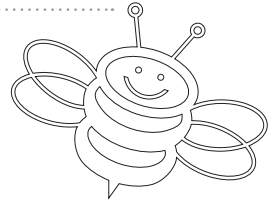
Solve problems.



Read stories and notice when the characters have a problem. "Uh oh! It looks like Dora has a problem! What do you think she'll do to solve it?"

Notice situations when your child has a problem. "You only have one shoe. That looks like a problem. What can we do to solve it?"

Get ready for the classroom!



I CAN....

ACTIVITIES

Understand there are different rules to follow in different places.

Explain to your child why you have rules at home. For example, rules can keep them safe or keep someone else safe.

Explain that expectations and rules vary depending on where you are. It is okay to run in the park, but you can't run in a store because you might run into someone.

Play follow-the leader.

Teach your child how to safely cross the street or walk in a parking lot.

Sit quietly with other children and keep my body calm.

Help your child stand calmly in lines, such as at the grocery store.

Go to story time at the library. Practice sitting calmly. Over time, help your child sit independently, instead of on your lap, to listen to a story.

Ask your child to do quiet activities for 5 minutes or more without parental support or electronics. Instead draw, look at a book or play with toys.

Do some things on my own, and know how to ask for help if I need it.

Prompt your child to ask/let you know when they need to use the bathroom in a new situation.

Play dress up. Give your child lots of time to use buttons and zippers.

When your child finishes with a game or activity, **expect them to help clean up before they start something new.**

Encourage your child to try things on their own.

Let your child know that **it is okay to ask for help** when they need it.

Follow simple directions.

Talk to your child about what you're doing. "I'm getting my purse and my coat so we can go to the grocery store."

Give clear directions. "Get your coat and backpack" instead of "Get ready to go!"

Give your child **simple two step directions:**

- put on your shoes and get your coat
- get a book and sit in the chair

Compliment your child and recognize when they've followed your directions or your daily routine.



Get ready to read and write!

I CAN....

Hold a book and turn the pages so someone can read it.

*Play with words and find ones that rhyme.
(cat, bat, hat)*

Recognize at least 10 letters.

Recognize my name when I see it and tell you the letters.

Write my name.



ACTIVITIES

Read to your child.

Ask your child to show you the cover. Read the title, then ask your child to help turn the pages as you read.

Point to the pictures as your child turns the pages to help tell the story.

Read nursery rhymes or Dr. Seuss books together.

Make up silly words that rhyme with your child's name.

Listen to kids' music together and sing along with the words.

Read alphabet books. Have your child help you name the letters.

Read signs such as exit and stop. Point out the letters in signs as you drive around.

Make a game of trying to **find different letters.**

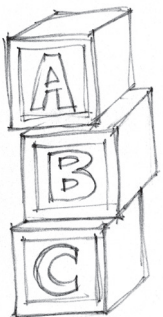
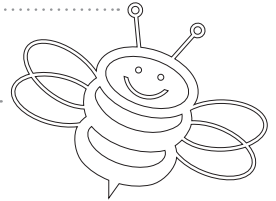
Look for the letters in your child's name on items such as signs, magazines and cereal boxes.

Write your child's name at home. Make the letters with cereal, blocks, Legos or beads.

Write your child's name and have him/her trace it. Say each letter as you write.

Practicing writing/drawing holding a pencil or crayon with your fingertips.

Use different materials. Shape playdough or yarn; trace letters in sand or snow.



Get ready to read and write!

continued

I CAN....

Hold a pencil or crayon with my fingertips to write.



Draw a picture and talk about it.

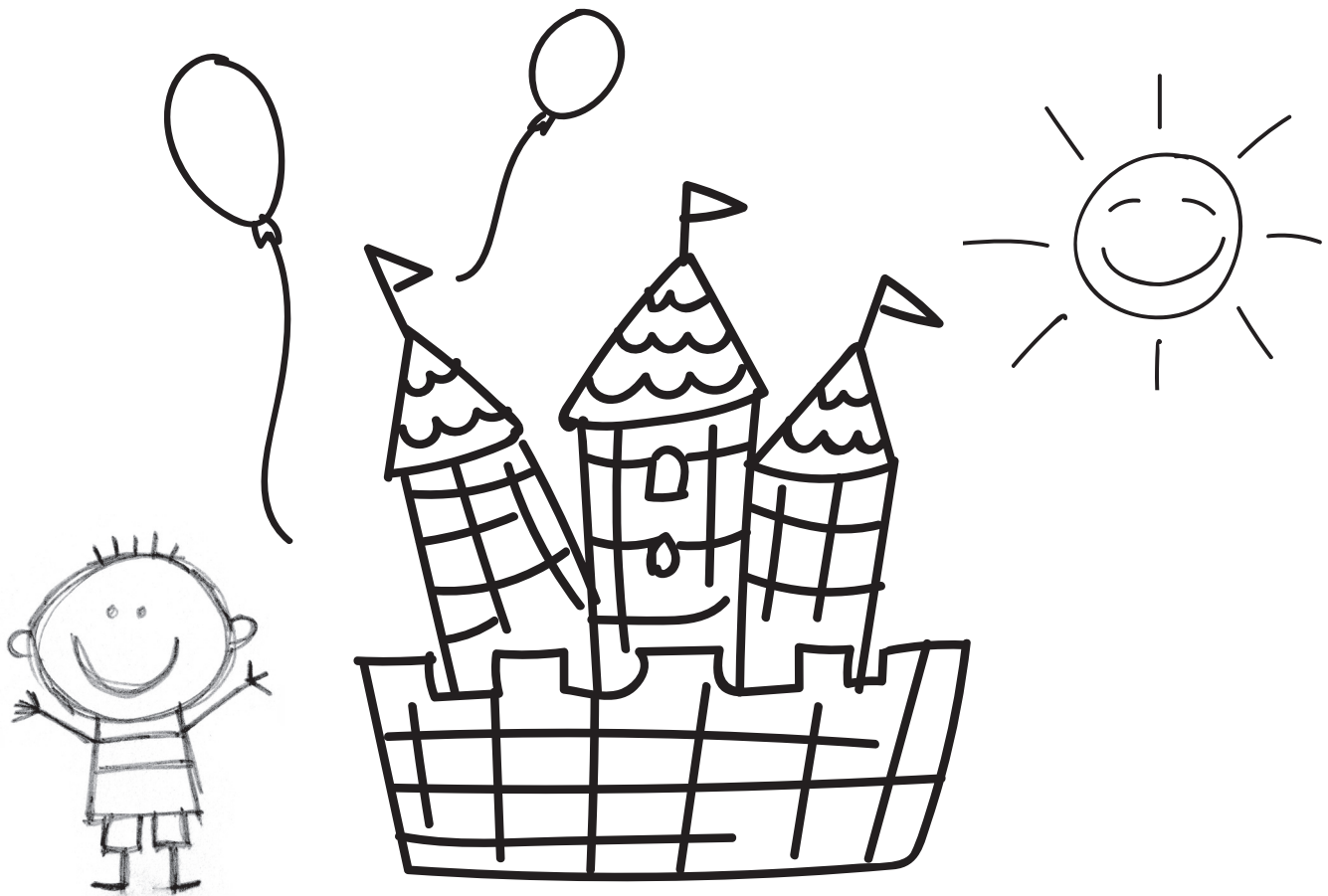
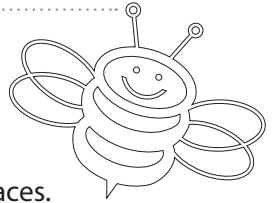
ACTIVITIES

