

Pre-K Week 5: Getting Ready for Kindergarten (Part 1)

Estimated Time	Total Time: approximately 45-60 minutes/day Work at the pace that works best for you and your child.
Grade Level Standard(s)	<p>All activities are aligned to Illinois Early Learning and Development Standards for preschool and Common Core State Standards for Kindergarten.</p> <p>To learn more about these standards, please visit the following:</p> <ul style="list-style-type: none"> • Illinois Early Learning and Development Standards - https://www.isbe.net/Documents/early_learning_standards.pdf • Common Core State Standards for Kindergarten Parent Roadmap: English Language Arts - https://www.cgcs.org/cms/lib/DC00001581/Centricity/Domain/36/Updated%20ParentGuide_ELA_K.pdf • Mathematics - https://www.cgcs.org/cms/lib/DC00001581/Centricity/Domain/36/ParentGuide_Math_k.pdf
Caregiver Support Option	Participate with your child in the suggested activities below to facilitate shared learning.
Materials Needed	<p>Paper, writing utensils (crayons, markers, pencils), scissors, glue or tape.</p> <p>Suggested Books: <i>The King of Kindergarten</i> by Derrick Barnes <i>Look Out Kindergarten Here I Come!</i> by Nancy Carlson <i>Wemberly Worried</i> by Kevin Henkes <i>Kindergarten Rocks!</i> by Katie Davis <i>First Day Jitters</i> by Julie Danneber <i>The Kissing Hand</i> by Audrey Penn <i>Miss Bindergarten Gets Ready for Kindergarten</i> by Joseph Slate</p> <p>Links to additional digital resources available on the last page of the packet.</p>
Question to Explore	<ul style="list-style-type: none"> • What will next school year be like? • How can I make sure I am safe at school? • How will I make friends in Kindergarten? • How will I feel in Kindergarten? • What am I proud of myself for?
Student Directions	Each activity below has directions for you to follow.



If you would like to provide feedback on this packet, please scan the QR code.

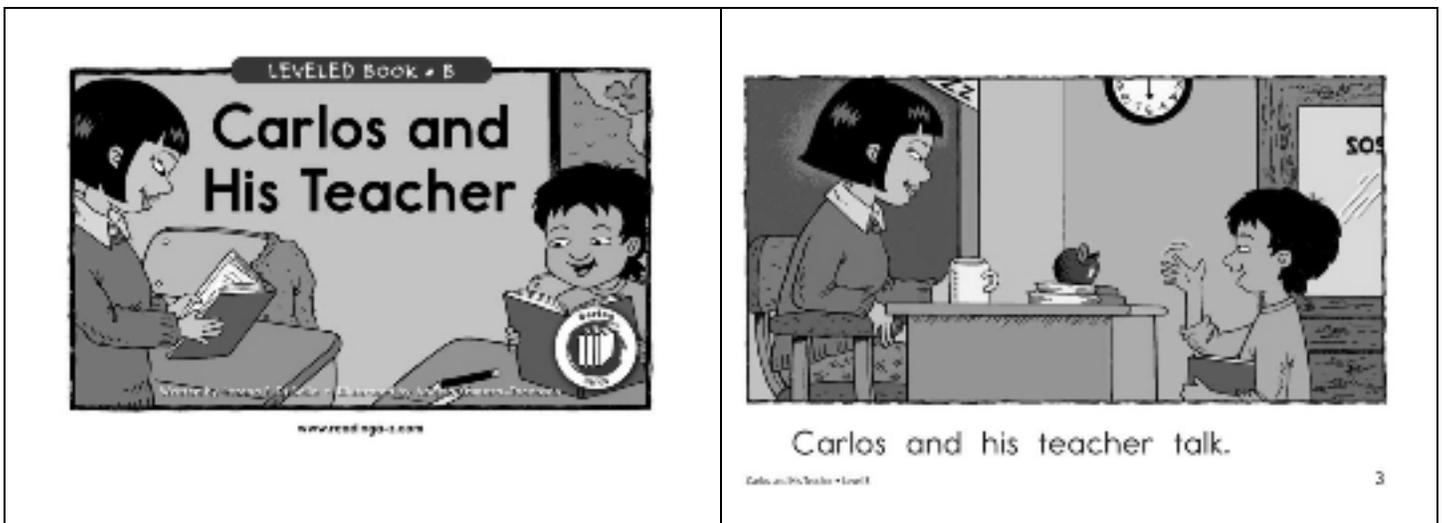


Day 1: Next Year is a New Year!

