

Preparing for Kindergarten



Purpose: There are so many ways you can help your child prepare to enter kindergarten! Everyday activities and experiences are THE best way ... not “worksheets” or “pencil & paper” tasks. The calendar on the next page is designed to help you reinforce key skills in all 10 areas of development as you engage with your child. Best of all, the activities are easy-to-do and help your child learn in a way that is meaningful, intentional and fun!






To Use: Print the calendar out and post it in the kitchen or other area of the house where you will be able to refer to it quickly and easily. Try to do each activity on the calendar but do not stress if you can't do them all. Also, if your child is not particularly interested in an experience, that is OK as well. Let your child be the guide.

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August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Talk with your child about starting school. What does your child think school will be like?</p>	<p>2</p> 	<p>3 Invite one of your child's friend for a playdate. What types of activities do they play together?</p>	<p>4 Have your child help you prepare fruit salad. Compare & contrast the fruits.</p>	<p>5 Have your child help you as you put away clean silverware. Sort at the same time!</p>
<p>6 Go to the library and get books about starting kindergarten to read together.</p>	<p>7 Take your child out for a special ice cream treat! Point to and read the flavors to expose your child to print.</p>	<p>8 Have your child help prepare a tossed salad for dinner.</p>	<p>9 Print the names of the members of your family on pieces of paper or index cards. Hide, find and "read" together.</p>	<p>10 Invite your child to help you fold towels. This is an excellent life skill that also helps build fine motor control.</p>	<p>11 Read your child's favorite book and talk about why your child likes it best.</p>	<p>12 Play "Follow the Leader" with your child and incorporate the positional concepts "left" and "right."</p>
<p>13 Visit a local park or playground with your child.</p>	<p>14 Role-play riding a bus with your child. Set up chairs and practice getting on and off and staying seated.</p>	<p>15</p> 	<p>16 Go for a walk with your child and count mailboxes. How many can you find?</p>	<p>17 Look for letters & logos on food boxes and cans with your child. Can you find all of the letters of the alphabet?</p>	<p>18 Turn on upbeat music and dance, dance, dance with your child!</p>	<p>19 Go on a Shape Hunt with your child. Look for circles, triangles, rectangles, squares, ovals, stars, hearts, etc.</p>
<p>20 Help your child use the internet to learn about a place he or she would like to visit.</p>	<p>21 Give your child a deck of cards and challenge him/her to arrange the numbered cards in order.</p>	<p>22 Play hopscotch with your child. Talk about numerals in the process.</p>	<p>23 Make sure your child is getting enough sleep at night.</p>	<p>24 Have your child help you wash the car.</p>	<p>25 Help your child type an email to a friend or relative on a computer, tablet or even your cellphone.</p>	<p>26 Go for a Color Walk with your child. How many different colors can you find?</p>
<p>27</p> 	<p>28 Provide your child with sidewalk chalk and invite him/her to create.</p>	<p>29 Gather some old clothing and invite your child to use it for dress-up.</p>	<p>30 Use a tape measure to see how far your child can throw, or kick, a ball. Challenge your child to read the measurement.</p>	<p>31 Have a wonderful school year!</p>		