

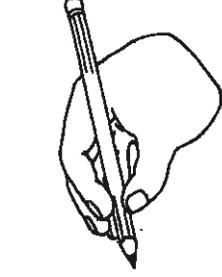
Parent Packet

*Curriculum, Basic Skills,
Additional Resources, Tips & Tricks*

MANIPULATIVES FOR COORDINATION - Have young children manipulate a variety of simple household items to develop eye-hand coordination and fine motor skills. Here are some examples:

- Screw lids on and off jars and containers
- Use a hole punch on colorful paper
- Pick up small objects with a pair of tweezers
- Assemble large puzzle pieces
- Unbutton and button large buttons
- Clip clothespins to the edge of a cardboard box
- String large beads
- Put pegs in a pegboard
- Snip paper with a pair of child-safe scissors
- Insert a key to unlock a lock or door

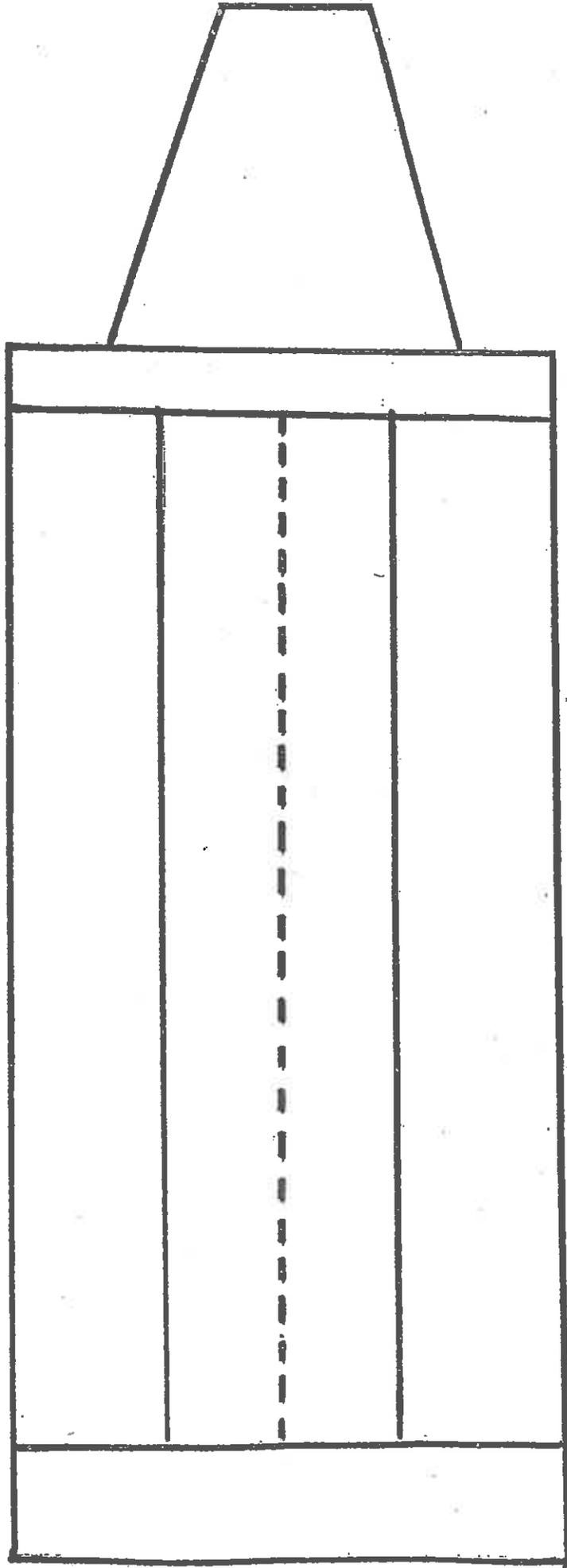
HOLDING A PENCIL/CRAYON CORRECTLY - Young children will naturally tend to hold a crayon or pencil in their fist. Gently show children how they have more control, if they hold the pencil similar to that of the second illustration. You may find that each child holds a pencil in a way that best fits his or her hand naturally. (Remember, some children have short fingers and others have long.) Simply encourage a balanced, relaxed grip. Very young children may tend to use either hand when first drawing. Usually by five years old, the dominant hand is well established. Authorities agree that there is no merit in attempting to make a left-handed child use his or her right hand.



