



CHILDREN'S
HOME
SOCIETY OF
CALIFORNIA



READY FOR SCHOOL...READY FOR SUCCESS!

As a parent, you are your child's first and most important teacher. Below is a list of skills you can help your child learn before he starts Kindergarten. We believe the following **Core Competencies (Inner Strengths)** and **Academic Competencies (Knowledge Skills)** will help children achieve success both in school and life. Practice these skills with your child by doing the activities in this kit, and watch him learn, grow, and succeed!

★ RESILIENCE

The ability to maintain a positive outlook, withstand stress, cope with obstacles, accept challenges, adapt to new situations, and take responsibility for decisions.

★ WELL-BEING

To be in good physical, emotional, and mental health. This includes a nutritious meal plan, adequate sleep, regular health checkups, developing a positive self-esteem, having a sense of purpose, and support from family and friends.



★ SOCIAL SKILLS

The ability to form strong, positive, loving attachments, interact appropriately with both peers and adults, negotiate, resolve conflicts, and demonstrate the character strengths of honesty, integrity, and sensitivity.

★ SELF-REGULATION

The ability to control impulses and behavior, identify and manage emotions, cooperate, negotiate, and respond to people and situations appropriately.

★ CRITICAL THINKING SKILLS

The ability to plan, set goals, make decisions, analyze information, solve problems, and think creatively.

★ LANGUAGE & LITERACY

To experience and practice listening, speaking, reading, and writing skills in English, as well as your child's home language.

★ MATHEMATICS

To identify numbers, shapes, patterns, size, and colors. Practice counting and basic addition and subtraction skills, using objects. Estimate distance, speed, weight, volume, and quantity, as well as understand time concepts (past, present, and future).



★ SCIENCE

To understand cause and effect (ex.: If I water this plant, then it will grow.); investigate natural processes (ex.: Sunshine dries rain.); investigate and explore nature by identifying natural objects (ex.: rocks, seashells, water, animals, and insects); use familiar objects in new ways (ex.: Make a robot by taping four paper towel rolls to a tissue box.); ask questions; and make predictions.

★ SOCIAL STUDIES

To have opportunities to understand her own family history and culture, experience the cultures of others, and compare the similarities and dissimilarities of homes, lifestyles, and customs. The ability to identify her community and the people who work there (police, firefighters, mail carriers, etc.), and see herself as part of that community.

★ CREATIVE ARTS

To experience different methods of expressing creativity such as drawing, painting, sculpting, using puppets, singing, dancing, acting out stories, and making music.



Dear Parent or Guardian,

This **School Readiness Kit** provides learning experiences for your preschool child! Have your child color the school scene and the paper dolls. Help your child cut out the paper dolls, and then use them to pretend that the dolls are on their way to kindergarten!

Spend some time with your child each day exploring the colors, shapes, and activities. This tool can provide some fun activities when you are traveling in the car, standing in line together, or spending family time together at home. Remember, spending time with your child is the number one thing that you can do to have the greatest impact on your child's future, and their readiness for kindergarten. Have fun together!

I'm Getting Ready for School!

Have your child cut out the squares below. Then turn the squares upside down and mix them up, and have your child select one. Read it and complete that activity together!

SELF-REGULATION

Make a happy face, a sad face, and an angry face.
When you feel sad or angry, what do you do?



LANGUAGE & LITERACY

Read or tell your favorite story backwards.



MATHEMATICS

Mix up some socks and then find the ones that match and roll them together.



SOCIAL SKILLS

When you disagree with a friend, what do you do?



WELL-BEING

Name 3 healthy foods you ate today and explain why they're healthy.



CREATIVE ARTS

Sing your favorite song.
What can you play for an instrument while you sing?



CRITICAL THINKING

What can you make with 2 pieces of paper, an empty tissue box, crayons, scissors, and tape?



SOCIAL STUDIES

Tell your favorite story about someone in your family.



RESILIENCE

Draw a picture of the people who take care of you.



SCIENCE

Draw a picture of things you saw outside in nature today.

