Ready to Grow…Ready to Learn…Ready to Succeed

In Kentucky, s**chool readiness means each child enters school ready to engage in and benefit from early learning experiences that best promote the child's success.**

Families, early care and education providers, school staff and community partners must work together to provide environments and developmental experiences that promote growth and learning to ensure that all children in Kentucky enter school eager and excited to learn.

The five developmental areas for school readiness are:

- Approaches to learning
- Health and physical well-being
- Language and communication development
- Social and emotional development; and
- Cognitive and general knowledge

The purpose of this definition is to give parents, child care and preschool providers, and communities an overview of the expectations of primary schools for incoming students and provide guidance to families and communities on how to prepare children for school. In addition, a readiness indicator provides teachers, child care providers and parents a tool to better inform them on the specific strengths and needs of each individual child.

These indicators represent the hopes and aspirations for incoming students, not the expectations. Children develop at different rates, not every child will have mastered all of the skills and behaviors at the beginning of a primary program.

Health and Physical Well-Being

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all necessary immunizations
- Can run, jump, climb, and does other activities that help develop large muscles and provide exercise
- Uses pencils, crayons, scissors, and paints and does other activities that help develop small muscles

Emotional and Social Preparation

My child:

- Follows simple rules and routines
- Is able to express his or her own needs and wants
- Is curious and motivated to learn
- Is learning to explore and try new things
- Has opportunities to be with other children and is learning to play/share with others
- Is able to be away from parents/family without being upset
- Is able to work well alone
- Has the ability to focus and listen

Language, Math and General Knowledge

My child:

- Uses 5-6 word sentences
- Sings simple songs
- Recognizes and says simple rhymes
- Is learning to write her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to listen to and make music and to dance
- Knows the difference between print and pictures
- Listens to stories read to them
- Has opportunities to notice similarities and differences
- Is encouraged to ask questions
- Has his television, video games/electronic device viewing monitored by an adult
- Understands simple concepts of time (night and day, today, yesterday, tomorrow)
- Is learning to sort and classify objects

*These school readiness skills and behaviors are not to be used to determine school eligibility; all children who meet the legal age requirement are entitled to a public school education.

**These school readiness skills and behaviors are aligned to Kentucky Early Childhood Standards and are designed to be used with the KIDS NOW Early Childhood Parent Guide and were adapted from the Final Report of the National Governors Association Task Force on School Readiness, the Northern Kentucky Council of Partners in Education Kindergarten Readiness pamphlet, the United States Department of Education School Readiness Checklist, the Maryland Model of School Readiness, and the School Readiness in North Carolina Report to the North Carolina State Board of Education.

I Know My Personal Information - Fun things to do with your children

Activities:



1. Help your child practice saying his personal information: first name, last name, address, phone number, and birthday.

2. Allow your child to write his name outside using sidewalk chalk to practice writing skills.

3. Teach your child to say her birthday, both month and date, and practice writing it.

4. Play "***Let's Jump In!***" with your child to practice her birth month. Review the her birth month with your child, then recite the following chant and ask your child to jump in when she hears her month. Demonstrate for your child the first time.



Strawberry shortcake, Huckleberry Finn,
When you hear your birth month, you jump in!
January, February, March, April,
May, June, July, August,
September, October, November, December.

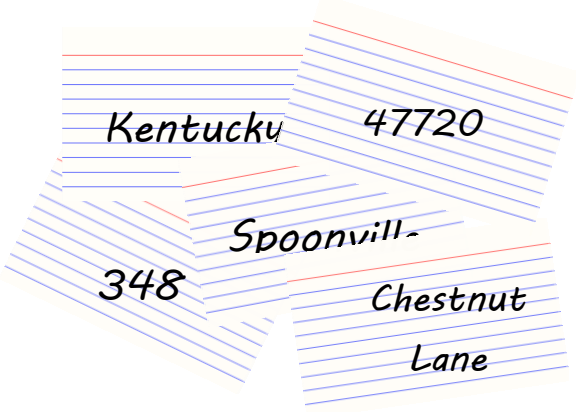
Next, recite the chant with the following change and ask your child to jump back one step when she hears her birth month:

Strawberry shortcake, Huckleberry Finn,
When you hear your birth month, you jump out!
January, February, March, April,
May, June, July, August,
September, October, November, December.



5. **Sing your phone number with area code!** It's so much easier to memorize something to song. Learn your phone number and even your home address to the tune of a well-known song such as Frere Jacques.