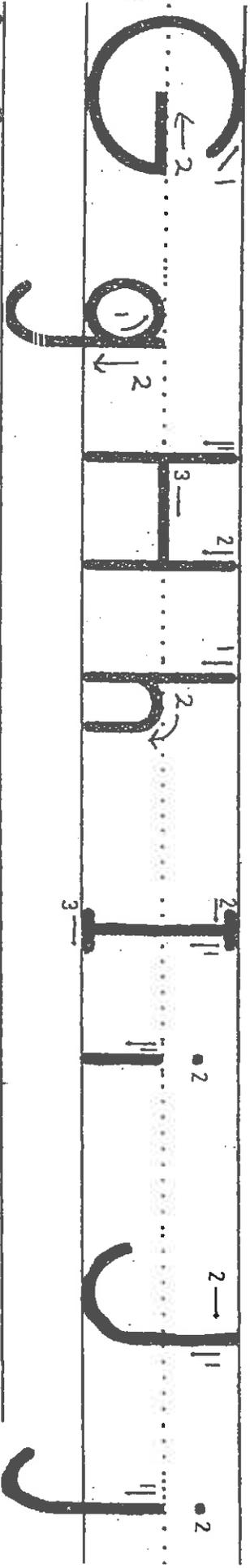
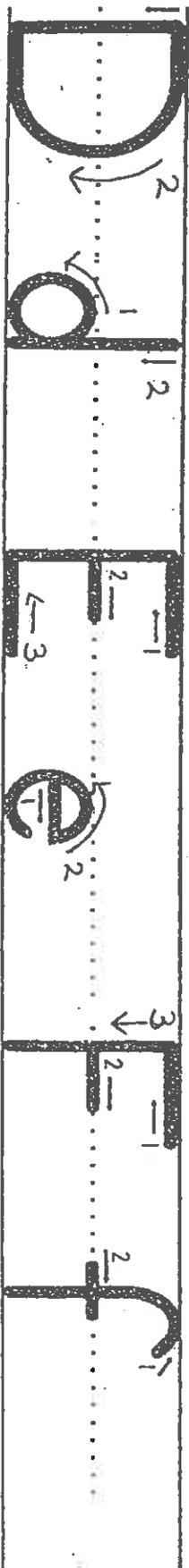
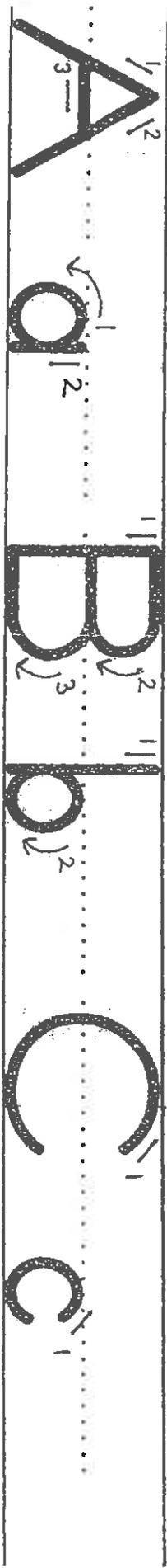
YES!

