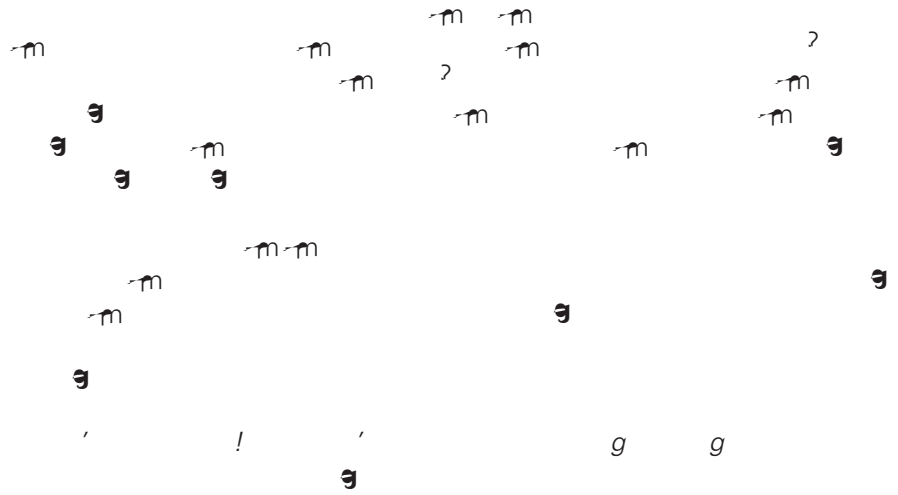


# *A Family's Guide to Supporting Kindergarten Readiness*

 OFFICE OF EARLY LEARNING  
NC Department of Public Instruction



# A Family's Guide to Supporting Kindergarten Readiness



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IC S S → m m m m  
m m g g  
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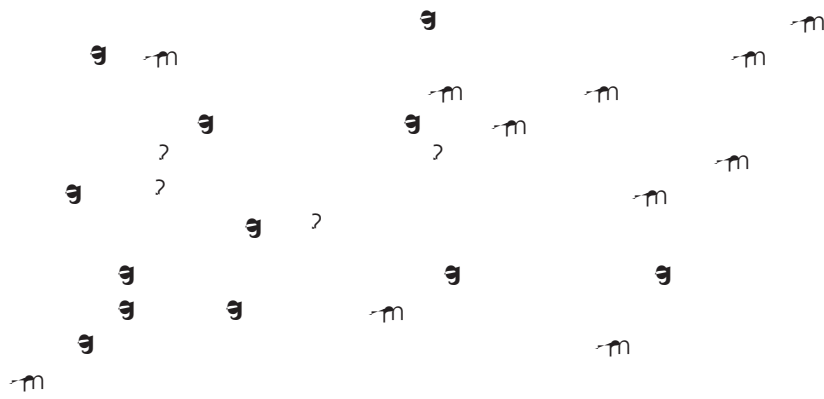
TIMEFRAME	TRANSITION ACTIVITIES
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<b>N</b> - J 	<p> <span style="margin-right: 100px;">9</span> <span style="margin-right: 100px;">m</span> </p> <p> <span style="margin-right: 100px;">m</span> </p>

## Support Tips:

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m m m m g g  
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## "Try This!" Activities

**P P**

Create a collection of unused items or recyclables from around the home (paper towel tubes, shoe boxes, empty containers, lids, etc.).

Give children extended periods of time to free play and create with these "loose parts."

Allow the child to share their

**B**

With your child, think about an activity you can do together such as an art project, puzzle, cooking, or a home project.

Work together to set goals and make a plan to complete it.

"What is our goal?"

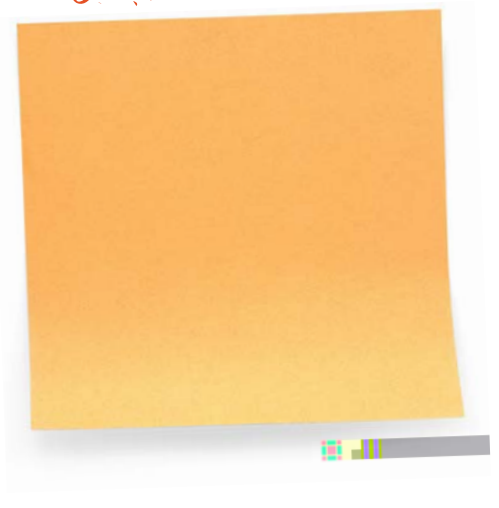
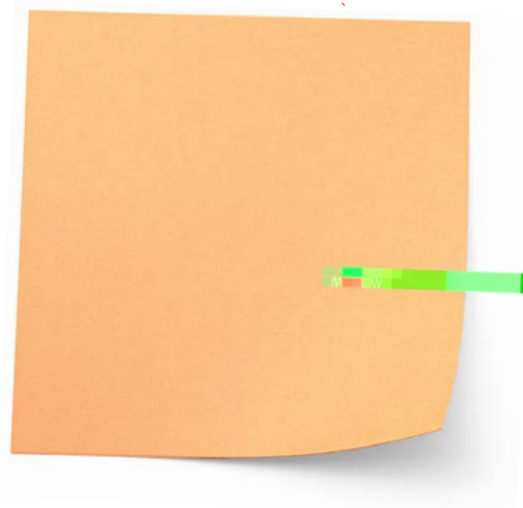
"Where should we start?"

