



# TK/KINDERGARTEN READINESS TIPS

Skills to PRACTICE with your child

## **SOCIAL-EMOTIONAL BEHAVIOR**

- Spending time with peers
- Sharing and taking turns
- Labeling emotions
- Playing make-believe activities
- Playing games

## **MOTOR SKILLS**

- **Large Motor Skills:** Running, climbing, jumping, throwing and catching
- **Fine Motor Skills:** Start building hand strength with Play-Doh, tweezers, pincer grasp, coloring, using scissors, tearing paper

## **LIFE SKILLS**

- Dressing self
- Packing backpack
- Completing small tasks
- Potty training
- Bathroom etiquette and hygiene skills - washing/drying hands, etc.
- Flushing toilet
- Using Kleenex
- Putting on and taking off jacket/sweater
- Zippers, buttons, snaps, and Velcro

## **LANGUAGE & ACADEMICS**

- Counting to 10 or 20
- Pointing out letters, numbers, and shapes
- Reading aloud to your child
- Singing songs together
- Talking about plans and activities for the day
- MORE hands-on learning and LESS screen time

## **MEALTIME ETIQUETTE**

- Opening and closing food and drink containers
- Eating lunch in 15 minutes
- Using utensils
- Using napkins to clean hands and wipe face
- Sitting down while eating

## **SAFETY**

- Responding when name is called
- Listening to and following simple 1 & 2-step directions
- Keeping objects and body to self
- Verbally sharing and expressing needs and feelings

SCAN ME



Watch this video by an LVJUSD TK teacher for MORE great tips on preparing your child for TK/Kindergarten!