Introduce the Topic: How exciting - next year your child will be going to Kindergarten! Remind your child that although their preschool year has come to an end, their school journey is just beginning. Next year - whether it is in person learning or remotely at home - they will be in Kindergarten! In many ways, Kindergarten will be just like preschool - you will make friends, have a loving teacher, and many times to run, learn, and play! In some ways, Kindergarten will be a little different, too. Tell your child you will spend the next two weeks exploring Kindergarten and getting ready for a fun new year!

Learn & Discuss: Kindergarten is a fun year! Tell your child about your Kindergarten experience (or your first memory of school). Tell them about how you felt, if you were nervous or scared, and what you did to feel better while at school. Next, ask your child how they are feeling, what they are excited about, hope to learn, and what you can do to make them feel excited about their first day of Kindergarten! Remind your child that they will have teachers and friends to help them at school.

Literacy Activity: Help your child build their understanding of Kindergarten by reading "Carlos and His Teacher." After reading, ask your child what they are most excited to learn in Kindergarten. Then, have your child read the story back to you. Remember, at this age, your child may not read the book word for word, but may 'read' what they see in the pictures.





Carlos and his teacher write.

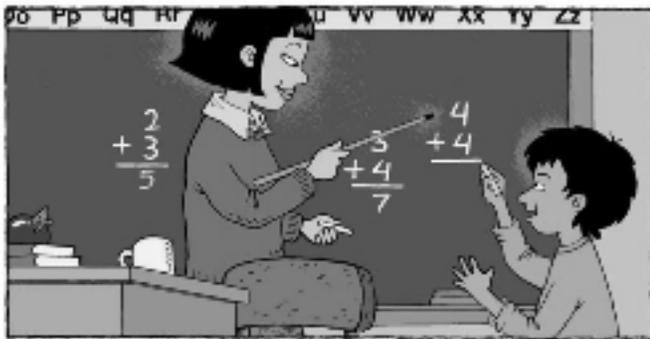
4



Carlos and his teacher read.

Carlos and His Teacher • Level B

5



Carlos and his teacher add.

6



Carlos and his teacher share.

Carlos and His Teacher • Level B

7



Carlos and his teacher paint.

8



Carlos and his teacher clean.

Carlos and His Teacher • Level B

9



Carlos and his teacher play.

10

Music/Movement Activity - If You're Ready and You Know It: To help your child adjust to entering Kindergarten, think of different ways we can show we are ready for Kindergarten!

Using the melody of "If You're Happy and You Know It" (<https://www.youtube.com/watch?v=LaYNZKdui-w>), or make up your own melody, use the following pattern to make a song about how to go to Kindergarten! Add body movements for more fun!

Lyrics:

If you're ready for Kindergarten
Raise your hand!
If you're ready for Kindergarten
Raise your hand!
If you're ready and you know it and you really want to show it
If you're ready and you know it
Raise your hand!

Then, change the lyrics to include another way you can be ready for Kindergarten!

If you're ready for Kindergarten
Write your name!
If you're ready for Kindergarten
Write your name!
If you're ready and you know it and you really want to show it
If you're ready and you know it
Write your name!

Think with your child about other ways that we can show our teachers that we are listening and ready for school. Think of other ways and remix the song, using those lyrics. Other lyrics could include:

- Make new friends!
- Read a book!
- Learn new things!

Math Activity: Help your child get in the right mindset by creating their “Kindergarten mantra.” Ask your child to think of nice things to say to themselves, and make them into a pattern together. Ask your child what will be said first and last, and have them help you make it repeat, like a pattern.

For example:

I am smart!

I am cool!

I am loved!

Then repeat the phrases to make a pattern:

I am smart!

I am cool!

I am loved!

You can use whatever phrases your child chooses. Help your child make other patterns using differing phrases and having the child repeat the pattern/mantra!

Extension Activities:

Literacy - Using paper and writing instruments, have your child re-create the story “Carlos and His Teacher” but let your child be the star of the book! Help your child be the author of their own Kindergarten adventure. Your child’s writing and spelling may not be correct, and that is okay! At this age, we are exploring writing and our identity as writers. Help us build confidence by noticing our hard work, and helping add details to pictures and sound out words.