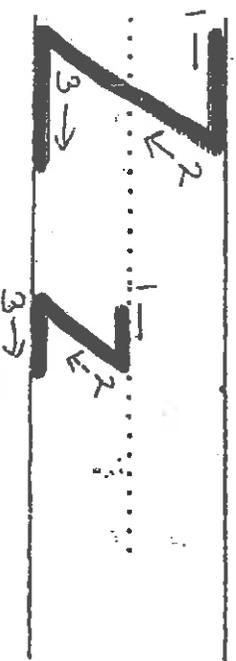
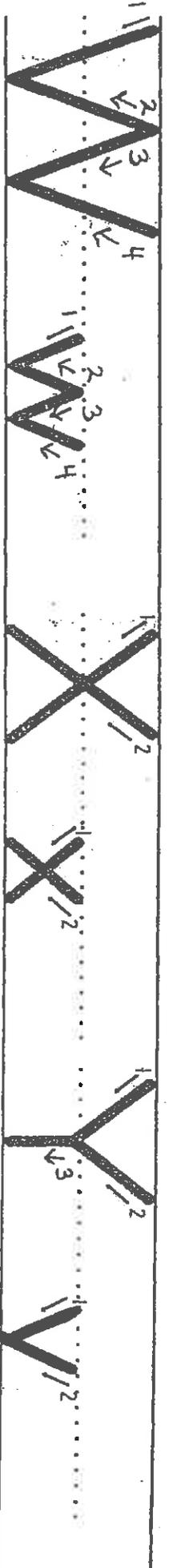
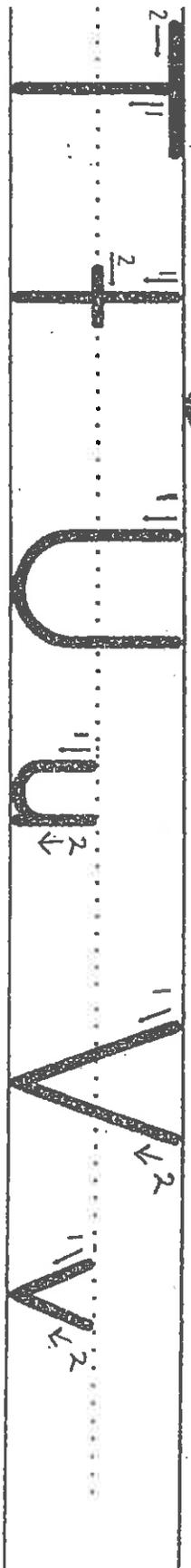
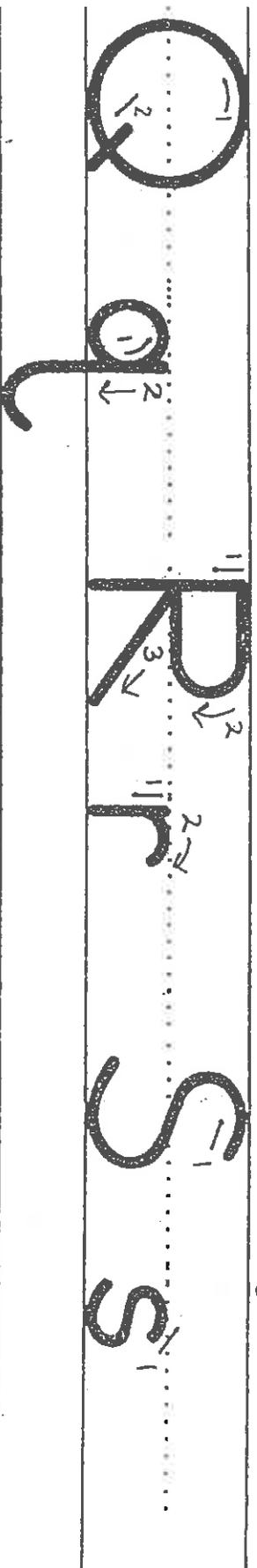
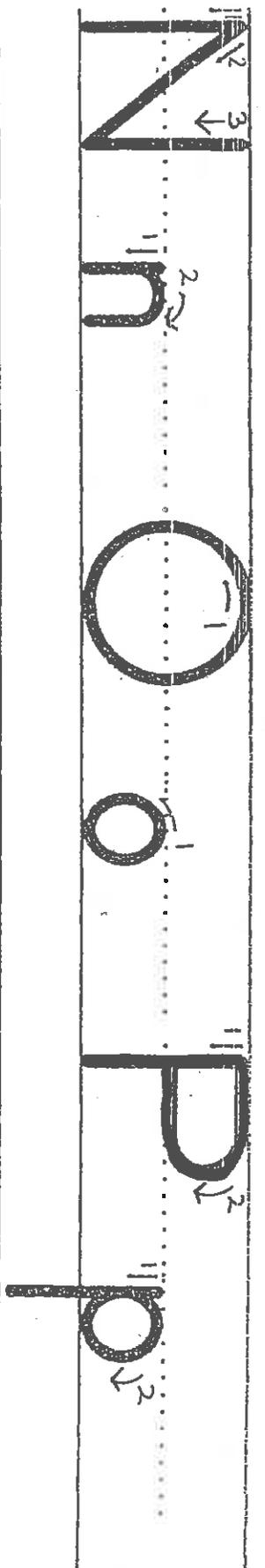


NO!



The following numbers and arrows show the correct formation of each letter in the manner taught in kindergarten.