6. Practice saying your house address including city and state with your child.

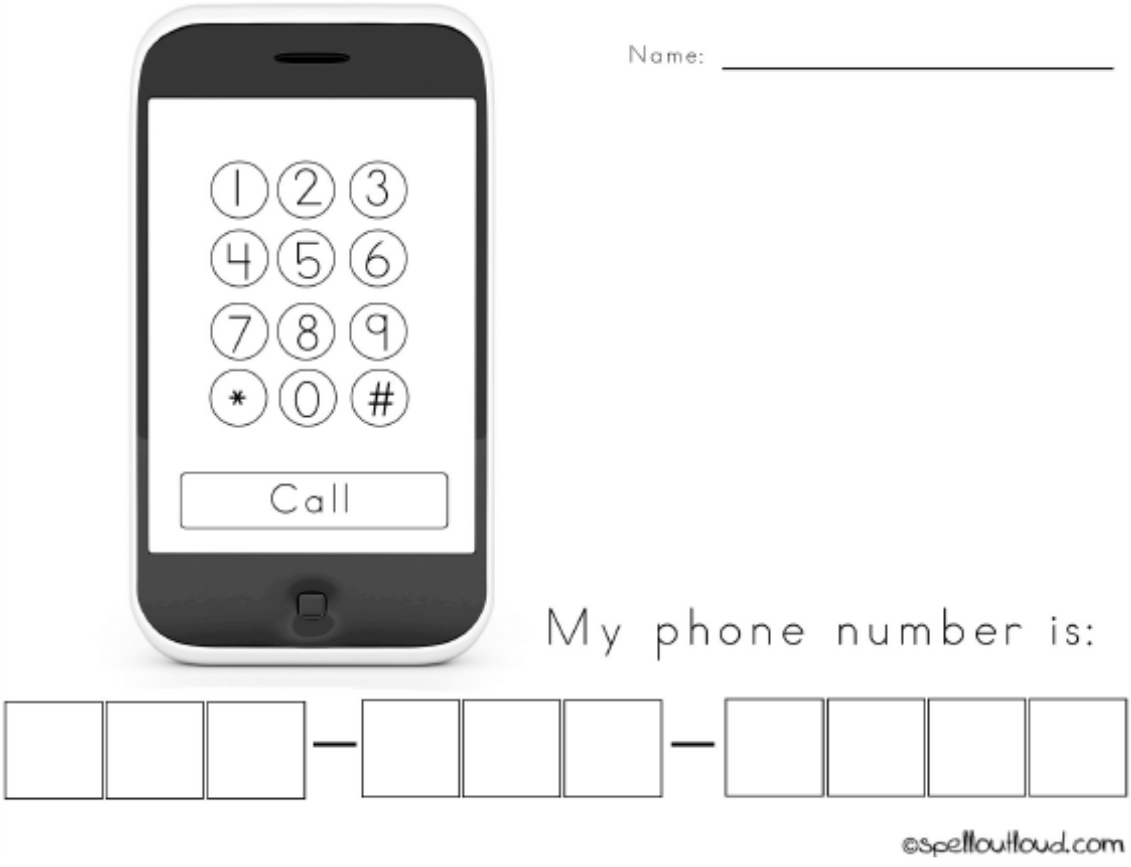


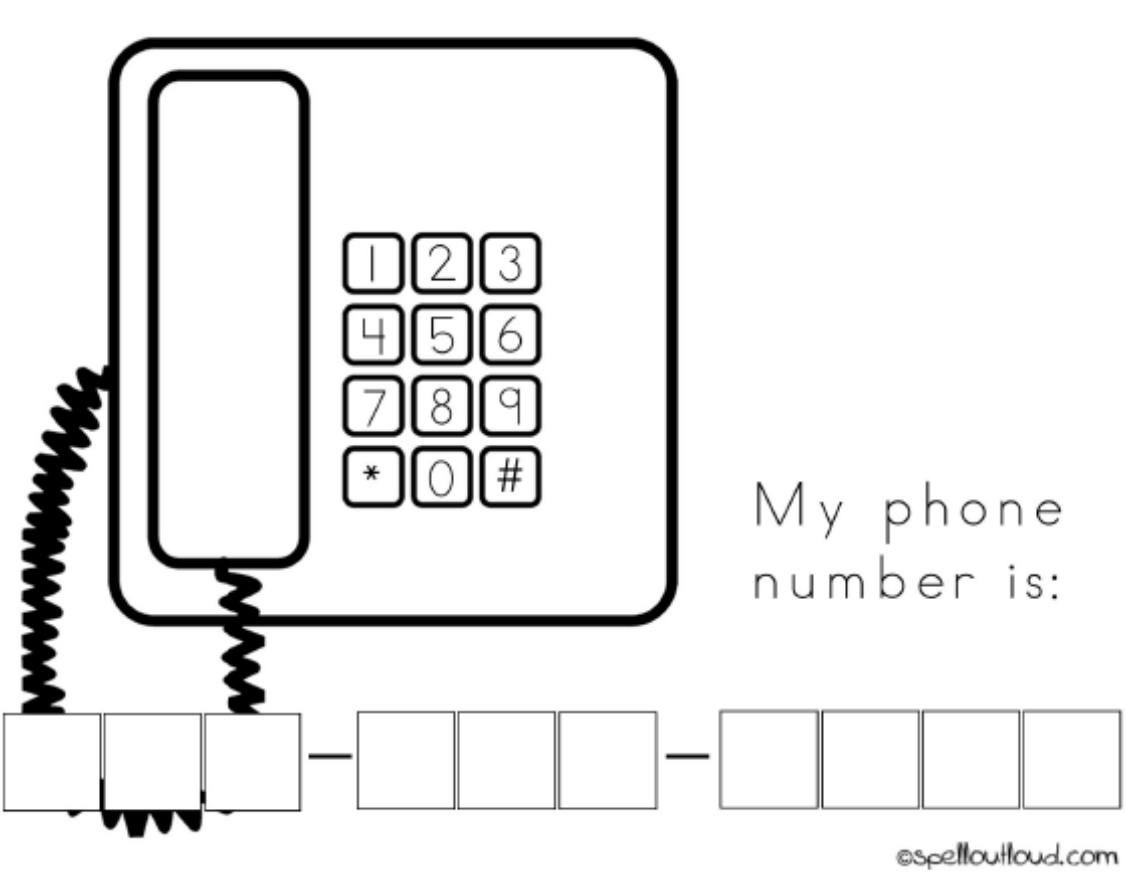
7. <u>Sequencing</u> - Write your address on index cards, separating each segment on a different card as follows:

   - house number
   - street name
   - city/town
   - state
   - zip code

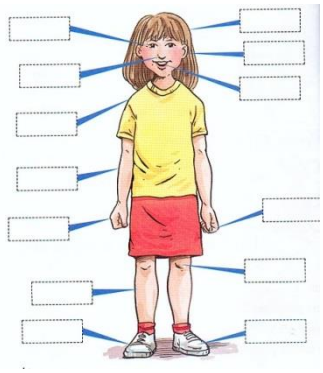
   Ask your child to put the cards in the correct order.

8. Use the following phone printables to teach your child to practice dialing your phone number, including the area code. He can write the numbers in the blocks below to practice writing skills and to use as a guide.





I Can Identify Parts of My Body - Fun things to do with your children



Activities:

1. Learning body parts – Familiarize yourself with what students are expected to learn about body parts during Kindergarten.
    a. Head (including hair, eyes, ears, nose, lips, and teeth)
    b. Shoulders
    c. Chest
    d. Feet (including toes)
    e. Thumbs
    f. Fingernails
    g. Chin
    h. Elbows

2. Show and Tell – Show your child where each body part is located by pointing it out and saying its name. Ask your child to point and repeat the name.

3. Speak and Move – Say the name of a body part out loud and ask your child to move that body part. The movement creates a link between the child's mind and body because the name is processed from thought into action, which increases the chances of retaining the name into your child's memory.

4. Teach your child to identify the body parts of a doll or teddy bear. For example, ask her to touch the doll's leg.

5. **If You're happy and You Know It**

    Teach your child the following song with actions. Sing the verse first to demonstrate, then sing again and ask your child to join in.



    If you're happy and you know it, touch your ears,
    If you're happy and you know it, touch your ears,
    If you're happy and you know it, and you really want to show it.
    If you're happy and you know it, touch your ears,

    Each time you sing a verse, change the body part and action. Get creative and have fun!!

