Delta School District
Inspired Learning

Preparing for Kindergarten

Each child has their own learning journey. There is no single thing that any child needs to be able to do before coming to school! School is also a big transition. We've gathered these ideas to help families prepare. Wherever your child is at on their journey we invite you to pick one or two that matter and help them learn some new skills they'll use in Kindergarten. Follow the stages below to grow a new strength.

Show → *them how it looks and sounds*

Practice → *how to do the new thing with them*

Coach *them to remember when and how*

Personal Social Skills

- ❑ Listen to an adult for a few minutes
- ❑ Comply with reasonable adult requests (e.g. stop, come, change activities)
- ❑ Follow verbal instructions to complete a task
- ❑ Wait patiently for his/her turn
- ❑ Separate from primary caregiver (with or without some *manageable* separation anxiety)
- ❑ Appropriately handle strong feelings of anger and disappointment
- ❑ Play independently without needing supervision for a sustained period of time (without electronic toys)

Group Social Skills

- ❑ Share space and toys with other children
- ❑ Suggest ideas for playing together "Let's…"
- ❑ Listen to other children's ideas for play and follow along (when appropriate)
- ❑ Follow simple rules when in a group and when playing a game (sometimes with reminders)

Self-Care

- ❑ Complete personal portion of routines without reminders (e.g. morning, mealtime, leaving house, bedtime)
- ❑ Feed self
- ❑ Dress self (put on jackets and shoes, may need help with laces and starting zippers)
- ❑ Toilet independently including thorough hand washing
- ❑ Clean-up after self and be responsible for own materials

Fine Motor Skills

- ❑ Use pincer grip between thumb and first finger to play with toys and hold writing tools
- ❑ Cut with scissors along a straight line and circle
- ❑ Trace lines and simple shapes on a paper
- ❑ Copy simple shapes (may need a demonstration)

Oral Language Skills

- ❑ Use 5 or 6 word sentences in first language
- ❑ Use expanding vocabulary in first language
- ❑ Continue a conversation in first language
- ❑ Name own feelings (e.g. happy, sad, angry)
- ❑ Use English to greet others, make simple requests and express needs (e.g. washroom, and personal needs)
- ❑ Speak in a group and shares ideas with others

Cognitive/Literacy/Numeracy Skills

- ❑ Ask questions and eagerly explore new ideas/challenges (willing to make mistakes)
- ❑ Recognize own name, show some awareness of its letters, and make attempts to print (may need to trace or copy to print all the letters in the correct order)
- ❑ Show an interest in books:
  - ○ Look at picture books independently
  - ○ Listen to a book read aloud for 5 minutes or longer
  - ○ Talk about reading experiences.
- ❑ Handle books with care
- ❑ Spot words and letters in books and his/her environment (awareness of written language and its uses is most important. Goal is for students to recognize most letters and their sounds **by the end** of Kindergarten)
- ❑ Use pencils, crayons, or felts to draw recognizable pictures and print some letters
- ❑ Count, by rote and count real objects up to ten
- ❑ Recognize some numbers and number symbols (e.g. dice pattern)

The Power of Staying Positive

Every child has strengths and challenges. Not all children will be competent in all the skills before starting school. While helping our children learn makes a huge difference, it is equally important to **celebrate his/her abilities** and progress.

Opportunities for Further Growth

The following skills and attitudes will help further set your child up for success in school and life.

- ➔ Introduce self to others
- ➔ Participate in sustained dramatic play (pretending to be someone/something else)
- ➔ Recognize and respond to feelings of other people
- ➔ Help others
- ➔ Use drawing and letters/words and invented spelling to represent ideas on paper
- ➔ Create own stories (orally/pictures/beginning writing)
- ➔ Manipulate the sounds in words, ie. Make rhyming words, change first sound in a word to make a new word that starts with the same letter etc.
- ➔ Describe and make groups of objects
- ➔ Solve problems independently (with adult support as necessary)
- ➔ Sing and move to music

More Information:

An excellent article ***Ready for Kindergarten? Five teachers tell you what preschoolers really need for next year,*** offers information and tips for developing many of the skills in this brochure. It can be found at:

https://www.scholastic.com/parents/school-success/school-life/grade-by-grade/ready-kindergarten.html

This article comes from the United States but is very applicable to Canadian Kindergarten. The only significant difference is the number of letter names it suggests children need to begin K with. *Our BC curriculum expects students to name most letters and their sounds **by the end** of Kindergarten.*

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