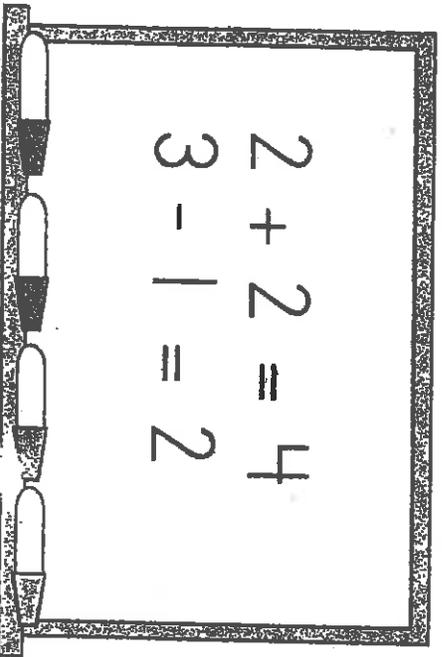
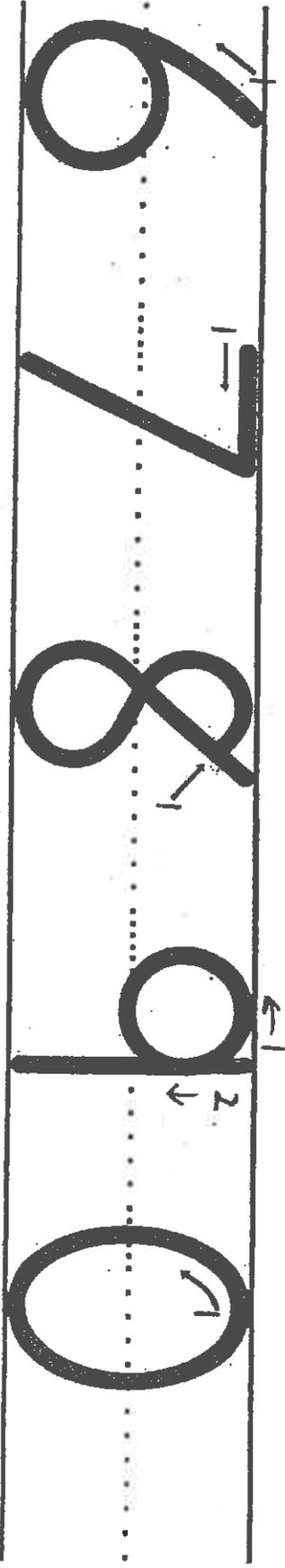
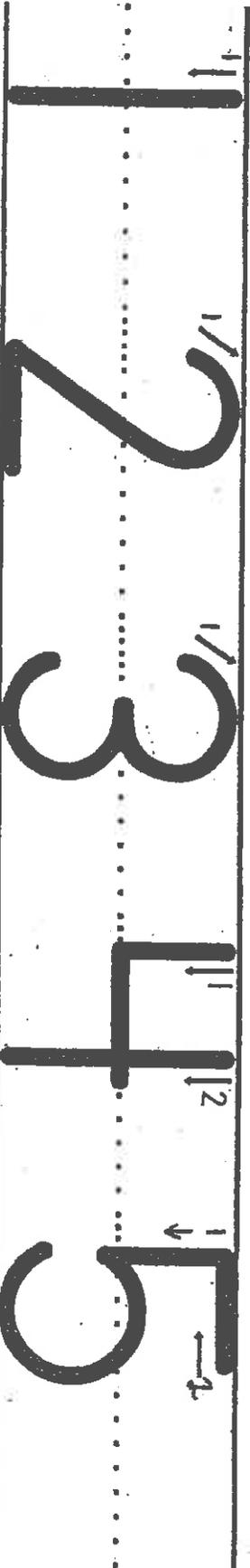




Michael

For name writing, only the first letter is capitalized.

Here are the correct formations of the numbers.



Learning at Home Resources

Online Resources



<https://www.prekinders.com/>

PreKinders is a great resource for parents of Preschoolers and Preschool teachers looking for hands on activities and lessons to meet the needs of children preparing to attend Kindergarten the following year (or two). The site is very easy to maneuver. They cover academic areas such as Literacy, Math and Science, as well as Preschool Themes, Fine Motor, Art, Centers and Printables. Each content area contains a list of subcategories which provide links to activities, lessons, songs and books that all aid in teaching those subjects several different ways.