    Examples:

    If you're happy and you know it, blink your eyes…
    If you're happy and you know it, bend your knees…
    If you're happy and you know it, wiggle your fingers…
    If you're happy and you know it, stick out your tongue…



I Can Stand Based on Your Directions - Fun things to do with your children

Activities:



1. Play Follow the Leader – As the leader and without using words, you demonstrate the standing skill such as "stand on left leg", "stand on one foot with eyes closed", "stand on both feet with one arm out", etc., and your child imitates your actions.

2. Play Simon Says – As Simon, give your child different standing directions. Explain the following rules to your child:
    a. If you begin a direction with the words "Simon says," your child must follow that direction. ("Simon says, 'Stand on one foot.' ")
    b. If you leave out the "Simon says," your child should not follow that direction. ("Stand heel-to-toe.")



3. Stork Stand – Ask your child to do the following:
    a. Shift all her weight to one foot.
    b. Place the sole of her lifted foot against the knee of the leg on which she is standing.
    c. Hold that position for five seconds.
    d. Return to a standing position.
    e. Repeat the activity, but ask her to use the other leg.

4. Stand Like a Statue – Invite your child to experiment with different actions people do such as
    a. a ballerina curtseying
    b. a basketball player dunking a ball
    c. a karate master kicking his leg in the air
    d. a baseball player hitting a ball

    After asking him to do an action, tell him to stand like a statue. Encourage him to hold the pose for five seconds before trying another action.



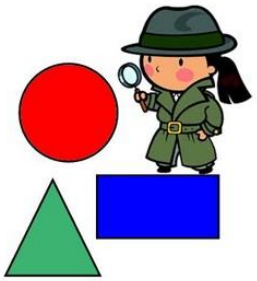






I Can Draw Shapes - Fun things to do with your children

Activities:



1. Shape Scavenger Hunt! – Go on a hunt through your house or neighborhood or when riding in your car and find and count shapes. Don't forget to look at things like the patterns on wallpaper, on the flooring, on quilts & blankets, on road signs & buildings – look everywhere, this is a scavenger hunt!! Have fun!
    a. Help your child find and count all of the squares in your house, then draw the squares you found. Things to look for include picture frames, slice of bread or cheese, and pillows or cushions.
    b. Help your child find and count all of the rectangles in your house, then draw the rectangles you found. Things to look for include doors, windows, baking pans, table, cell phone and steps.
    c. Help your child find and count all of the triangles in your house, then draw the triangles you found. Things to look for include chips, crackers, corner table, pie server, roof, and ears on a stuffed (or real) animal.

2. Let's Trace X Signs - Give your child a pencil and a copy of the following page of X's (*figure 1*), then do the following:
    a. Direct her attention to the dots and arrows on each X sign. Tell her that she will start at the upper-left dot and trace diagonally in the direction of the arrow. Then tell her she will begin at the upper-right dot and trace diagonally down in the direction of the arrow.
    b. Draw the first one for her to demonstrate.
    c. Have your child trace your mark several times for practice. Make sure she is tracing correctly.
    d. Speak the directions out loud as your child traces the X. Have your child continue tracing the other X signs.

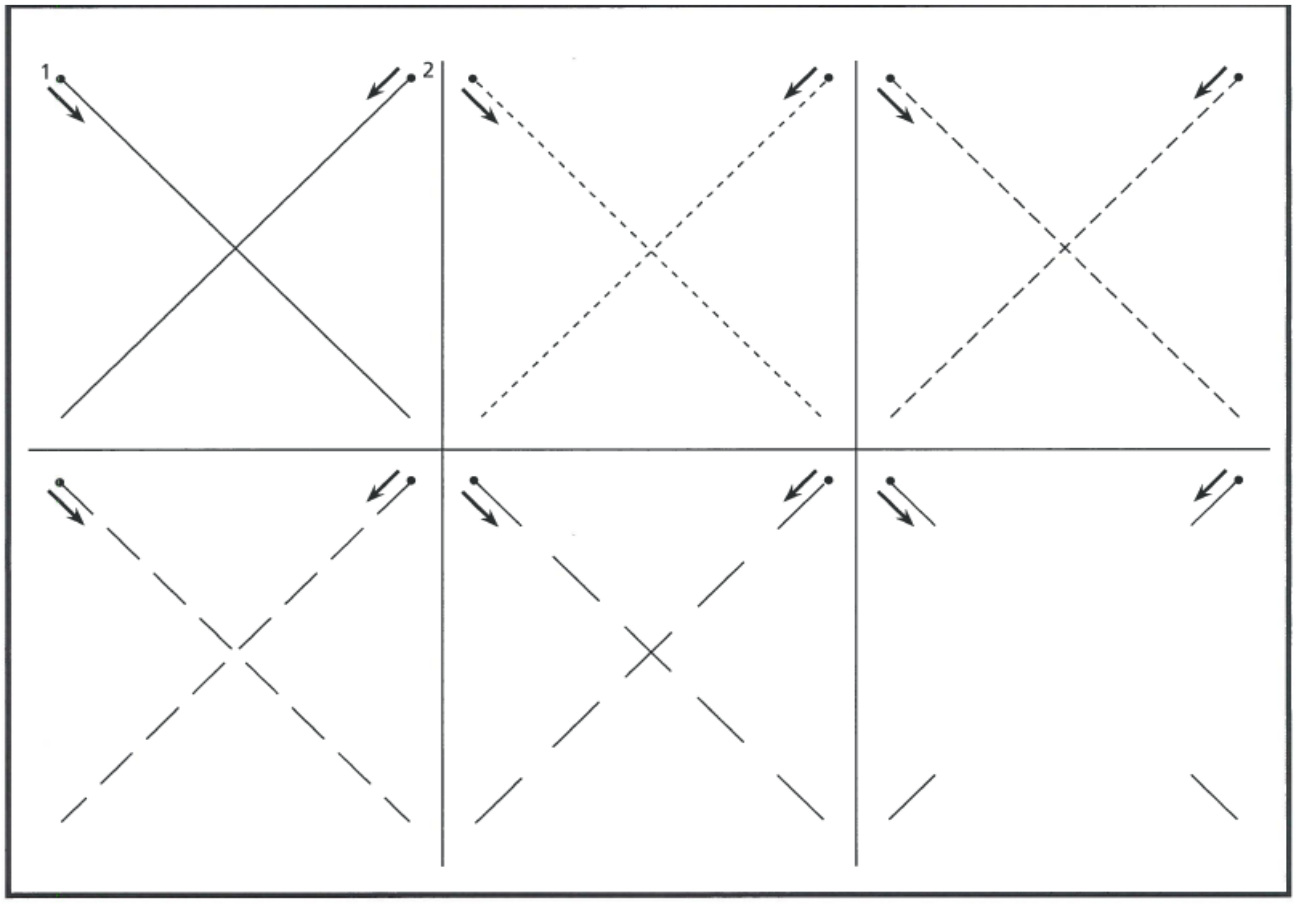


Figure 1

3. Let's Draw Our Own - Give your child a pencil and a copy of the following page of X's (*figure 2*), then do the following:
    a. Direct his attention to the dots and arrows on each X sign. Remind him that he will start at the upper-left dot and trace diagonally down in the direction of the arrow. Then tell him he will begin at the upper-right dot and trace diagonally down in the direction of the arrow.
    b. Draw the first one for him to demonstrate.
    c. Have your child trace your mark several times for practice. Make sure she is tracing correctly.
    d. Once he can trace the X signs without difficulty, have him copy the X signs in the empty spaces provided.