Math - Add physical movements with the expressions you choose for your “Kindergarten mantra.” Make sure the movements make a pattern, just like the words you chose!

Social Emotional Learning Activity: Call a relative or loved one and have them tell your child about their first day of Kindergarten (or the first day of school that they remember). This call can be a positive way to build excitement about school for your child!

Day 2: Being Safe at School

Introduce the Topic: Many children may feel anxious about the first day of school, so take time to discuss with your child that school is a safe place for them, and there are many people there who care about them - their teachers and their friends. This fall, school may seem different, with many people wearing masks and more frequent hand-washing routines. Help remind your child that this is to keep our bodies safe and healthy, and that if we do those things, we can be our own hero!

Learn & Discuss: Tell your child that it is okay to be nervous for the first day of school, but remind them that you will always be there for them. Discuss with your child that, as part of a classroom community, it is their responsibility to help be safe - which can mean many things: listening to the teacher, working and playing nicely, and being a good friend! Ask your child how they are going to make sure they are safe at school.

Literacy Activity: After you brainstorm all the different ways that your child can be safe at school, use the space below for your child to journal about how they will be safe at school. Your child can use one of the ideas you listed in your discussion, or can come up with a new idea! Your child's writing and spelling may not be correct, and that is okay! At this age, we are exploring writing and our identity as writers. Help us build confidence by noticing our hard work, and helping add details to pictures and sound out words. Remember to have them write their name on it as well!

How I will be safe at school:

Music/Movement Activity: Practice being safe by playing Exercise Simon Says! In this game, your child will practice listening and following directions. Tell your child that you will play a game where they must listen carefully. You will tell your child to do a movement (hopping in place, jumping jacks, etc.) but they can only do it if you say "Simon says" before you tell them the direction. If you do not say "Simon says" the child should not follow the directions. Alternate between giving directions with and without "Simon says," and remember to have fun!

Math Activity: To help keep our bodies safe, we should wash our hands for 20 seconds. Ask your child to count to 20 (you may have to practice a few times, and that's okay!). Tell them that this is how long we should count while we wash our hands with soap and water.

Practice doing everyday activities for 20 seconds to help your child build that skill by having them count orally:

- Jump up and down for 20 seconds
- Dance for 20 seconds

- Ask your child to think of other things we can do for 20 seconds
- Lastly, practice hand-washing for 20 seconds and remind them this will help keep them safe at school!

Extension Activity:

Math - Have your child teach other people in the family the right way to wash their hands, and have them practice counting to 20 by counting for other family members. Empower our young learners and teach them that they can teach others! Helping other students is a part of Kindergarten. Your child can be a hero by helping others know how to wash their hands!

Social Emotional Learning Activity - Another way school might be new in the fall is wearing masks or face coverings. Read the social story "Heroes Wear Masks" and build a positive safety-focused mindset for mask-wearing to support your child's transition to school.



Heroes Wear Masks!
A Social Story about COVID-19 Safety



This is a mask. Masks help keep us safe.
Did you know heroes wear masks?



In cartoons, superheroes wear masks.
Masks help keep them safe.



Real heroes wear masks, too.
Doctors, nurses, and firefighters wear masks! Masks help keep them safe.



When you wear your mask, you are being a hero, too! Masks help keep you safe.



You can still have fun with your friends! Just make sure your mask covers your mouth and nose.

[Take a picture of your child wearing their mask (or have your child draw a picture) and add them to the book!]

Day 3: Making New Friends

Introduce the Topic: In Kindergarten, your child will get to make many new friends! There will be many opportunities for your child to laugh and play with other children. They will get to learn new things - about themselves and the people around them. Some of these friends they may know for a long time! Tell your child about your longest-running friendship, and help them see that the people we meet at school can be some of our best friends!

Learn & Discuss: It can take a lot of bravery to make new friends, so help your child build the skills to meet and engage with new people. Ask your child how to be a good friend. Discuss things like taking turns, listening to friends feelings, and complimenting our friends to help them feel happy and safe at school! Remind your child that sometimes, we have to introduce ourselves to new friends. Practice introducing yourself with your child, and have them practice, too. You can say something simple like, "Hi! My name is _____ and I want to be your friend!"