<https://www.abcmouse.com/abt/homepage>

ABCMouse.com is possibly one of the most well-known early childhood educational sites. It is an all-encompassing, award winning online academy. This impressive curriculum encompasses math, reading, Science, social studies and art in over 9,000 different activities broken up into 10 progressive levels. Some of the greatest attributes to the ABCmouse program is that the activities are fully interactive, there is a reward system to further motivate students to logon and complete activities and there are parental controls to set time limits and track progress. There is a fee associated with this program however you do have the opportunity to try it out for 30 days, free of charge, before making the commitment and they are continuously running subscription specials.

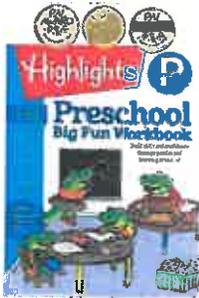


<https://pbskids.org/>

We all remember Sesame Street and Mr. Rodgers Neighborhood as well as other great educational programming that PBS brought us in our childhood. This free, interactive website continues the legacy. Although this should be used as purely supplemental, the games and videos on this website provide more of a holistic approach in that they aim to strengthen a child's physical, emotional, cognitive and social development. These are all things that are often over looked but incredibly necessary moving into kindergarten.

Learning at Home Resources

Book Resources



https://www.amazon.com/Preschool-Workbook-HighlightsTM-Activity-Workbooks/dp/1629797626/ref=sr_1_3?dchild=1&keywords=Highlights+workbooks+preschool&qid=1595356590&sr=8-3 (link to purchase the workbook)

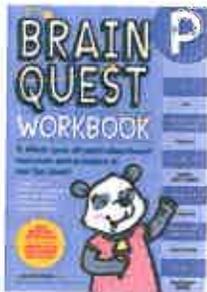
These books are fantastic for your Preschooler! Highlights is renowned and highly awarded company that has produced engaging activity books since 1946. The activities found in this workbook combine learning with fun to captivate children's attention. Key subjects covered in this specific workbook include:

Language Arts: uppercase and lowercase letters, sight words, handwriting, rhyming

Math: numbers, counting, patterns, adding, subtracting

Shapes, colors, opposites, and sequencing

The book also has an introduction with easy tips for parents, a Certificate of Achievement, and online activities.



https://www.amazon.com/Brain-Quest-Workbook-Liane-Onish/dp/0761149619/ref=sr_1_3?crid=21K8B0J4Z0TRW&dchild=1&keywords=brain+quest+preschool&qid=1595427567&sprefix=Brain+Quest%2Caps%2C154&sr=8-3 (link to purchase the workbook)

Brain Quest books are another great option to supplement any at home learning program. These books take a well-rounded approach to learning with activities and games covering ABCs, 123s, writing letters and numbers, shapes and colors, vocabulary, phonics, and more. The lessons in this book are a combination of simple and challenging so this would be a good book for preschoolers who may be slightly ahead of the game but enjoy a little review every once in a while.



10 Kindergarten Readiness Skills Your Child Needs

1. Writing

- Help your child practice writing letters, especially the letters in his/her name.
- Teach your child how to write his/her name with an uppercase first letter and the remaining letters in lowercase.
- Write in shaving cream in the bathtub, salt or sugar in a cake pan, or in finger paint to make practicing more fun and multisensory.

2. Letter Recognition

- Play games to help your child recognize some letters of the alphabet.
- Play hide and seek with alphabet refrigerator magnets.

3. Number Recognition and Counting

- Count throughout the day (for example, the crackers he/she is eating or the socks that you take out of the dryer).
- Point out numbers you see in your environment and have your child name them.

4. Shapes and Colors

- Have your child name the colors in his/her crayon box or in pictures while reading books.
- Practice naming shapes including square, rectangle, circle, triangle, and diamond. Use objects around the home, street signs, or pictures to help practice.
- Play games in which your child finds objects of particular colors and shapes around the house or in the neighborhood as you drive.

5. Cutting

- Use child-safe scissors to practice cutting out shapes and pictures. Pictures cut out from old magazines can be used to create a collage.

6. Fine Motor Skills

- Give your child several writing options (colored pencils, crayons, markers, or chalk) to help keep him/her interested in writing and drawing.
- Practice picking up small items (cotton balls, buttons, or coins) using the thumb and fingertips or tweezers.
- Playing with play dough is a fun way to strengthen the muscles of the hand that will be used for writing.

7. Reading Readiness

- Run your finger under the words as you read to your child to help him/her learn that words go from left to right and top to bottom.
- Play games with rhyming words to help your child hear similar sounds in words. For example, as you are going up the stairs, name one word that rhymes with cat for each step as you go up.