    Note: The first two empty spaces provide dots and arrows to show your child where to begin. After your child has practiced copying X signs, encourage him to draw an X sign without looking at a model. Have him turn his paper over and draw an X from memory.

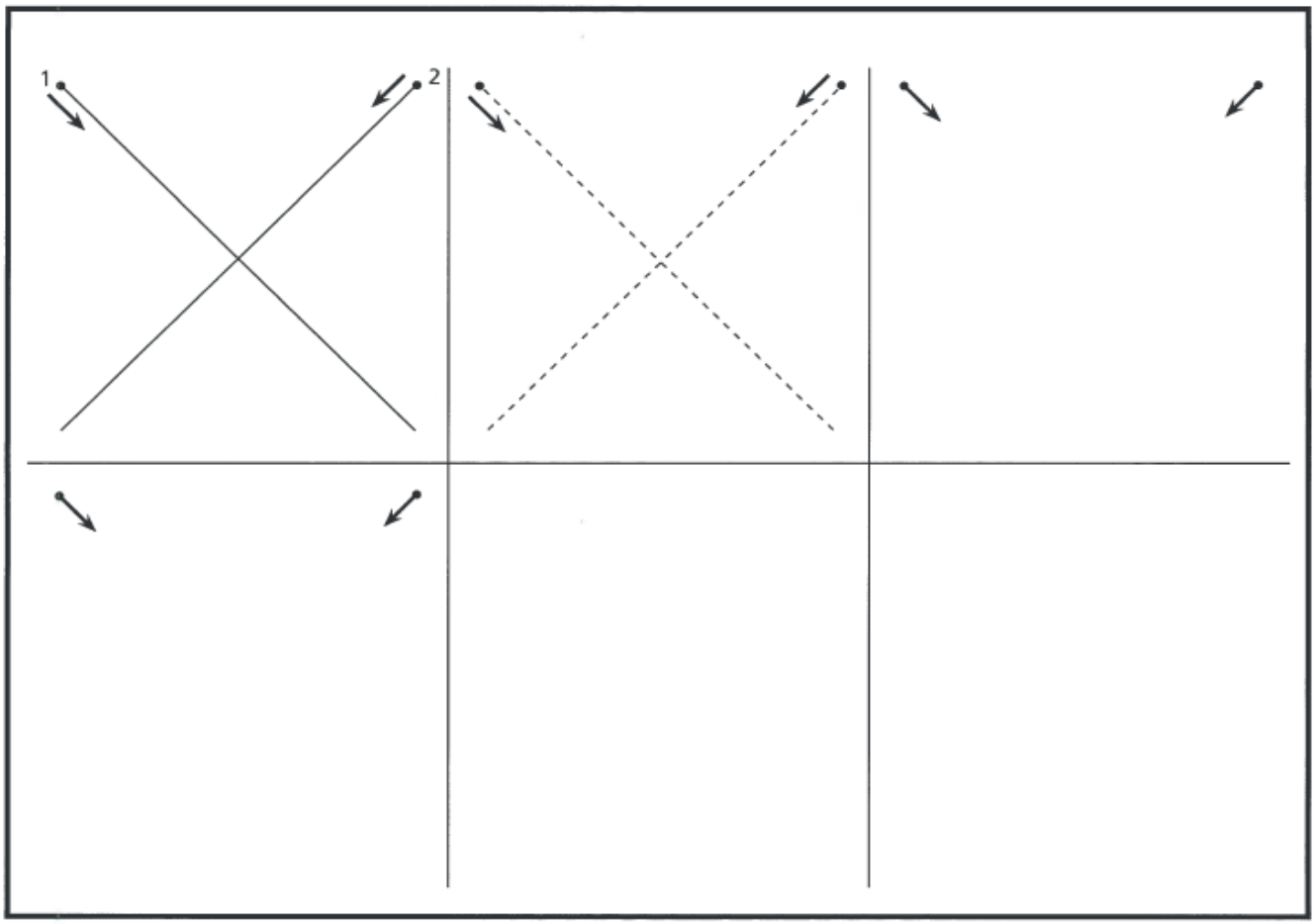


Figure 2

4. Let's Draw Our Own - Give your child a pencil and a copy of the following page of squares (*figure 3*), then do the following:
    a. Direct her attention to the dots and arrows on each square. Trace the first one to demonstrate. Have her trace it several times to practice.
    b. After she can trace the squares without difficulty, have her copy them in the empty spaces provided.

c. Once she has practiced copying squares, encourage her to draw a square without looking at a model. Have her turn her paper over and draw it from memory.