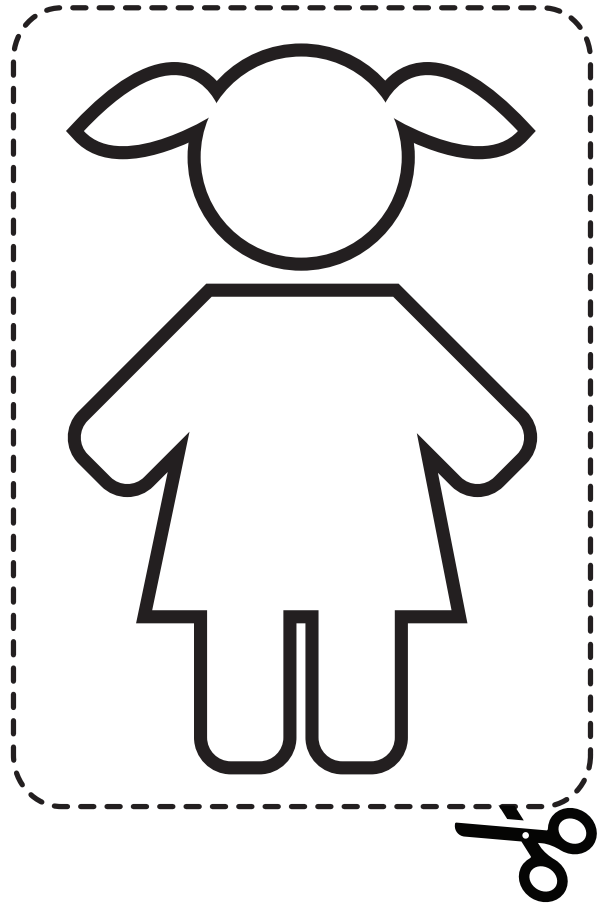
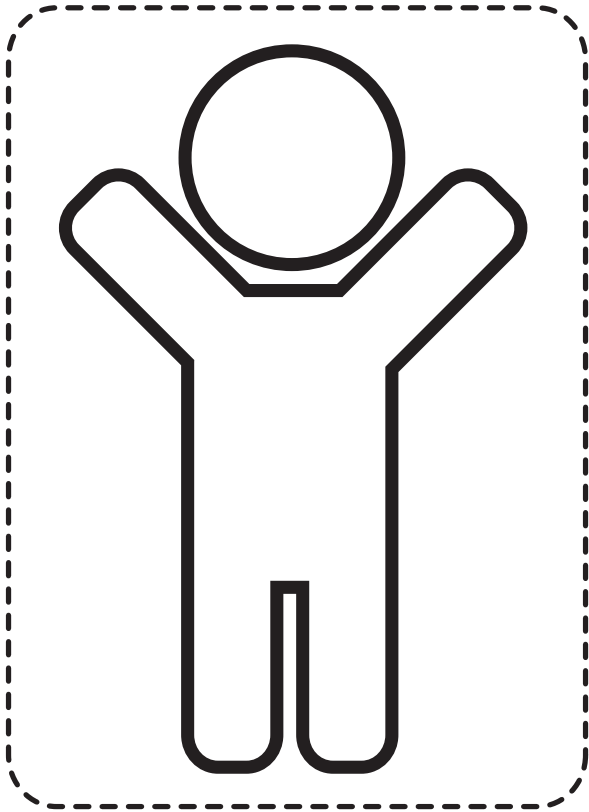


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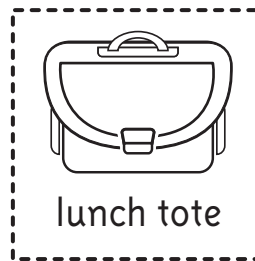


Creative Play

Help your child to color and cut out the items below. You and your child can use them to create your own stories about going to school and playing outside. This is a great way to help children feel more comfortable about going to school because it gives them a way to practice and plan for the experience.



