

# PREK LEARNING STANDARDS: A QUICK GUIDE FOR FAMILIES



## What is PreK All About?

PreK helps children grow socially, emotionally, and academically through play, exploration, and everyday experiences.

### **Social & Emotional Skills**

Learning to get along with others

- Making friends and playing together
- Sharing, taking turns, & solving problems
- Talking about feelings
- Building confidence

*Try this at home:* Talk with your child about their feelings and practice taking turns during games.

### **Language & Early Literacy**

Talking, listening, and getting ready to read

- Speaking in full sentences
- Listening to stories
- Recognizing letters and sounds
- Enjoying books

*Try this at home:* Read together every day—even 10 minutes helps!

### **Science**

Discovering how things work

- Asking questions
- Exploring nature
- Noticing changes (like weather)
- Experimenting and observing

*Try this at home:* Talk about what you see outside—plants, animals, and weather.

### **The Arts**

Expressing creativity and ideas

- Drawing, painting, and building
- Singing and dancing
- Pretending and acting out stories
- Exploring different materials and tools

*Try this at home:* Provide crayons, music, and time for imaginative play.

### **Approaches to Learning**

Building habits for success

- Being curious and asking questions
- Trying new things
- Sticking with a task
- Using imagination

*Try this at home:* Encourage your child to keep trying even when something feels hard.

### **Math Skills**

Exploring numbers and patterns

- Counting objects
- Recognizing numbers
- Sorting and comparing
- Identifying shapes and patterns

*Try this at home:* Count snacks, toys, or steps together.

### **Social Studies**

Understanding people and the world

- Learning about family and traditions
- Understanding community helpers
- Learning about rules and fairness
- Similarities & differences between people

*Try this at home:* Talk about your family traditions or visit community places.

### **Physical Development & Health**

Growing strong and healthy

- Running, jumping, and balancing
- Using hands for cutting and drawing
- Practicing healthy habits
- Developing coordination (movement)

*Try this at home:* Play outside and encourage handwashing routines.