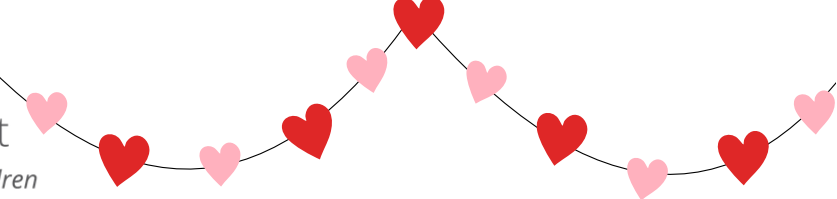


# February 2025

## Kindergarten Readiness



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### Building Independence Through Routines:

Routines help children feel safe and build confidence as they learn what to expect throughout the day. Encourage your child to take small steps toward independence by letting them help with simple tasks like putting away their toys, washing their hands, or getting dressed. Praise their efforts and remind them that making mistakes is part of learning. Consistent routines provide a sense of stability and help your child develop important life skills!

1  
Go to the library and check out books for February!

2 Use Playdoh to create heart shapes. How many different shapes can you make?

3 Let's play a rhyming game! Can you think of words that rhyme with "cat" and "dog"?

4 Pretend to be a snowflake floating in the air. What happens when you spin slowly?

5 How does a good friend make you feel? Can you think of three ways to be a good friend today?

6 Bury small objects (beads, buttons) in the Play-Doh and use fingers to find and dig them out.

7 Play with building blocks! How many blocks high can you stack them before they fall?

8 Jump like a frog! How many times can you jump in a row? Can you jump higher or farther?

9 Practice balancing by walking across a line (on the floor or a piece of tape). Can you balance without falling?"

10  
Sing  
"The Calm Down Song"  
(Words are on the back.)

11 Find the Sound: Search for items around the house that start with "O," "P," and "."

12 "How does a good friend make you feel? How can we be a good friend?"

13 When you feel upset, what can you do to calm down? Take deep breaths or count to five!

14 Create a Valentine's Day card for someone you love. Use stamps, markers, or stickers to decorate it!

15 Pretend to be a snowman! Can you freeze like a snowman when the music stops?

16 Practice drawing shapes in a tray of rice or sand. Can you make a triangle, circle, and square?

17 What makes you feel happy? Draw a picture of something that brings you joy.

18 Measure and count ingredients as you cook together. Talk about each measurement.

19 Use your leftover wrapping paper to practice using scissors!

20 Practice taking turns with a simple board game, card game, or puzzle.

21 "Let's line up these toys from smallest to biggest. Can you count how many we have?"

22 Use a small spoon or tongs to pick up small objects like pom-poms or marshmallows. How many can you move in 1 minute?

23 Read a favorite book together. Can you find words that rhyme in the story? Try to think of other rhyming words!

24 Pretend you are a tree swaying in the wind. Can you stretch your arms and sway gently?

25 Use Playdoh to make the letters of your name. Can you make the letters bigger or smaller?

26 Sing the  
"Caring Heart"  
song.  
(Words are on the back)

27 Practice counting! How many steps does it take to walk from one side of the room to the other?

28 Use Playdoh to make a heart shape. Can you roll it, squish it, and form other shapes?



As your child grows, they start to learn new things every day. One of the best ways to help them is by reading together! Here are some fun tips to help your child get better at reading:

- **Ask questions:** While reading, ask questions like, "What do you think will happen next?" or "How do you think the character feels?" This helps your child think about the story and understand it better.
- **Name things around you:** Point to objects in the book or around the house and say their names. For example, "This is a red ball. Can you say 'ball'?" This helps your child learn new words.
- **Show that you love to read:** Let your child see you reading books, signs, or anything else. When they see you enjoy reading, they'll want to read too.
- **Point to words:** As you read together, point to the words on the page. You can even let your child trace the letters with their finger. This helps them recognize letters and words.

**By doing these simple things, you'll help your child get better at reading and enjoy it even more!**

### **THE CALM DOWN SONG**

*(Sung to "If You're Happy and You Know It")*

**If you're feeling really mad, take a breath!**

*(Deep breath)*

**If you're feeling really mad, take a breath!**

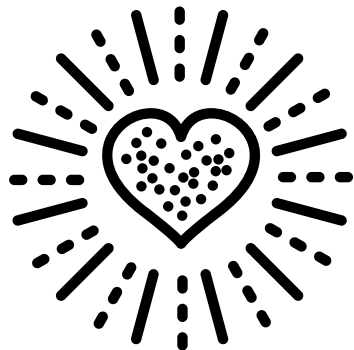
*(Deep breath)*

**Count to four, then stretch up high,**

**Give a wiggle, blink your eyes,**

**Now you're feeling calm and strong, take a breath!** *(Deep breath)*

*(Add actions like stretching, wiggling, blinking, and deep breathing.)*



### **CARING HEART**

*Sung to "I'm a Little Teapot"*

**I have a heart that loves to share,**

*(Place hands over heart and smile)*

**I show kindness everywhere.**

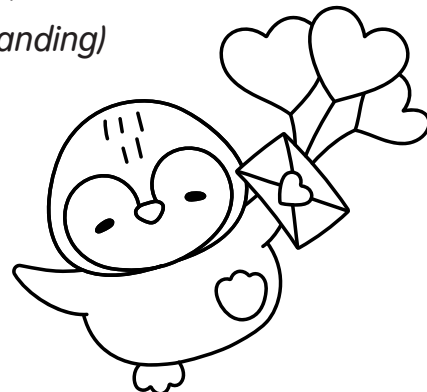
*(Spread arms wide to show "everywhere")*

**If you need a hug or a helping hand,**

*(Hug yourself, then stretch out one hand to "help")*

**I'll be there to understand!**

*(Point to yourself, then nod with understanding)*



# Books to Read this Month

Check out these books at the library. If they are not available, ask the librarian for a recommendation.

## FOR READERS AGES 0-3

***Kindness Makes Us Strong***  
by Sophie Beer

***The Dream Big, Little One***  
by Vashti Harrison

## FOR READERS AGES 3+

***Mae Among the Stars***  
by Roda Ahmed

***The Friend Ship***  
by Kat Yeh