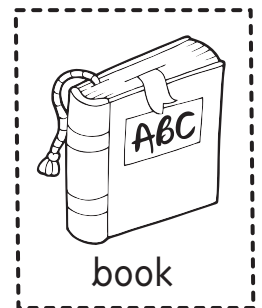
basketball



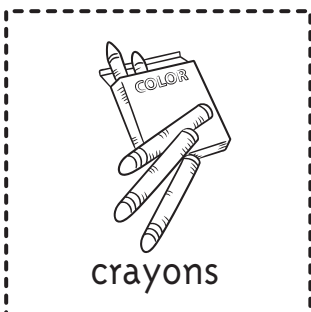
lunch tote



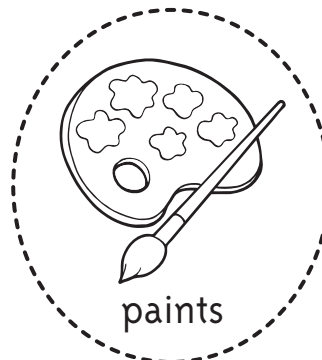
backpack



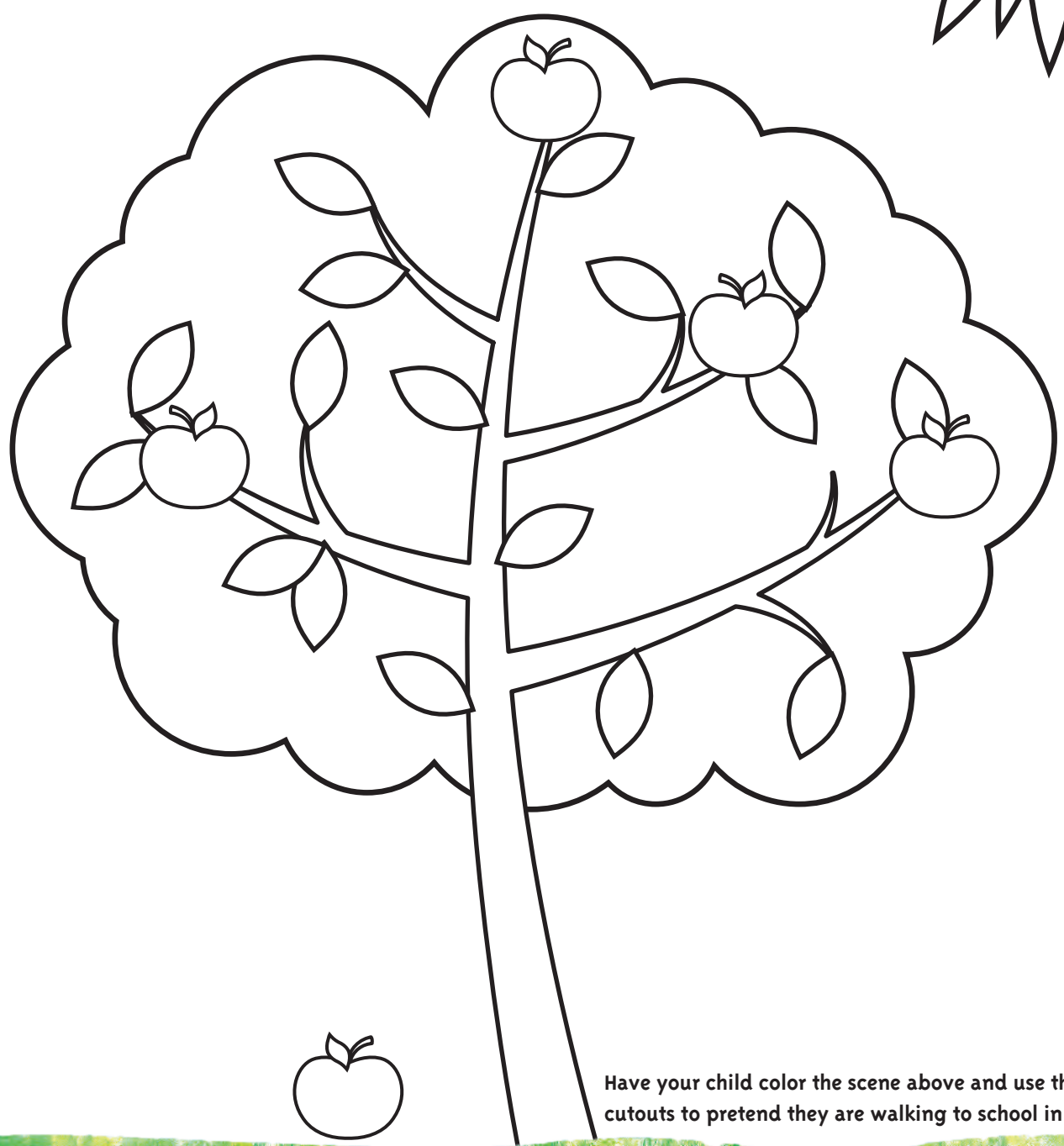
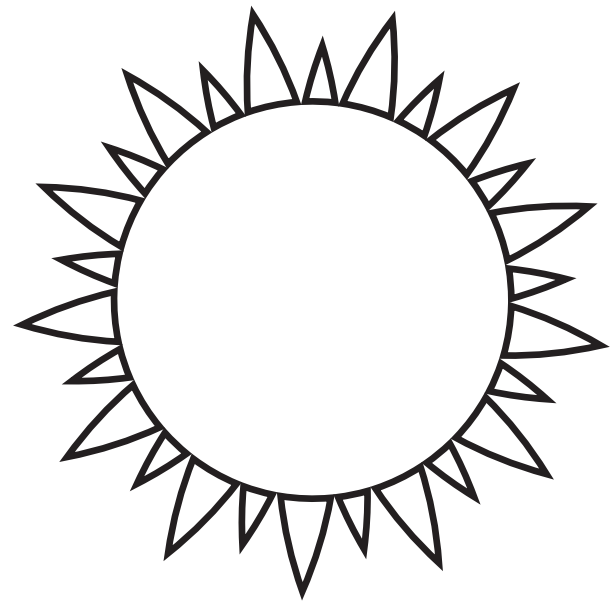
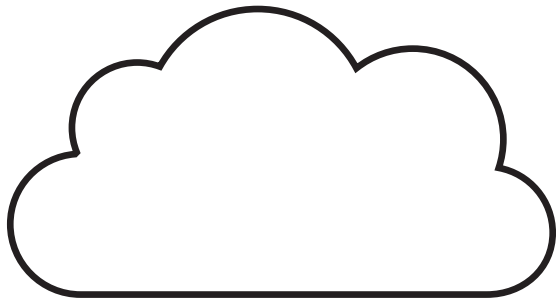
book