Literacy Activity: On a piece of paper, and with your support, have your child write a letter to their teacher or to a new friend. Ask your child to introduce themselves to this person in this letter. Let your child lead the content - we want to build their confidence and excitement about writing!

If your child is stuck, guide their thinking with questions like:

- What do you want them to know about you?
- What is something you can tell them about you? What things do you like to do?
- What do you want to learn in Kindergarten?
- How are you feeling about Kindergarten?

Remember, your child's writing and spelling may not be correct, and that is okay! At this age, we are exploring writing and our identity as writers. Help us build confidence by noticing our hard work, and helping add details to pictures and sound out words. Remember to have them write their name on it as well!

Music/Movement Activity - Will You Be a Friend of Mine?: Using the melody of the song "Mary Had a Little Lamb" (<https://www.youtube.com/watch?reload=9&v=FXbFMpiHK9Y>), sing the following song to practice making new friends, with the following lyrics:

Will you be a friend of mine,
Friend of mine, friend of mine?
Will you be a friend of mine
and (choose an action) around with me?

In the song, choose an action to ask friends to do with you. Let your child lead the creativity - options could include dance, hop, sing, laugh, etc. Remind your child that part of making new friends is asking them to play with you!

Math Activity: The best part of making new friends is getting to do fun things with them! Have your child conduct a survey (of household members or friends/neighbors if able to be done safely!). Ask them which of the activities below is their favorite to do with their friends. Make a tally for each response. Once your child has gathered the information, have them analyze which activity received the most responses, and which had the least.

 <p>Playing Outside</p>	 <p>Playing Inside</p>

Extension Activities:

Literacy - Play a rhyming game using your child and their friends' names by changing the first letter. For example, say your child's name (Example: Eva). Tell your child to make a rhyming name by adding a letter sound to the beginning (Example: B - Beva, N - Neva, S - Seva). Many may sound like made-up words, and that's okay!

Math - Depending on what your child's favorite place to play (inside or outside), ask if they want to play a game of "How Many?" In this game, you and your child will take turns looking around you, inside or outside, and asking the other "How many _____ do you see?" The other player's job is to count as many as they see! (Examples: Inside - How many chairs do you see?; Outside - How many signs do you see?)

Day 4: New Faces, New Places, New Feelings

Introduce the Topic: As you begin to discuss the new school year with your child, there may be many feelings that arise. All emotions are valid, and we can best support our children by telling them it is okay to feel whatever they are feeling, and helping them find productive ways to work through those emotions. Tell your child that we, as human beings, are allowed to be happy, sad, or even mad - if that's how we are feeling, that's how we are feeling. However, we must still be safe and take care of ourselves and others, no matter what we are feeling.

Learn & Discuss: Tell your child that on the first day of school, it is normal and okay for them to feel scared or sad. We all miss our family when they are not with us! Remind them that you miss them too when they are at school. Ask them to think of ways they can help themselves feel better when they are sad or scared. Think about the ways you help yourself feel better, and model those for your child (for example, if you take deep breaths to calm down, tell your child that is how you help yourself, and show them how to do it).

Literacy Activity: It is time for Feelings Theatre! Using the cards below, have your child act out the emotion that is displayed/written on the card. To help promote empathy development, after your child practices identifying what that emotion looks/feels like, ask them to think of reasons why someone might feel that way at school. Help them brainstorm ways to help themselves with every emotion (even happiness needs to be safe! - especially with social distancing guidelines, we may be more inclined to hug or high five when we are excited; depending on CDC guidelines, we may want to support our child in keeping space between themselves and others).



happy



sad



angry



scared

Music/Movement Activity: Using the same melody as earlier this week (<https://www.youtube.com/watch?v=LaYNZKdui-w>), "If You're Happy and You Know It," use the following lyrics to sing about and act out some of the emotions we may feel as we go to school, and add in your child's ideas of how to positively display and/or help themselves during each emotion.

If you're happy and you know it
Hug yourself!
If you're happy and you know it
Hug yourself!
If you're happy and you know and you really want to show it
If you're happy and you know it
Hug yourself!

Next, choose another emotion, and have your child decide the action!