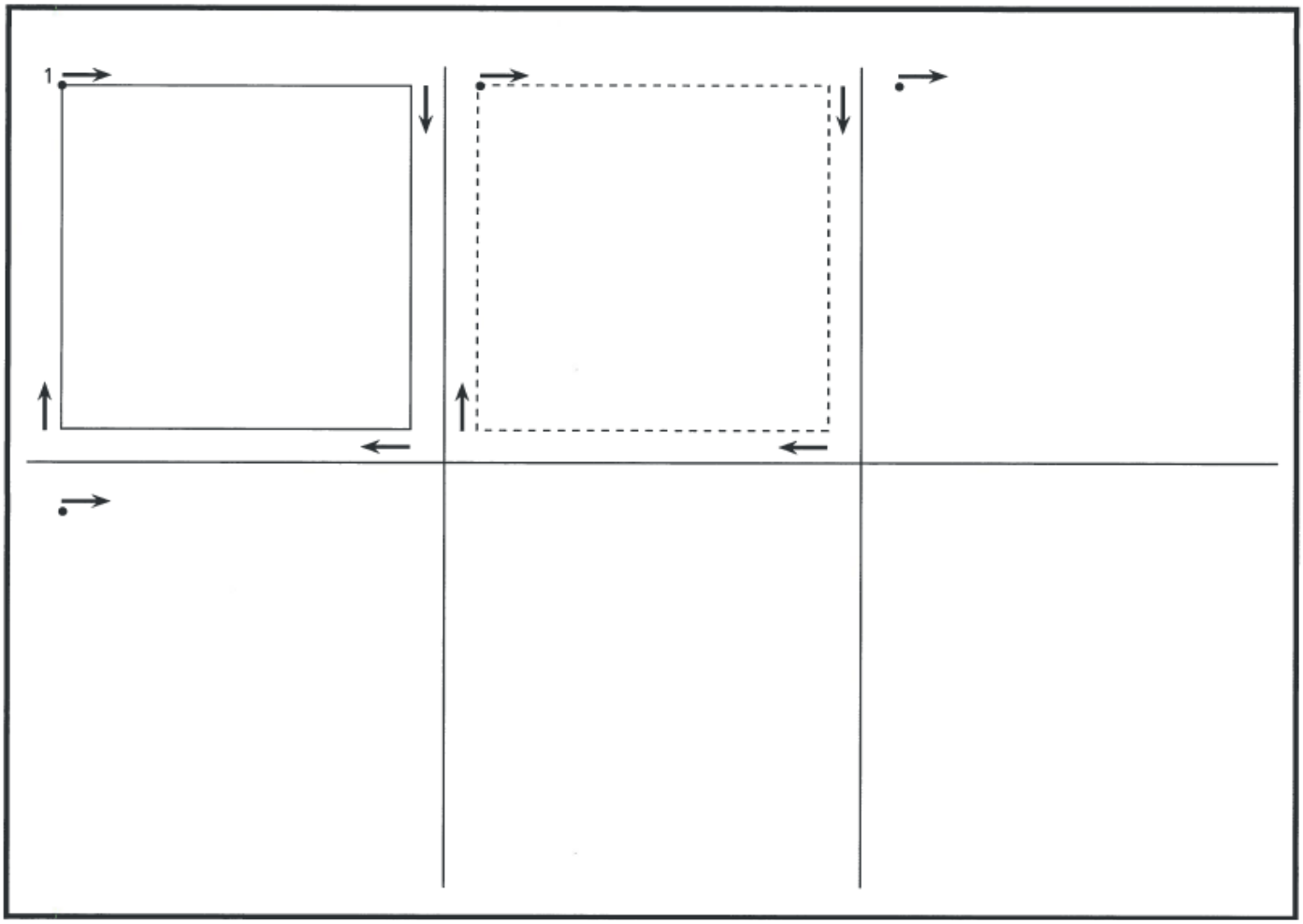
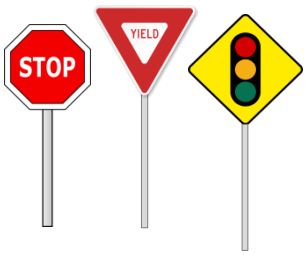


Figure 3

5. Take a Shape Walk – Take a shape walk around the neighborhood and find and many different shapes as possible such as road signs, store signs, houses, barns, and car wheels. Later, have your child draw the shapes you saw on paper. Help him write the kind of shape below each drawing. Hang the drawing on your refrigerator.



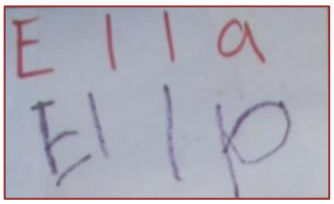






I Am Learning to Print Information About Me - Fun things to do with your children

Activities:



1. Copy Cat Writing - Carefully print your child's full name on a piece of paper and encourage him to copy it on lined index cards or paper labels.

2. Greetings – Have your child sign birthday cards, get-well cards and family letters. This gives your child good practice in writing his name and gives the receiver a chance to notice your child's developing skills.



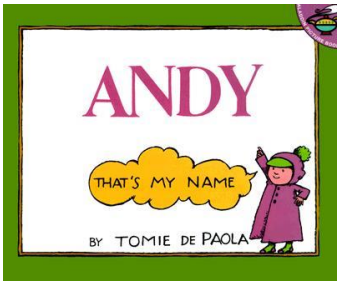
3. Make a Name Card for Your Child – Place a name card on our child's desk, chair or bedroom door so that she will become familiar with how her name looks. The printing on the card should be clear and large enough so that your child can trace over the letters with a finger. Have your child copy from the card for practice.



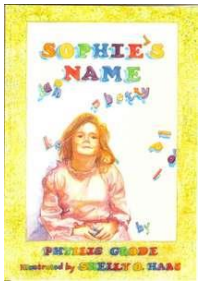
4. Finger Paint Writing – Give your child some finger paint and a sheet of paper. Have your child spread the paint on his paper and use his finger to write his name. He can spread the paint with his hand to "erase" his name and write it again, or he can write his address and telephone number.

5. Shaving Cream Writing! - Let your child spread shaving cream on a paper plate, baking sheet, placemat, tray, table or even the bathtub wall and practice writing his name, age, address and telephone number.

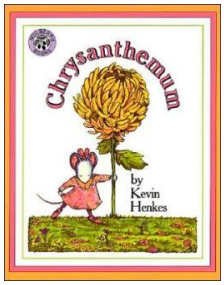
6. Read books with your child about names. Here are a few suggestions:



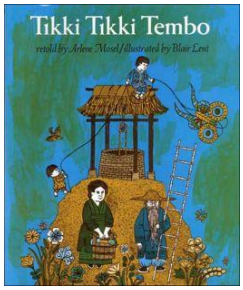
Andy That's My Name
by Tomie dePaola



Sophie's Name
by Phyllis Grode



Chrysanthemum
by Kevin Henkes



Tikki Tikki Tembo
by Arlene Mosel

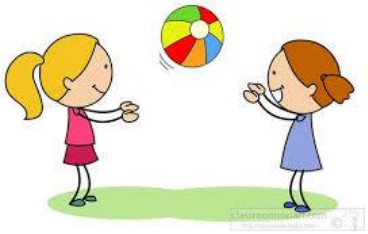
I Am Learning to Say My ABCs. - Fun things to do with your children

Activities:

1. Practice Your ABCs - Say (not sing) the alphabet song with your child.



2. Make an alphabet chart on a large sheet of paper, using crayons or markers. Print the letters in rows across the chart. Then hang it in a place where your child will see it every day. As you point to the letters, say the alphabet with your child.