"What should we do next?"

Remind the child about negotiation and to use and offer choices for ways to participate.

**A I O**

**O F**



# E, S, D

<p><i>Emotional and Social Development</i></p>	N	S	M T

## Support Tips:

1. Encourage children to express their feelings and emotions.

2. Use role-play to help children understand social interactions.

3. Provide opportunities for children to work together and share.

4. Model positive social behaviors and communication skills.

5. Use visual aids and social stories to support learning.

6. Create a safe and supportive environment for children to explore.

7. Encourage children to take turns and listen to others.

8. Use praise and positive reinforcement to encourage good behavior.

9. Help children identify and label their own and others' emotions.

10. Encourage children to show empathy and care for others.



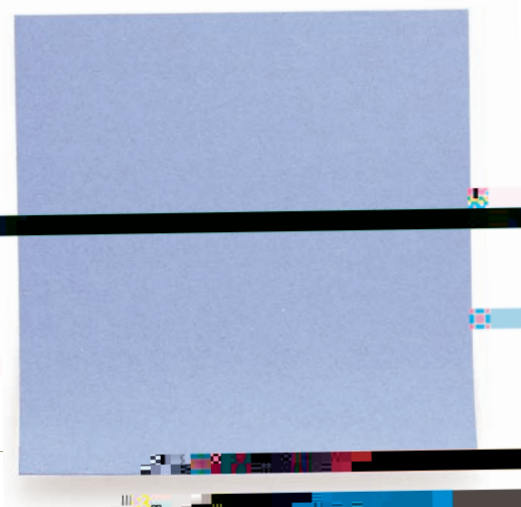
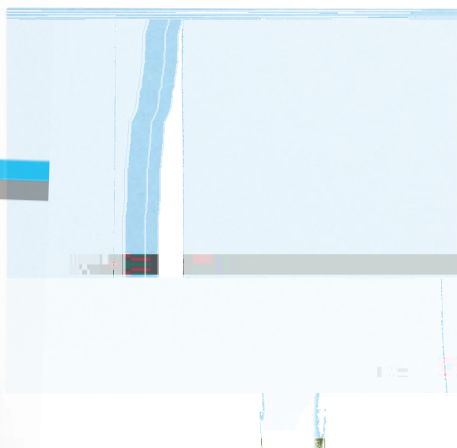


Allow children to decorate an old shoebox to make as a keepsake box.

Invite the child to select and include items that show positive aspects of the self or their work.

Children may choose to include their drawings, photographs, special toys, etc.

Ask the child to share what it is about each object that makes them feel proud.



Start by making a face and ask the child to guess what emotion you may be feeling.

Once they guess the feeling word, ask the child to think about reasons you may be feeling that way (e.g., "Maybe you're sad because you can't wear your favorite outfit").

Next, let the child make the face, you pick the feeling, and provide different reasons the child may feel that way.

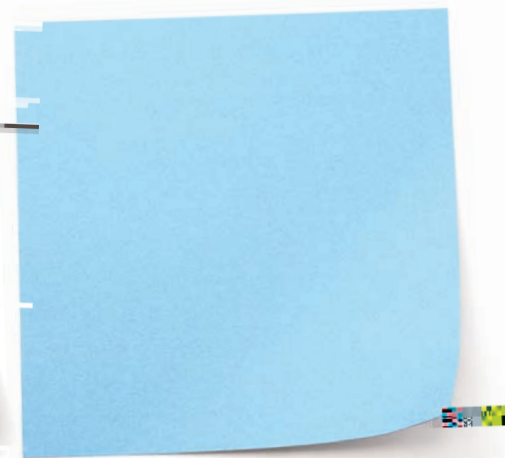
This game helps the child connect emotions to the reasons they may occur.<sup>2</sup>

Create a family/friends art project, collage, or mural.

Lay out one large piece of paper, and a few art materials that are to be shared.

Work together to create a masterpiece!

This provides an opportunity to practice taking turns and working with others.





H

P, , ,

D, , ,

Support Tips:

g g m m g m  
g m m mm

*Playing with playdough supports the strengthening of the hand muscles.*

*Hide coins, beads, or small toys in a ball of playdough to create a treasure hunt experience that will encourage*

L . . . . . D . . . . . C . . . . .

*Support Tips:*

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3 3 3 m 3  
3 3 mm m 3  
3 m 3  
3

*Begin by telling a story; either*



*C, ... D, ...*







