



HOME ACTIVITIES

- **SELF-HELP SKILLS TO PRACTICE**
- **ACTIVITIES WITH EVERYDAY MATERIALS**
- **ACTIVITIES TO BUILD FINE MOTOR AND VISUAL SKILLS**
- **ACTIVITIES TO HELP PHYSICAL DEVELOPMENT**



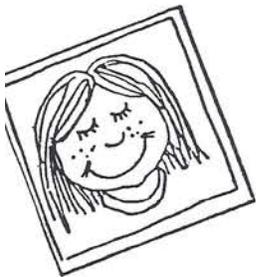
SELF-HELP SKILLS TO PRACTICE

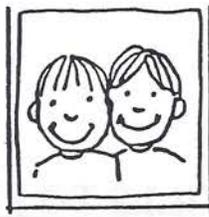
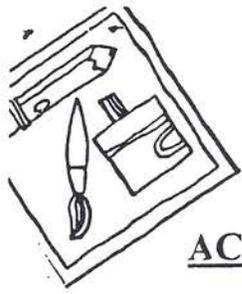
Helping your child practice these skills before coming to kindergarten will help your child feel more comfortable doing these skills independently in the classroom. Helping your child to feel more comfortable can help to promote self-confidence. Self-help skills to practice include:

- How to open and close his/her bookbag
- How to put a paper in a folder placing the paper on the left or right side of the folder so the folder will close
- How to fold a paper in half so it will fit in a folder or bookbag
- How to pack and/or unpack his/her belongings in the bookbag and then close the bookbag
- How to hang up a bookbag on a hook
- How to put on his/her coat, jacket or sweater
- How to turn a coat sleeve right side out before putting on the coat
- How to hang up a coat, jacket or sweater on a hook
- How to use the bathroom independently
- How to properly hold a pencil, crayon or scissors
- How to cut with scissors
- How to cleanup and put away supplies and toys
- Recognizing his/her name in print
- Printing his/her first name

Two additional skills to begin practicing now include learning how to tie shoelaces, and learning how to zip, button and/or snap coats, jackets or sweaters. Please note that for some children these two skills are more difficult than the other skills listed above. However, if given many opportunities to practice tying, zipping, buttoning and snapping many children will master these skills. Repeated practice, guidance and patience are most helpful!

Thank you for helping your child prepare for kindergarten!





ACTIVITIES YOUR CHILD CAN DO AT HOME WITH EVERYDAY MATERIALS

Listed below are some activities that your child can do at home with materials that you most likely already have in your home. Many of these activities can be completed in a short amount of time and offer your child an opportunity to practice skills needed in kindergarten. These activities also offer your child an opportunity to be proud of his/her accomplishments and to grow in his/her desire to learn new skills. You are welcome to view samples of some of these activities that are on display at the parent meeting.

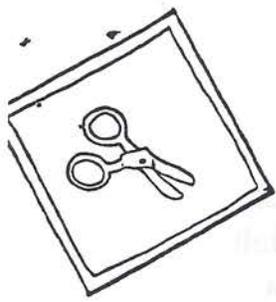
- Make a color collage. Select one color. Cut from magazines pictures of objects of that color and glue to a paper to make a collage.
- Make a letter collage. Cut from magazines, newspapers, store circulars, catalogs or calendars any alphabet letters and glue to a paper to make a letter collage.
- Make a number collage. Cut from magazines, newspapers, store circulars, catalogs or calendars any numbers and glue to a paper to make a number collage.
- Have an adult draw different types of lines (straight lines, wavy lines, zigzag lines) on a paper. Practice cutting on the line.
- Practice cutting by cutting out the coupons in the newspaper or a magazine.
- Make your own puzzle. Glue a greeting card picture, or a picture you have colored, or one you have cut from a magazine or calendar to a piece of cardboard. Cereal boxes are a great source of cardboard. Have an adult cut your picture apart into simple puzzle pieces. Practice putting your puzzle together.
- Make your own lacing cards. Glue a picture to a piece of cardboard (see directions above for making your own puzzle). Have an adult punch holes around all the edges of your picture. Tie a shoe lace, or piece of string, yarn, or ribbon to one hole and lace the rest of the card by going in and out of the holes with the string.
- Make a shape picture. Have an adult cut different shapes from cardboard. Practice tracing around the shapes onto a piece of paper. Color in the shapes you traced.



- Make a name necklace. Trace shapes onto paper and cut out each shape. Print one letter of your name on each shape. Have an adult punch a hole in the top of each shape. String your shapes onto a piece of string, yarn or ribbon to spell your name. Knot the string and wear as a necklace.
- Cut apart the numbered squares from one page of a calendar. Match the numbers by placing the individual number squares on top of the same numbers on another whole calendar page.
- Play "I Spy". Look at a picture in a book, magazine, or calendar and describe one object that you see in that picture. Can another person guess what you are describing?
- Practice counting by making a cereal necklace. Each time you put a piece of cereal (cereal with a hole in the middle works best) on a ribbon or string, say a number in the correct order. Tie the ends of the ribbon or string together and you have a cereal necklace to eat.
- Practice making patterns using items around the house. Examples could be: Sock, shoe, sock, shoe, sock, shoe ...
Toy, toy, book, toy, toy, book ...
Pencil, crayon, crayon, pencil, crayon, crayon ...
- Practice printing your name, letters or numbers in sand or rice poured into a shallow box or pan.
- Practice printing your name, letters or numbers in shaving cream spread on a tray or the wall of the bathtub.
- Form shapes using Popsicle sticks, straws or yarn.
- Cut different colored straws into 1-inch pieces. String the pieces in a color pattern.
- Make sticker puzzles. Cut paper into several squares. Place one sticker on each square. Cut each square in half. Mix up all the halves. Put each sticker puzzle together by finding the two halves of the original sticker and putting them together.

