



# Kindergarten Readiness Calendar

September 2013 - August 2014



# Welcome

## Starting kindergarten is so exciting!

### The calendar contains:

- Ideas for fun things to do that will help your child get ready for school
- Kindergarten registration and other school information
- Recommended books
- Contact information for elementary schools and libraries



### Important things to know:

All children are different and learn at their own pace. This calendar will help you plan activities that will help your child grow in the skills needed to start kindergarten. Children do better in school if they know more than just letters, numbers, colors, and shapes. They should have good social and physical skills, and enjoy learning new things. Use the guide below as you work with your child to build those skills and get ready for kindergarten.

### How to use the calendar:

The activities in this calendar are designed for 4 and 5 year olds who will be starting kindergarten next year. They will keep your child busy and learning from September to August. Use this calendar as a guide for fun ideas, but make up some of your own activities too. Be sure to include family members and friends. Have a wonderful year together getting ready for the big event – going to kindergarten!

**Having fun is an important part of learning!  
Your child learns best when doing fun and interesting things with you!**

*This school readiness calendar was developed by United Way  
to help you and your child get ready for that special time - kindergarten!*

# Kindergarten Readiness Guide

Use this guide to help prepare your child for school. Don't worry if your child can't do everything on the list right now. Use the items to set goals and remember that children grow and develop at different rates.

## Good Health and Well-Being

### • My Child:

- Eats a balanced diet
- Gets plenty of rest
- Sees the doctor and dentist regularly
- Is up-to-date with all shots
- Runs, jumps, plays outside and does other activities that provide exercise
- Colors, paints, does puzzles and other activities that help develop small muscles

## Social and Emotional Development

### • My Child:

- Is trying new things
- Is learning to work well alone and do tasks independently
- Is learning to play well with other children
- Is curious and wants to learn
- Is learning self-control
- Is learning to use words to express feelings
- Helps with family chores

## Approaches Toward Learning

### • My Child:

- Likes to solve problems
- Pays attention during activities
- Is learning to follow simple directions
- Is learning to finish what is started
- Gets to see and touch things, hear new sounds, smell and taste different foods, and watch things move

## Language Skills

### • My Child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Says or sings familiar songs and nursery rhymes
- Is learning to write his or her name and address

## General Knowledge

### • My Child:

- Is learning to sort and classify things
- Is learning to count and play counting games
- Is learning to name shapes and colors
- Makes and listens to music
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to draw and be creative
- Has many opportunities to experience new things



Make Every Day A "Learning Day" with Your Child!



## Books to look for at the library:

- *May I Pet Your Dog?* by Stephanie Calmenson
- *Please Play* by Margery Cuyler
- *Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert
- *Gregory, the Terrible Eater* by Mitchell Sharmat

# Health and Safety First

## Suggest activities that get your child moving.

- Plan family outings that involve exercise.
- Give your child household chores that include movement.
- Use the stairs whenever possible.
- Choose gifts that encourage exercise.
- Limit TV, movies and computer games.

## Encourage healthy eating.

- Keep healthy snacks on hand.
- Plan meals together that include several food groups.
- Visit the farmers' market for fresh foods.
- Grow vegetables in a pot or garden.
- Make sweet treats a treat.

## Teach good hygiene.

- Teach your child to wash his hands after using the bathroom.
- Show her how to cover a cough or sneeze.
- Encourage your child to brush her teeth every day.


## Be safety smart.

- Have a family fire safety plan.
- Teach your child about dialing 9-1-1.
- Check the fit of safety equipment like car seats & bike helmets.

# September



2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	This week, look for things that are green.  2 <i>Labor Day</i>	3	Exercise to music together.  4 <i>Rosh Hashanah begins</i>	5	6	With your child, pretend you are gorillas, grasshoppers, and goats.  7
8 <i>Grandparents Day</i>	9	Practice counting from 1 to 10.  10	11	Teach your child that medicine is not candy.  12	With your child, look for the number "1" wherever you go today.  13 <i>Yom Kippur begins</i>	14
15	16 <i>Mexican Festival of Independence</i>	17	Find things that begin with the letter "S."  18	Teach your child to ask for help when it is needed.  19	20	Practice a fire drill in your home. Show your child where to meet you outside.  21
22 <i>First Day of Fall</i>  Make a salad together.	23	24	Make a dental appointment for your child.  25	26	Collect shoes from around the house, mix them up, then match the pairs.  27	28
29	30					

Make Every Day A "Learning Day" with Your Child!