8. Attention and Following Directions

- Read lots of stories with your child and ask questions about the characters, their actions, and the pictures.
- Give your child two and three step directions. For example: “put on your pajamas, brush your teeth, and pick a book to read.”
- Play Simon Says with two or three step directions. For example: “Simon Says jump up and down and shout hooray.”

9. Social Skills

- Give your child opportunities to interact with other children in preschool, social groups, or play dates.
- Teach your child how to express his/her feelings if he/she doesn't like something.
- Role-play different situations your child might experience on the playground or at school. Help him/her to find solutions for typical problems he/she might encounter.

10. Safety

- Please make sure your child knows his/her first and last name.
- Please make sure that your child knows who will meet them at the bus stop or pick them up from school.

If you have any questions or concerns about your child's readiness, please contact your child's school or your pediatrician.

Typical Half-Day Preschool Schedule

Minutes	Time	Daily Routine
10	9:00-9:10 a.m.	Arrival, Sign-in/Attendance
20	9:10-9:30 a.m.	Circle Time/Morning Meeting <ul style="list-style-type: none"> • Calendar (Review months of year, seasons, days of week, and today's date) • Weather • Introduce current lesson (Letter, color, number, shape) • Discuss weekly theme
10	9:30-9:40 a.m.	Exercise Time/Gross Motor Activities <ul style="list-style-type: none"> • Freeze Dance • Go Noodle Videos
30	9:40-11:10 a.m.	Learning Time (Daily Topic)
20	11:10-11:30 a.m.	Craft or Worksheet (Based on Daily Topic)
10	11:30-11:40 a.m.	Toileting & Handwashing
20	11:40-12:00 p.m.	Snack Time/Lunch
30	12:00 p.m.-12:30 p.m.	Creative Play

Curriculum Goals Age 3

Social/Emotional Development

Sense of Self

- Demonstrates ability to separate from parents
- Adjusts to new situations
- Begins to recognize and label own feelings
- Connects with teachers as a trusted adult
- Engages in simple interactions with peers
- Learns early social skills such as sharing, and taking turns
- Engages in imaginative play

Self-Care & Personal Responsibility

- Able to wash hands on his/her own
- Indicates need to go to the bathroom and needs decreasing assistance
- Is able to drink from a cup and feed self with fork or spoon
- Choose from several activity options
- Demonstrates respect and care for classroom materials
- Participates in clean up with decreasing guidance
- Participates in group activities
- Follows classroom routines

Physical Development

Fine Motor

- Manipulates objects with increasing control
- Begins to attempt cutting with scissors
- Makes several basic strokes with a marker

Gross Motor

- Demonstrates basic large motor skills (running, jumping, hopping)
- Walks up and down stairs
- Begins to balance
- Able to ride a tricycle
- Begins to throw and catch balls

Cognitive Development

- Observes and examines objects
- Begins to show problem solving skills
- Recognizes & names basic colors and 3 or more shapes
- Begins to understand position words
- Sorts objects by color, shape or size
- Recognizes own name in print
- Rote counts to 10 and begins to count objects

Language Development

- Uses words to express needs
- Speech is understandable to most
- Communicates in sentences
- Answers questions with more than yes or no
- Listens to stories
- Participates in songs and movement activities
- Understands and follows simple directions

Curriculum Goals Age 4

Social/Emotional Development

- Sense of Self**
- Demonstrates ability to adjust to new situations
- Engages in social interaction/play with others
- Engages in imaginative play and inventive thinking
- Participates in group time 5-10 minutes
- Demonstrates understanding of rules and social expectations
- Engages in social problem solving and learns to resolve conflict
- Seeks adult assistance when needed
- Follows classroom routines
- Identifies and labels feelings in self and others
- Self-Care & Personal Responsibility**
- Demonstrates respect and care for classroom materials
- Participates in clean up
- Accepts responsibility when asked
- Takes care of own bathroom and hand washing needs
- Keeps track of personal belongings at school

Physical Development

- Fine Motor**
- Cuts drawn shape w/out assistance
- Holds pencil with ease
- Begins to make recognizable shapes, letters and representational drawings
- Grasps and manipulates small items
- Exhibits eye hand coordination
- Gross Motor**
- Demonstrates basic large motor skills (running, jumping hopping, galloping, riding trike)
- Demonstrates balancing skills
- Throws and catches medium size ball