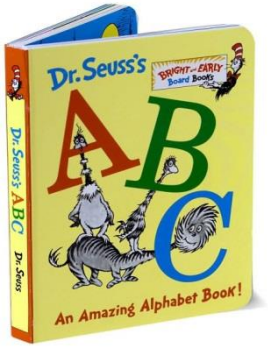
3. Alphabet Bounce – Stand in front of your child and bounce a ball as you say the alphabet. For example, bounce the ball once say, "A." Bounce the ball again and say, "B." Continue through the alphabet. Then have your child say the alphabet with you as you bounce the ball.

4. ABC Parade – Have your child stand behind you. March around the room, saying the alphabet as you step. Have your child say the alphabet with you. Later, let your child have a turn leading you around the room.

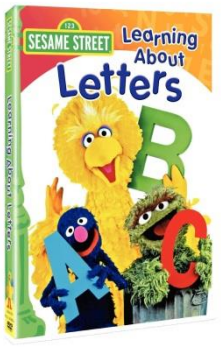


5. Notice Letters While Reading – When reading books to your child, have your child name the letters in the story

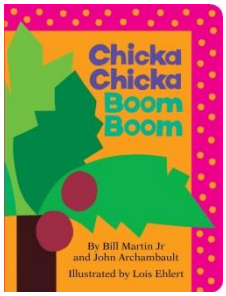
6. Read books about letters to your child. Here are a few suggestions:



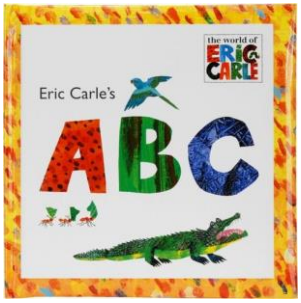
ABC book
By Dr. Seuss



Learning about Letters
Sesame Street



Chicka Chicka Boom Boom
By Bill Martin, Jr.

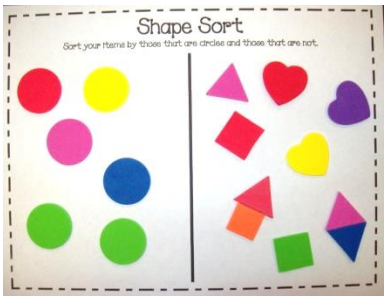


ABC
By Eric Carle

A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z		

I Can Sort Objects by Size, Color, and Shape - Fun things to do with your children

Activities:



1. Shape Sort – Gather some blocks, magnets, or make your own shapes by cutting from construction paper. Start with the basic shapes – circle, square, triangle, rectangle, oval, diamond, heart, and star - in the following colors: pink, red, orange, yellow, green, blue, purple, brown, black, and white.
   - **a.** Practice sorting the items by color.
   - **b.** Practice sorting the items by shape.
   - **c.** Practice sorting the items by size.
   - **d.** Practice sorting the items by two attributes, such as color and shape, or color and size.

2. Incorporate sorting into everyday activities – Everyday activities present wonderful opportunities for sorting. As you fold laundry, ask your child to sort his clean laundry into three piles – shirts, pants, and underwear. Or when cleaning up for the day, ask him to sort his toys into two bins based on a particular characteristic such as noisy toys in one bin and quiet toys in another, or rolling toys (vehicles and balls) in one bin and non-rolling toys (stuffed animals and puzzles) in another.

   For older children, try the same sorting activity, but do not give your child guidance about how to sort the toys. Perhaps he will sort the clothes into the obvious groups by putting the pants in one pile and the shirts into another. Or he could sort them by color or by daytime vs. nighttime wear. When your child is done sorting, look at his piles with him and ask him to explain why he sorted the clothes the way he did.



3. Sock Sort – When doing the laundry, let your child help by giving him the job of matching socks. You can also make a game of this by gathering as many pairs of different colors and patterns of socks as you can, putting them all in a pile, and having your child sort through and find the matching pairs. Increase the difficulty by using different sizes as well as different colors/patterns.

5. Increase your child's math vocabulary - It is easy to create simple sorting games using everyday items.
   a. Provide opportunities for your child to sort or group things by shape, number, color or texture.
   b. As your child plays sorting games, vocabulary words such as classifying, groups, sets, categories, same, different, fewer, longer, heavier, lighter can be introduced.

6. Mixed up Manipulatives – Gather a variety of items such as blocks, magnets, crayons, Lego pieces, small plastic animals, anything that you have several of, and tell your child that someone has mixed up all the toys, and you need help sorting them out. Dump everything out onto a table or the floor and let your child guide you to sort like pieces together into containers to strengthen his matching skills.







I Am Learning to Say Numbers in Order - Fun things to do with your children

Activities:

1. Count from 0 to 10 or from 0 to 20 for your child. **Have your child repeat the numbers after you.** When your child knows the order from memory, recite one or two numbers, then pause so that your child can say the next number. For example, say, "One, two …" Your child should say, "Three."

2. Have your child show off his counting skills. You might make a telephone call to grandparents, a favorite aunt, or a friend when a set of numbers has been learned.

3. Help Your Child Connect the Number with How Many – Once your child knows how to count, show her how to connect the number with how many the number stands for. Point to objects when your child counts. Use daily life as counting opportunities – Count everything! Count while walking up steps; count while eating pieces of fruit; count the number of pieces in the puzzle…count everything!





4. Count to a Rhythm – After your child can count, have your child count to a rhythm. For example, have your child count while you bounce a ball or have your child count while clapping hands. Count as your child brushes her teeth.

5. Use Rhymes, Songs, and Fingerplays – Many children like rhymes, songs and fingerplays – all fun ways to help them count.

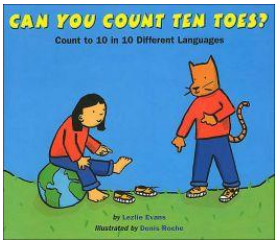
One Potato, Two Potato
Author Unknown

One potato, two potato, three potato, four
Five potato, six potato, seven potato more

One, Two, Buckle My Shoe
Author Unknown

One, Two….Buckle my Shoe
Three, four….Shut the door
Five, six…Pick up sticks
Seven, eight….Lay them straight
Nine, ten….Do it again!