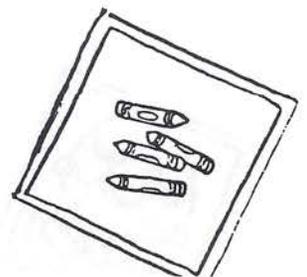
I hope this list of activities will provide you and your child with information and references that will prove valuable when practicing for kindergarten.





Activities to facilitate fine motor and visual motor skills with your kindergartener

- Do mazes, dot to dot, puzzles or color forms
- Use stencils, color by number books, and hidden picture books
- Play perfection, connect four, checkers, candyland, pick-up sticks or dominoes
- Play card games
- Build shapes out of legos, tinker toys, erector sets or models
- Use shaving cream in the bath tub on the tiled walls to trace the tile squares or draw shapes on the tiles
- Create a bag full of plastic numbers or objects, reach inside, feel and identify the object without looking at it-make a game of it
- String small beads or noodles
- Lite Brite (vertical surface!) or small peg activity
- Playdough – squeeze, roll, poke, make things
- Finger paint
- Lacing cards
- Pick up cheerios with tweezers and place in container
- Put pennies on washcloth and pick-up one at a time and put in a bank
- Squeeze a turkey baster to make a cotton ball go across the table
- Squeeze a bubble pack with thumb and index finger to pop bubbles
- Place clothespin on box or ruler; see how many you can do in 3 minutes, then try to beat your record next time
- Projects such as weaving, potholder board
- Make a picture with little rubber stamps
- Use a hand-held hole punch to punch lots of holes in a piece of paper
- Write on a large chalkboard or easel at eye level with a 1 inch piece of chalk (the smaller the chalk, the better the tripod grasp)
- Lay on your stomach with your body propped up on your arms when watching TV or doing tasks
- Do wheelbarrow walk with someone holding your feet
- Walk to bed each night as a different animal-crab, bear, bunny, snake



PHYSICAL DEVELOPMENT

Small Muscle Development

The development of the small muscles of the hand and fingers is important because they are needed for turning papers, printing, writing and holding a pencil, crayon or piece of chalk.

Things you can do to help your child develop these muscles:

1. Let your child play with clay and sand.
2. Let your child cut coupons out of the newspaper for you.
3. Give your child a piece of string and some uncooked macaroni. Let him/her string macaroni and make a necklace.
4. Give your child different colors, shapes and sizes of buttons. Let them separate the buttons by size, color, or shape into an empty egg carton.
5. Let your child try to zipper and button his/her own clothes.
6. Let your child make puzzles out of cardboard and paper.
7. Get an empty styrofoam meat tray and punch holes in it in a favorite shape. Give your child a long shoelace or yarn that has been taped on the ends. Let your child sew the design.
8. Put large dots on a piece of paper and let your child connect the dots.
9. Encourage your child to draw pictures and color them as often as possible.
10. Give your child an old sock or glove and help them make it into a puppet. Encourage your child to make his/her puppet talk, sing or dance.

Eye-Hand Coordination

Eye-hand coordination is the ability to use the eyes and hands together to accomplish a purpose. Eye-hand coordination is needed for reading, copying work from the board and textbook to a piece of paper. It is also needed for measuring with various mathematical instruments and cutting out patterns. Children also need this coordination to play various sports.

Things you can do to help your child develop eye-hand coordination.

1. Let your child do many different kinds of puzzles.
2. Encourage your child to bounce a ball, walk while bouncing a ball, and eventually run while bouncing a ball.
3. Let your child build with blocks, boxes, plastic containers and legos.
4. Play catch with your child with a big ball of yarn. As he/she improves, make the ball of yarn smaller.
5. Let your child trace things from around the house or yard. He/she might enjoy tracing the hands of each family member.
6. Encourage your child to draw things that he/she sees.
7. Play baseball with your child using a big, fat bat and a large ball.
8. Take your child for a walk with an empty box. Let your child pick up a few treasures and put them in his/her box.

Spatial Awareness

Spatial Awareness is the understanding of where one is in space, how close or how far objects in space are in relationship to one's own body.

Spatial awareness is needed so that each child is aware of the space he/she occupies and is able to sit in a seat, at a desk. Spatial awareness is also needed so that children can write on a line and know how much space to leave between letters and words.

Things that you can do to help your child develop spatial awareness.

1. Encourage your child to know his/her body parts and what they do.
2. Make a large circle with rope, chalk or tape. Ask your child to walk around the circle on the outside, then on the inside. Ask your child to jump into the circle, and skip on the outside of the circle.
3. Give your child numerous directions to reinforce the concept of right and left.
4. Cut a large headline from a newspaper. Give your child a toy car and have him/her drive over the headline from left to right.
5. Place a chair in the middle of the floor. Ask your child to stand "next" to the chair; crawl "under" the chair; sit "on" the chair. Give as many commands expressing direction as you can think of in a short time. Examples of directions are: in front of ; behind; over; through; up and down.
6. Play "Simon Says" with your child using commands that involve body parts and directionality.
7. Find a group of containers with lids. Take the lids off the containers, mix them up and ask your child to place the lids on the right container.
8. Read to your child daily.