Cognitive Development

- Observes and examines objects to gather information
- Demonstrates problem solving skills
- Points to and names colors
- Demonstrates position words
- Demonstrates knowledge of patterns
- Recognizes and names shapes
- Recognizes written numbers 1-10
- Counts objects using one to one correspondence
- Puts objects in size order
- Continues to work on a task even when experiencing difficulties
- Sorts objects by color, size or shape
- Begins to understand simple measurement

Language Development

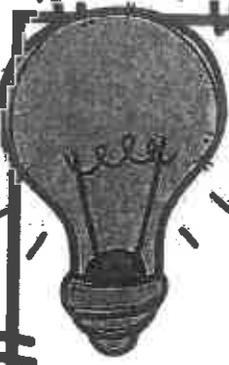
- Speech is understandable by strangers
- Communicates in full sentences
- Answers questions with a complete thought (more than yes or no)
- Understands and follows verbal directions of 2 or more steps
- Recognizes that print carries meaning
- Recognizes and attempts to write own name
- Recognizes many alphabet letters and sounds
- Retells general ideas of stories when asked
- Recognizes and names opposites and rhyming words
- Participates in song and movement activities

What Preschoolers Learn through Play

(Ideas for guided play that make an impact on academic, social, emotional, and cognitive development)

Type of Play	What Children Might Do	What Children Learn
Blocks	<ul style="list-style-type: none"> • Build towers and structures • Include animal, people, vehicles, and traffic signs in their creations • Plan before building • Share ideas with other children • Make signs 	<ul style="list-style-type: none"> • Making choices • Predicting • Problem solving • Understanding cause and effect • Language and literacy • Geometry • Measurement • Engineering
Using manipulatives	<ul style="list-style-type: none"> • Build with small blocks, bricks, and other construction toys • Play games such as lotto or concentration • Sort items by attributes such as size, color, and shape • Make designs 	<ul style="list-style-type: none"> • Making choices • Problem solving • Language and literacy • Concentrating • Paying attention • Persistence • Taking turns • Geometry • Measurement • Engineering
Exploring science and nature	<ul style="list-style-type: none"> • Balance items on a scale. • Look at things through a magnifying glass • Compare/Contrast leaves • Go on a nature walk • Observe the growth of plants under different conditions • Study a worm farm • Use books and other resources to get information • Pour water into different sized containers 	<ul style="list-style-type: none"> • Using the scientific method • Investigating • Discovering • Exploring • Problem-solving • Observing • Experimenting • Volume and quantity
Music and movement	<ul style="list-style-type: none"> • Dance with scarves 	<ul style="list-style-type: none"> • Patterning

Type of Play	What Children Might Do	What Children Learn
	<ul style="list-style-type: none"> • Jump in and out of hula hoops • Walk on a balance beam • Create an obstacle course • Sing songs • Play instruments • Listen to music • Follow a steady beat. • Crawl in and out of boxes • Throw bean bags in a basket 	<ul style="list-style-type: none"> • Locomotor skills • Balancing • Throwing • Creative expression • Cultural arts
Dramatic play	<ul style="list-style-type: none"> • Pretend to do activities seen at home • Build on field trip experiences. • Become characters from a book • Discuss and carry out a scenario with other children • Assume roles • Continue play themes for several days 	<ul style="list-style-type: none"> • How the world works • Language and literacy • Negotiation • Self-regulation • Coping with feelings • Planning • Flexible thinking • Persistence



Why Are Scissor Skills SO Important?

Build Fine Motor Strength

- Cutting allows a child to build up the little muscles in their hands with the open and close motion. These muscles are so important for writing, painting, and doing everyday things like brushing your teeth, eating with utensils, and getting dressed.

Develop Eye-Hand Coordination

- Cutting requires kids to use their eyes and hands in unison to accomplish the cutting task. Eye-hand coordination is important for catching/throwing balls, eating with a spoon, and zipping a coat.

Increase Bilateral Coordination

- Cutting encourages your child to use both sides of the body at the same time while each hand is performing its own task. When cutting a shape, a child must hold the paper with one hand while the other hand is opening and closing the scissors and moving forward to cut. This is essential for tasks like zipping up a coat or pants, washing dishes, and opening an envelope.

Improve Focus and Attention

- Cutting out shapes takes concentration and attention to detail. Both skills are necessary for success not only in the classroom but in everyday life. The ability to sustain focus is essential to being able to read books, listen to instruction and complete many other classroom tasks.