crayons



paints



Have your child color the scene above and use the creative play cutouts to pretend they are walking to school in the picture!

Ideas for Family Talks, Learning, and Fun

Can you name the shapes and colors?

MATHEMATICS AND SCIENCE:

- When you take a walk or play in the park, use your body to measure things you see. Can you find a leaf as long as your hand? Can you find a blade of grass as long as your finger? Can you find a plant as tall as you are?
- On a warm day take a sponge, brush, and a bucket of water outside. Paint pictures on the sidewalk and watch what happens.



SOCIAL STUDIES:

- What special days do you celebrate in your family, and what do you do?
- Draw a picture of where you live (home, state, country, etc.).

RESILIENCE AND SELF-REGULATION:

- Draw a picture, or make a list, of things you are good at doing. Help each other add more things to your pictures or lists.
- Create a plan together for how to get through tough situations, feelings, or conflicts. For example: Our "I" plan is I stop, I breathe, I think, I act.

SOCIAL SKILLS:

- Make a card for someone you know.
- Make a family photo album and talk about why those people are important to you.

CRITICAL THINKING:

- Draw a map of your house.
- Gather empty boxes, paper towel rolls, tape, scissors, and crayons. What can you make?
- If 2 people want to use the same toy, what should you do?

WELL-BEING:

- Make a weekly meal plan and grocery list together.
- Take a 15-minute walk after dinner.

LANGUAGE & LITERACY:

- Think about your favorite animal. Draw a picture story of that animal. An adult can help write down the words.
- Play "Simon Says."
- Read 1 book at bedtime.
- Sing 1 song in the morning.

CREATIVE ARTS:

- Dance to your favorite music.
- Can you move like an animal? Think of an animal and try to move the same way.
- Draw a picture of yourself.