Examples:

Emotion: sad

Action: love yourself, cry it out

Emotion: mad

Action: take belly breaths, count to 10

Emotion: scared

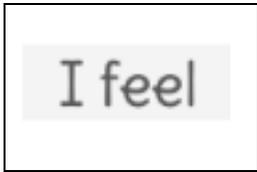
Action: tell a friend

Math Activity: Discuss with your child that taking the time to identify how we are feeling is the first step in helping ourselves be safe, no matter what emotion we are having. A mood meter is a tool that helps us measure how we are feeling. Build the mood meter with your child (using the one created below, or using one you create yourself - you can use pictures of your child making the specific emotions), and model how it works for them by identifying how you are feeling, choosing that emotion, and clipping/attaching an item (clothes pin, paper clip, etc.) on the square next to that emotion. Have your child measure other family members' emotions and collect the data in whatever way they see best (making a list, making a graph, sorting names, etc.). Ask your child to evaluate how everyone in the family is feeling and what we can do to help anyone who may need to feel better.

Example of how to use:

	 happy
	 sad
	 angry
	 scared

Additionally, you can cut out this box and use this as the marker if you do not have any clips.



Extension Activities:

Literacy - Start a daily mood meter journal; have your child measure how they are feeling each day, and draw/write about it. You may ask them to write about what is making them feel that way.

Math - Using the mood meter journal you create (after a few days or a week), you and your child can make a graph of how your child has been feeling this week.

Day 5: I'm Growing Up - Kindergarten Rocks!

Introduce the Topic: What an exciting week it has been - we are getting closer and closer to starting Kindergarten! This week, we learned how to make sure we feel safe and ready to go to school - take the time to check in with your child and listen to their needs. After you check in, remind them how exciting it is, and how proud you are of how much they are growing! There is so much fun to be had at school!

Learn & Discuss: Tell your child that next week you will be learning more about the different teachers they will have, and the different things they will learn about! However, today we will take some time to look back at how much we have grown and changed, and take pride in all the new things we can do!

Literacy Activity: Ask your child to think about all the things they have learned over the past few years. Many children may discuss recent events - learning letters, learning how to get dressed/put on shoes, and learning how to draw/write. Remind them that there are even things they learned but do not even remember - like learning how to eat and walk by themselves! Using the trophy template below, ask your child to write/draw about what they are most proud of learning!



Music/Movement Activity: Let's celebrate! We have grown so much, and it deserves to be celebrated. Take some time to share your excitement with your child by having a dance party! Ask your child to choose their favorite songs and have some fun!

Math Activity: Continue to celebrate your child's growth by playing a classroom favorite! Number bingo! Let your child know they will get to play fun games like this in Kindergarten.

Using the bingo card templates below, randomly call out numbers (or draw numbers out of a hat) and have your child use household items to cover numbers that are called. Have fun playing together!