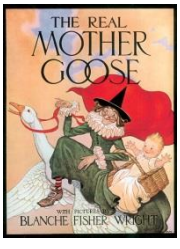
6. **Read books with your child about counting**. Here are a few books you may find at your local library:



Can You Count Ten Toes?
Count to 10 in 10 Different Languages
by Lezlie Evans



Let's Count
by Tana Hoban



My Very First Mother Goose
by Blanche Fisher Wright

I Am Learning to Match Numbers - Fun things to do with your children



Activities:

1. Using a calendar, count how many days until school starts.
2. **Count things you pass** (signs, red cards, trucks, bridges) while riding in the car or on the bus.



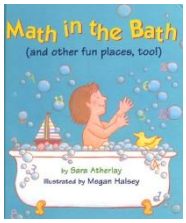
3. <u>Look at family pictures with your child.</u> **Count everyone in the picture**, or count the number of boys, girls, relatives, or friends.

4. Make a set of **number flashcards**, using index cards or pieces of cardboard. Write a number from 0-10 in large print on each flashcard. Hold up a flashcard, and ask your child to draw that many objects. You might hold up a number and ask your child to clap or jump that many times.

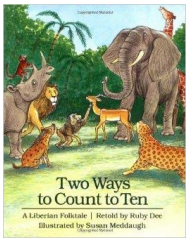


5. **Count things on a shopping trip**. For example, let your child help you count pieces of fruit or other items you are buying. Time spent waiting in line can be used to count registers, cashiers, and other shoppers in line.

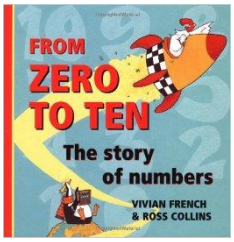
6. <u>Read books with your child about counting</u>. Here are some books that your might find at your local library:



Math in the Bath
by Sara Atherlay



Two Ways to Count to Ten
by Ruby Dee



From Zero to Ten: *The Story of Numbers*
by Vivian French & Ross Collins

I Can Add the Total of Two Sets - Fun things to do with your children

Activities:

1. A Dozen Pennies





You will need:

- An egg carton
- Twelve pennies

Place the egg carton and the twelve pennies on a table in front of your child. Point out the twelve empty sections of the egg carton. Tell your child to place one penny in each section. When your child is finished, say,

"How many pennies did you place in each section?"
"Did you have any pennies left over?"
"Did you have the same number of pennies as sections?"
"Did you have just one penny for each section?"

Then say, "Just as you put one and only one penny in each section we say one and only one number for each penny (or other object) when we are counting."

2. May I Have Some?



You'll need: A set of small objects (buttons, blocks, seeds, etc.)

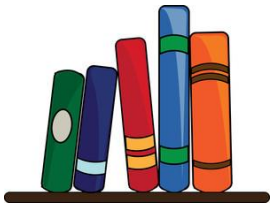
Give your child a set of objects. Ask him to give you a specific number of objects. For example, say, "May I please have nine buttons?" Then, have your child give you the amount you asked for. Quietly count to see if the number of objects he has given you is correct.

If your child has not given you the correct number of objects, ask your child to count the objects again by pointing to each object and saying its number name aloud.

3. How Many Do You See?

Have your child count objects in your home. Touch the objects as your child counts. Then have your child tell how many there are in all. For example, ask,

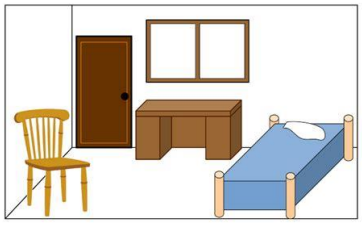
"How many round tables do we have?"
"How many chairs are in the kitchen?"
"How many books are on the shelf?"



To help your child understand **zero**, ask such questions as,

"How many two-headed elephants are in our home?"
"How many pine trees are growing in the living room?"
"How many dinosaurs are sitting on the kitchen table?"







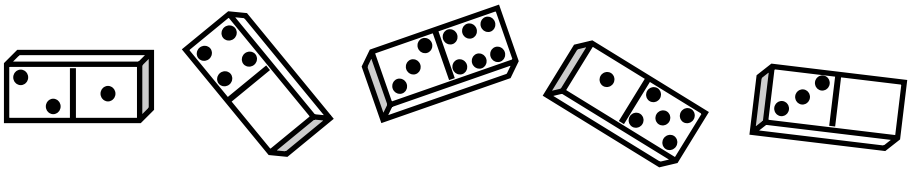
4. Dominoes
   You'll need: A set of dominoes

   Spread a few dominoes on the floor in front of your child. Let her play with and talk about the dominoes. Explain that each domino has a name that tells the number of dots on each end of the domino.

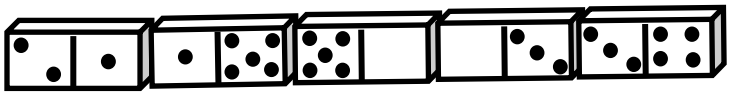
   Ask your child to find the domino that you name. For example, say, "Show me a one-three." Make sure your child has found the domino that has one dot on one end and three dots on the other.

   Next, show your child a domino and ask, "How many dots are on this domino? Count the dots on both ends, and tell me how many dots there are in all."

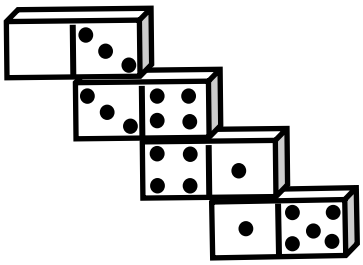
5. More Domino Activities:
   - Ask your child to tell you which end of the domino has more dots, which has fewer, which has none.



   - Have your child join domino ends that have the same number of dots.



   - Have your child identify all dominoes that have the same number on one end by placing those ends side-to-side.



I Am Learning to Read and Write My ABCs - Fun things to do with your children



Activities:

1. Make alphabet cards and practice saying them aloud

2. Teach the letters in your child's name – It is best to teach uppercase letters first. They are easier to distinguish from each other. Begin with letters in your child's name. Then do other letters, a few at a time. Once your child can identify uppercase letters, introduce lowercase letters. Begin with letters in his name, and then do the other letters.



3. What's That? - Print lowercase or uppercase letters on a sheet of paper. As your child to point out specific letters that you name.

4. Traffic Signs – As you ride in the car or on a bus, ask your child to identify letters in traffic signs. On a long trip, try to find all the letters of the alphabet by looking at signs and license plates.

5. Alphabet Hopscotch

   You will need:
   Sidewalk chalk
   With the chalk, draw a hopscotch board on the sidewalk. In each section of the board, print a different letter of the alphabet. The letters may or not be in alphabetical order.

