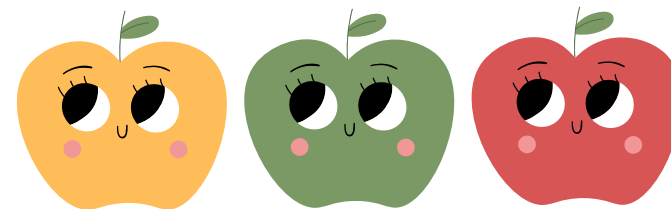


September 2024

Kindergarten Readiness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Count the number of steps it takes to walk from one end of the room to the other. How many steps did you count?	2 Finger Tracing: Pour salt, sugar, flour, or sand on a tray. Practice tracing letters, numbers, and shapes!	3 Pasta Pickup: Use tweezers to move pasta from a tray to a bowl.	4 Open-ended Prompt: "Can you tell me a story about something you imagined or dreamed?"	5 Sing "Juicy Apples" (Words are on the back.)	6 Use playdough to make faces showing different emotions. Discuss and shape each emotion together.	7 Go to the library and check out books for September!
8 Explore different textures (sand, water, rice) with your hands. What do you notice about each texture?	9 Clean up toys and materials after playtime. How quickly can you put everything away?	10 Independent Dressing: Practice getting dressed independently, focusing on buttons and zippers.	11 Hot Air Balloon Breathing: Cup your hands around your mouth, breathe in through your nose, then slowly exhale through your mouth while moving your hands outward as if inflating a balloon.	12 Create patterns with playdough (e.g., red-blue-red-blue). Name the pattern together.	13 Emotion Character: Assign each child a different emotion, and have them act out a situation in which someone might experience that emotion	14 Measure and count ingredients as you cook together. Talk about each measurement.
15 Have a dance party. Take turns following different dance moves.	16 Sing "I Can Calm Down" (Words are on the back.)	17 Can you find things that start with the sounds "S" "A," and "H"?	18 Act out different emotions and have your child guess which one you're showing. Talk about each feeling.	19 Count out snacks (like crackers or grapes) as you place them on a plate. How many did you get?	20 Create a balance beam with tape on the floor. Walk across it and count each step.	21 Treasure Hunt Challenge: Hide small items around a room or play area. Use simple clues or pictures to guide the children.
22 Sort objects by size (small, medium, large). Count how many objects are in each size group.	23 Creating rhyming words! Sam-Ham Red-Bed	24 Discuss the different parts of an apple. Cut open the apple together and count how many seeds are inside.	25 Find and identify letters around the house (on packages, books). Discuss the sounds each letter makes.	26 Sing "Days of the Week" (Words are on the back)	27 Go on a nature walk and look for signs of fall. What do you see, hear, feel?	28 Pretend to move like different animals (e.g., hop like a frog). Practice each movement and count how many times you do it.
29 Go to park! Practice a new skill like pumping or climbing!	30 Find and count items around your house or yard (number of shoes or acorns).	Eating fresh, healthy foods helps kids grow strong and smart! Make it fun by letting your child help in the kitchen with tasks like washing fruits or making food into fun shapes. Use colorful plates and offer choices like, "Do you want apple slices or carrot sticks?" Show good habits by eating healthy yourself and keeping snacks where they can see them. Try new foods together and talk about how they taste. Serve meals and snacks at the same times daily, and be patient if your child is picky—it's normal. Offer different foods, use small portions, and don't give up if they're unsure about something new. Involving them in meal prep can make them excited to eat what they've helped create!				

One of the most effective ways to support young children's learning is through everyday interactions: engage in meaningful conversations, ask open-ended questions, explore new things together, and encourage hands-on activities.

By discussing everyday experiences, asking them to share their thoughts and ideas, and involving them in simple projects-from baking to nature walks -parents help nurture their children's curiosity, critical thinking, and problem-solving skills. These activities not only teach kids new things but also make them love learning!



JUICY APPLES

Sung to "Twinkle Twinkle"

Apples juicy, Apples round,
On the trees and on the ground.
Apples yellow, Apples red,
Apple juice or pie and bread.
Apples crunchy, Apples sweet,
Apples are so good to eat!

DAYS OF THE WEEK

Sung to "Adam's Family"



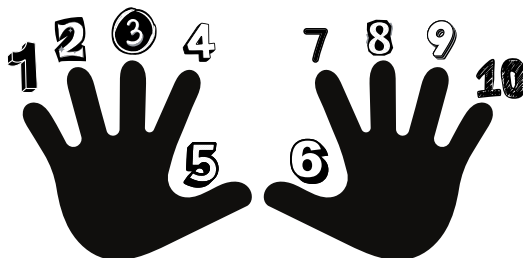
There's Sunday and there's Monday
There's Tuesday and there's Wednesday
There's Thursday and there's Friday
And then there's Saturday!
Days of the week (clap, clap)
Days of the week (clap, clap)
Days of the week, days of the week,
Days of the week (clap, clap)

I CAN CALM DOWN

Sung to "Mary Had a Little Lamb"

When I feel so mad inside,
Mad inside, mad inside,
When I feel so mad inside,
I can calm down now.
(Take deep breaths in and out 1..2..3)

*I can count from 1 to 10,
1 to 10, 1 to 10,
I can count from 1 to 10,
And feel better soon.
(Count on fingers, slowly)*



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

Round is a Tortilla

by Roseanne Greenfield Thong

Hungry Bunny

by Claudia Rueda

FOR READERS AGES 3+

Isabel and Her Colors Go to School

by Alexandra Alessandri

Tap the Magic Tree

by Christie Matheson