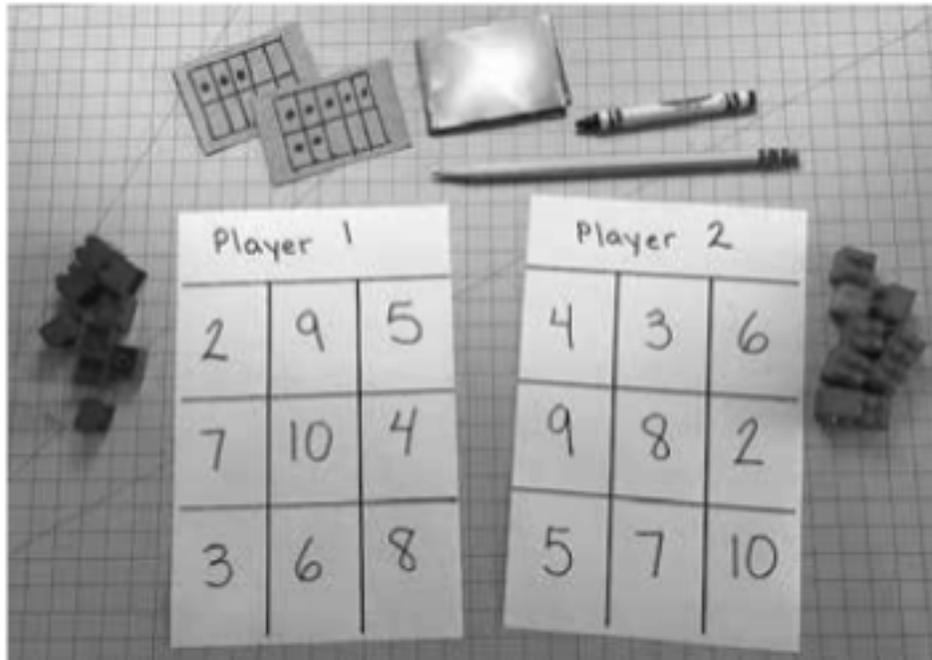
2	9	5
7	10	4
3	6	8

4	3	6
9	8	2
5	7	10

Extension Activities:

Literacy - Have your child be the author of a homemade book of all the things they have learned as they have grown and changed since being a baby. Help your child add details of things they may not remember learning, and if possible, use real pictures of them over the years! Have your child read the book to you when you are done making it.

Math - Have your child create the next round of bingo cards by using paper, and writing whatever numbers are within your child's growth area (pick some numbers they know, and some numbers that they are working on). Use whatever materials you may have at home! You can also use the attached example cards:



Additional Digital Resources: Check out these additional resources with your child to extend your child's exploration of Getting Ready for Kindergarten! As you work through these resources, continue to ask your child open-ended questions, such as:

- How do we manage our feelings?
- What are other ways to be/stay safe?
- How do we celebrate ourselves and our accomplishments?

Read Alouds

The Pout-Pout Fish Goes to School

<https://www.youtube.com/watch?v=hUaceIERP18>

Look Out Kindergarten, Here I Come!

<https://www.youtube.com/watch?v=8AHdX9dtb4Y>

The Color Monster: A Story About Emotions

<https://www.youtube.com/watch?v=PWujGPb6mgo>

How Do Dinosaurs Say I'M MAD!

<https://www.youtube.com/watch?v=-gfoCAMA0yl>

PebbleGo (articles, activities, and video) Username = cps Password = cps

Feelings and Emotions

<https://site.pebblego.com/modules/16/categories/10423>

What Are Feelings and Emotions?

<https://site.pebblego.com/modules/16/categories/10423/articles/10441>

PBS Learning Media

Kindergarten Field Trip (video)

<https://www.pbslearningmedia.org/resource/dff659ec-e8f3-4c5b-873a-bd4c3783a0f1/kindergarten-field-trip/>

Starting School with Daniel Tiger & Mister Rogers (videos)

<https://www.pbslearningmedia.org/resource/34cc6c75-7d27-4efd-a57c-6711cfe1ac31/starting-school/>

How Do You Feel Today? (interactive game)

<https://www.pbslearningmedia.org/resource/7cdcb06e-b983-4e56-bf3f-f5f06cef1a32/how-do-you-feel-today/>

Illinois Early Learning Project Tip Sheets

<https://illinoisearlylearning.org/resources/tipsheets/>

Discover Letters and Words

<https://illinoisearlylearning.org/tipsheets/discover/>

Out and About Literacy Activities

<https://illinoisearlylearning.org/tipsheets/outdoor-lit/>

Counting Up, Down, and All Around!

<https://illinoisearlylearning.org/tipsheets/counting/>

Feelings Are Fantastic

<https://illinoisearlylearning.org/tipsheets/feelings/>

Math Learning Center - Math at Home

<https://mathathome.mathlearningcenter.org/kindergarten>

Kindergarten Activities of the Day

<https://mathathome.mathlearningcenter.org/activities-of-the-day>

Kindergarten Family Games

<https://sites.google.com/mathlearningcenter.org/math-at-home/family-games>

DREME Network At Home Early Math Learning Kit

https://dreme.stanford.edu/sites/g/files/sbiybj9961/f/dreme_at-home_early_math_learning_kit_for_families.pdf



DREME Network Math Snacks

<https://familymath.stanford.edu/math-snacks/>

Quick and easy ideas for finding and talking about math in everyday family routines.

DREME Network Family Math Storybook Guides

<https://familymath.stanford.edu/activities/reading-together/>

These storybook guides help parents and caregivers talk about math with their children while reading together. Each storybook guide corresponds to a specific picture book, many of which can be found in public libraries.