



Let's Get Ready for Kindergarten!

The 'Big Day' is coming.
Your child is starting
Kindergarten!

Here is a sample of activities that can help support your child in developing skills important to the school transition.

Recognition (letters and name, colour, shapes and numbers)

Creative and Fine Motor

Social & Emotional
(emotional regulation, daily living skills, independence)

Literacy

When you have worked on an activity, colour the star yellow showing your child all they have learned.

RECOGNITION

FINE MOTOR & CREATIVE

SOCIAL & EMOTIONAL

LITERACY



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Access our video library!



Learn my letters

Let your child find letters in old magazines and newspapers. Find the letter! Start by having your child find the first letter of their name. If it is “m”, have them search for the letter and circle them. Try other letters! Find the letters of their name. Cut out all the letters. Use glue to spell out their name on a piece of paper.

Try this too! Make a see through bag to explore letters!

Learn my shapes

Go around the house choosing a variety of household items and trace those shapes on a sheet of paper. Talk about what shapes they made.

Try this too! Play twisted hopscotch.

Learn my colours

Pick a colour. Pick an item in the house that is that colour. Have your child name the colour. If they are not sure, name it for them & ask them to repeat back. Now, go around the house and have your child find other items that are that colour.

Learn my numbers

What you need: 4 to 5 Styrofoam cups and a mixture of different small items like erasers, paper clips and buttons in different quantities from 1 to 5. How to do: Mark the cups starting from 1 to 5. Give the mixture to the child and ask them to sort the different items first. Then ask them to count the different items separately and drop them in the Styrofoam cups with the numbers as per the quantity of the respective item.

No styrofoam cups? You can also use cups and mark the number on a sheet of paper in front of the cup.

Have fun with playdough

It is important for children to have strong muscles in their hands for writing, cutting, and other tasks and playdough helps with this development. Children roll, flatten, chop, cut, poke, squash, pinch, cut, pound, and manipulate playdough which builds the muscles in their hands.

Try this too! Make your own playdough!

Paint or colour

Allow for your child to colour and create their own masterpiece with paint or crayons. You can have conversations around what colours your child used. You can go around the house on a colour hunt to find items that match the colours in their masterpiece!

Try this too! Make your own paint!

Use child scissors

The opening and closing motion of cutting with scissors helps children develop the small muscles in their hands. This is also known as ‘fine motor skills.’ The development of these muscles is very important for a child and holding a pencil or crayons and gripping and manipulating objects.

Tracing

Printing is helpful as the brain engages differently when we write something by hand. Try using an alphabet tracing sheet.

You can support development at home by allowing for scribble time - provide lots of opportunities to trace and draw shape. Let your child trace over your shapes in sand, or with chalk on a board before trying to draw the shapes on their own

Wash my Hands

It is important to teach your kids the importance of washing hands properly and when to do it. Make this fun and on their level. Sing songs like the alphabet or twinkle or twinkle little star to help them stick with the sudsing for the appropriate amount of time. Remind them to use a towel or a dryer, not their pants or shirts!

Dress Myself

Have your child pick out their own outfits based on a colour chosen. Allow for them to try to put on their own items of clothing. Practice using a zipper, doing up buttons, putting on boots & shoes.

Toileting

To encourage your child to wipe on their own, start by allowing him to do small steps, giving them more independence each time.

1. Use a piece of tape to mark a spot on the wall indicating how much toilet paper to use.
2. Pull the toilet paper off the roll and rip it on the dotted line.
3. Fold the toilet paper in your hand.
4. Reach around and wipe from front to back and drop the dirty toilet paper in the toilet.
5. Pull more toilet paper off the roll and rip it.
6. Fold it up in your hand.
7. Reach around and wipe from front to back, then look at the toilet paper. If it's clean, you're done wiping! If it's dirty, carefully fold it and wipe again.
8. Drop the toilet paper in the toilet.
9. Close the lid and flush.
10. Pull up your pants and wash your hands with soap and water.

Sniffles & Sneezes

Help make sure your child understand the importance of when they need a tissue and how to use one. Remind them about hand washing after. Teach your child how to sneeze into their elbow.

Open & Close Containers

Giving your child the independence of opening and closing their own containers provides them with the opportunity to use and helps to develop their eye-hand coordination, their fine motor skills, their sense of self, their concentration skills and their cognitive skills.

Deep Breathing

Have your child get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable with it, ask them to close their eyes. Have your child place their hands flat on their stomach. Now, ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath. Slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times. Practice deep belly breathing any time your child seems stressed or upset.

Play Simon Says

Listening Games like “Simon Says” and “Red light, Green light” allow children to practice listening carefully, following instructions and changing their behaviour in line with expectations.

Play a Game Together

Playing games together, whether board, card, or outdoor games, encourages following directions and taking turns. Children have to learn how to play fairly by the rules. Additionally, it provides opportunities to handle winning and losing. Practice taking turns with your child by saying “my turn” and “your turn.”

Visit the Library

Take your child to the library to check out the book collection and let them pick a book or two to read at home. Go to library.middlesex.ca to find the hours and days of operation at the library branch nearest to you.

Read Together

Read together as often as possible to ensure your child's success in school and beyond.

Encourage your child to turn the pages and talk about what they see. Use your finger to guide your child's eyes from left to right across the page as you read and point out certain words or phrases. Encourage your child to take the lead with reading – for example, ‘Where do we start from?’ Every so often, stop reading and ask your child what they think will happen next.

Enjoy a Nursery Rhyme

Sing nursery rhymes with your child. Nursery rhymes teach your child language, rhyme, repetition and rhythm. You could try ‘Baa baa black sheep’, ‘Miss Polly had a dolly’ or the ‘Alphabet song’.

Cook Together

Cooking offers a practical, hands-on way for kids to apply their reading, writing, speaking, and listening skills. Make a grocery list together. Give your child their own notepad and pen and have them make a shopping list. The spelling doesn't have to be correct, the words don't even have to make sense.

Read the recipe together. Grow their vocabulary. There are so many interesting words to learn when cooking! Names of ingredients — cinnamon or saffron — as well as processes, such as whisking and dicing, measurements and temperatures. Hearing these words used within a real-life application, equips your child to better understand and remember the words and their meanings.