Strengthen fingers and hands. Play with playdough, cut with scissors, use "pinching fingers" to pick up small things, make bead or pasta necklaces.

Draw pictures with your child. Use pencils, crayons, or other art materials.

Ask your child to **tell you about a picture they drew.**

Read a book together and talk about the pictures. Ask your child what he/she sees.



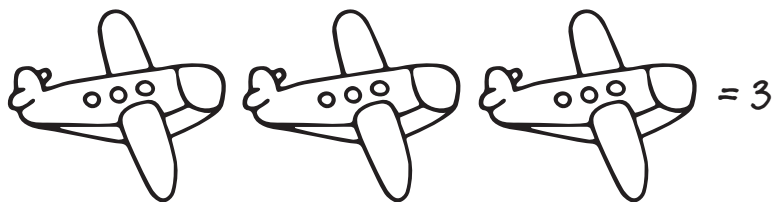
Get ready for math!

I CAN....

Count to 10.

1 2 3 4 5
6 7 8 9 10

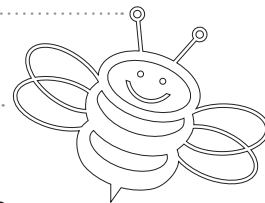
Tell how many are in a group.



Sort by shape, color, or size and talk about how they are alike.



ACTIVITIES



Count items that you and your child see. "Look at the swings! I see one, two, three, four of them!"

Count while brushing teeth. Build skills AND healthy teeth!

Play games that use dice or playing cards.

Write down a small number and ask your child to count out that many Cheerios, Legos or blocks.

Help your child sort different items such as crayons, silverware, lids, and toys into groups, based on color, size or shape.

Talk about what items have in common. "These are all red or all round."

Ask your child to name basic shapes.
(○ = Circle, □ = square, △ = triangle, ▭ = rectangle)

Find shapes in different places. "A plate is a circle."

Countdown to Kindergarten!

Begin preparing the year before.

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Throughout the year...

- Encourage your child to play with friends at preschool or other places.
- Visit the public library, parks and museums with your child.
- Practice independent toileting, handwashing and dressing.
- Provide unhurried opportunities to zip, button and tie shoes.
- Make and post a daily schedule.
- Talk about the plans for each day and what comes next.

SEPTEMBER-OCTOBER

Each school district has its own calendar and registration process. Look on your school district website or call for information about kindergarten registration and schools of choice.

Fort Collins, Poudre School District:
www.psdschools.org (970) 482-7420

Loveland, Thompson School District R2-J:
www.thompsonschools.org (970) 613-5000

Estes Park, Estes Park School District R-3:
www.estesschools.org (970) 586-2361

My school name is: _____

My school registration date is: _____

NOVEMBER-FEBRUARY

It's time to register your child. Check your school's website or call for school-specific details. At a minimum, you will need:

- your child's birth certificate
- proof of address
- emergency contact information
- immunization record (shots do not have to be completed until school begins)

MARCH

Support your child's independence by leaving her or him with other trusted adults. Encourage your child to talk to and ask for help from others besides direct guardians.



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APRIL

Schedule dental and doctor visits, and update immunizations if needed.

MAY

Visit the school; let your child play on the playground after school hours. Check to see if your child's school has special "Meet The Teacher" days.

JUNE

Go to the public library and get a library card if you don't already have one. Check out the free Unite for Literacy online book program with access to stories in different languages. Look into summer reading programs and activities, and have your child practice reading a book from the pictures and recognizing letters.

JULY

Get the kindergarten supply list, available at your school, online, or at many stores. Let your child pick out the items, then practice using scissors, glue and pencils.

AUGUST

Two weeks before school starts, begin nightly school bedtime and morning routines. Celebrate a successful kindergarten transition!