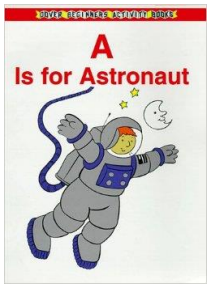


   Do the following:

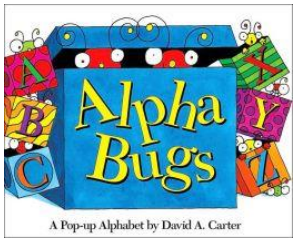
   Tell your child that she is going to hop on the letters and read their names.

   Show your child how to play hopscotch. Hop onto the first letter and say its name. Let your child take a turn next and tell her to say the name of the letter as she hops on the square.

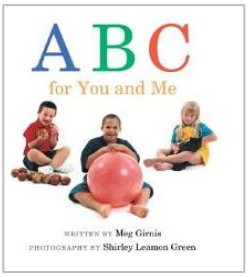
6. Read alphabet books with your child. Here are a few suggestions:



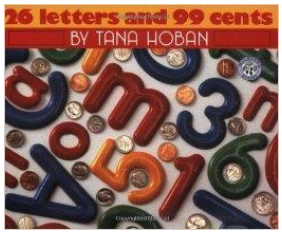
A is for Astronaut
by Cathy Beylon &
Victoria Fremon



Alpha Bugs
by David Carter



ABC for You and Me
by Margaret Girnis



26 Letters and 99 Cents
by Tana Hoban

I Know How To Use a Book to Read - Fun things to do with your children

Activities:

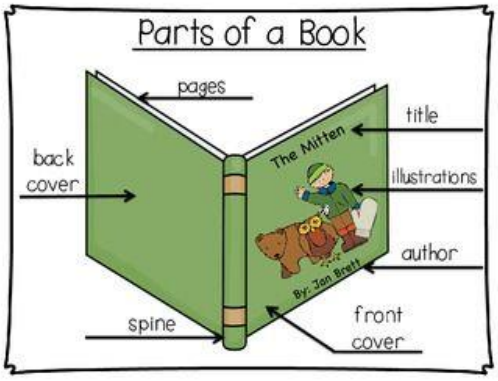


1. Read a book and **talk about the characters and place** where the events in the story happen.

2. Let's Get Ready to Read!

You will need: a favorite picture book

Before reading to your child, talk about book handling skills to show him how books are read. Do the following:



- Hold the book so the front cover is facing your child. Say: "This is the front cover of the book. It gives us important information." Point to the title and say, "The title of the book is (*pause*) …" See if your child remembers the title. If not, read the title.

- Continue holding up the front cover. Say: "The author of the book is (*read the author's name*)." "An author is the person who writes the story."

- Point to the illustrator's name. "The illustrator of the book is (*read the illustrator's name*)." Say: "An illustrator is the person who draws the pictures."

- Slowly open the book. Say: "We read a story by opening the book this way. Here is the first page." Continue turning the pages until you get to the end. "Here is the last page of the book. This is where the story ends." Close the book and show your child the back cover and say, "This is the back cover of the book."

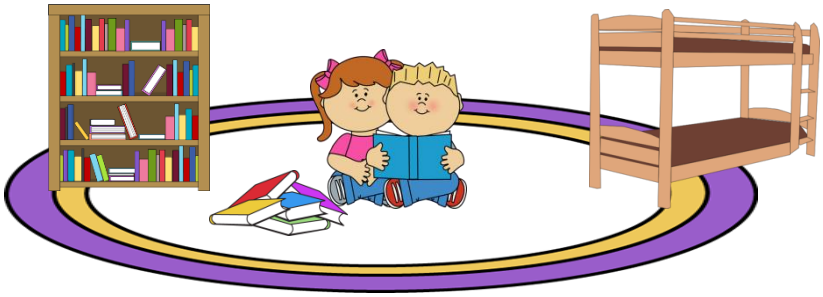
- Read the book aloud with expression. After reading, ask your child to help you retell the story.



3. Read **familiar poems or nursery rhymes** to your child. Stop before a rhyming word and ask your child to provide the word.

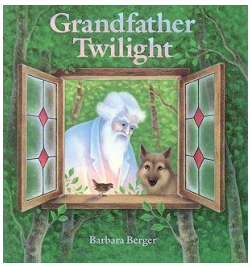
4. **Make up a story** together. Encourage your child to add details about the characters and the events taking place.

5. **Build a book collection for your child**. Provide a special place for your child's own books. Talk with your child about how important it is to take good care of books.

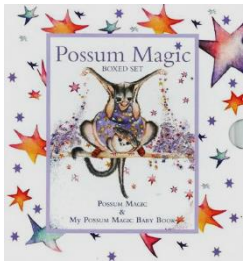


10. **Find time to read your own books, magazines, or newspapers**. When your child sees you reading, it sets a good example and reinforces reading as a valuable and worthwhile activity.

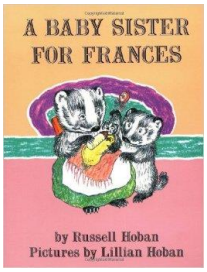
11. **Read to your child for at least fifteen minutes every day**. Talk about the books. Ask about favorite parts and help your child connect the story to his own life. Answer his questions about characters or events. Libraries are filled with wonderful books for children. Here are a few suggestions:



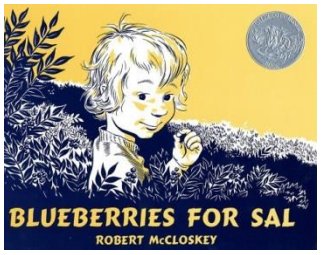
Grandfather Twilight
by Barbara Berger



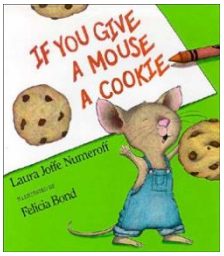
Possum Magic
by Mem Fox



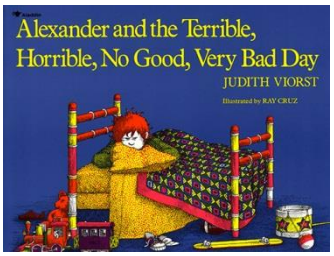
A Baby Sister for Francis
by Russell Hoban



Blueberries for Sal
by Robert McCloskey



If You Give a Mouse a Cookie
by Laura Joffe Numeroff



Alexander and the Terrible, Horrible, No Good, Very Bad Day
by Judith Viorst