# Read With Your Child Each Day



## Books to look for at the library:

- *I Like Books* by Anthony Brown
- *Read to Your Bunny* by Rosemary Wells
- *I Love the Alphabet!* by Dar Hosta
- *Come Back, Jack!* by Catherine Anholt

### Create a reading place for your child.

- Keep your child's books in a special place and easy to reach.
- Put a small rug or pillow in the special place to make it a fun place for reading.
- Talk with your child about how to take care of books.

### Give your child different types of books to read.

- Get a library card for you and your child and visit the library often.
- Visit the children's section of the library together and choose books to take home.
- Look for books in other places.
  - From friends and relatives
  - At garage or yard sales
  - At book stores

### Make some time each day to read with your child.

- Read in a quiet place.
- Hold your child close to you when you read.
- Read your child's favorite books over and over.
- Help your child understand that reading is important.

### Let your child join in the reading.

- Before you start reading, let your child look at the pictures and guess what the book is about.
- Show your child how to read a book (from left to right and front to back.)
- Encourage your child to point to the pictures in the book.
- After reading a book, ask him to tell the story in his own words.

# October

2013



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Cut up an old greeting card in puzzle-like shapes and fit the pieces back together.

With your child, pretend you are puppies, pirates and princes or princesses.

1

2

3

4

5

This week, look for things that are orange.

With your child, write a note to a friend or relative.

Find the letter "P" on different things.

Collect and sort autumn leaves.

6

7

8

9

10

11

12

Talk about how all feelings are okay but not all actions are okay.

Make a shopping list with your child.

Have your child choose a special topic and together, find a library book about it.

13

14 *Columbus Day*

15

16

17

18

19

This week, find the letter "N" on things around the home.

Count socks.

Draw something that is orange.

Find things that come in pairs.

20

21

22

23

24

25

26

With your child, look at the pictures in a book before you read it.

Find the number "2" on different things.



27

28

29

30

31

*Halloween*

Make Every Day A "Learning Day" With Your Child!



# Encourage Your Child to Listen and Use Words to Express Ideas and Feelings

## Take time each day to listen and talk with your child.

- While traveling:
  - Turn off the radio or CD player
  - Encourage your child to talk about where you are going and what you will do when you get there
- At home:
  - Turn off the TV at mealtime and talk about things that interest your child
  - Talk about things each of you did that day

## Use pictures to help your child express ideas.

- Look at pictures in books together.
- Ask your child to tell you what he sees in each picture.
- Have your child draw a picture and then tell you about it.

## Have your child express different feelings.

- Read books that explain different feelings.
- Talk about times people feel sad, happy, angry or scared.
- Make faces or voices that show feelings.
- Help your child name feelings while she is experiencing them.

## Provide activities that involve listening and following directions.

- Have your child do two things in order like:
  - Pick up her plate and put it in the sink
  - Hop to the door and open it

## Books to look for at the library:

- *Brave, Brave Mouse* by Michaela Morgan
- *Sam is Never Scared* by Thierry Robberecht
- *Cookies: Bite Size Life Lessons* by Amy Krouse
- *Time to Say Please!* by Mo Willems
- *Words are Not For Hurting* by Elizabeth Verdick



# November



2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Pick a new book and encourage your child to guess what the story will be about by looking at the cover.
					1	2
This week, look for things that are brown.		Find the letter "H" this week.		During the day, have your child tell you when it is morning, afternoon and night.	With your child, listen for different kinds of sounds everywhere you go today.	
3	4	5	6	7	8	9
<i>Daylight Savings ends</i>		<i>Election Day</i>				
Find the number "3" on different things today.		Exercise with your child. Hop and do arm circles, counting them as you go.		With your child, make up a story about turkeys, tortillas and turtles.		Start practicing shoe tying.
10	11	12	13	14	15	16
	<i>Veteran's Day</i>					
Draw a picture of your whole family.			Look for the letter "T" today.		With your child, trace the letters of her first name.	
17	18	19	20	21	22	23
	While in line, talk about waiting your turn.	Make a list of things you are thankful for.				
24	25	26	27	28	29	30
				<i>Thanksgiving Day Hanukkah begins</i>		



Make Every Day A "Learning Day" With Your Child!



## Books to look for at the library:

- *I Love My Daddy* by Sebastien Braun
- *My Family* by Sheila Kinkade
- *What Grandmas Do Best* by Laura Joffe Numeroff
- *Please, Louise!* by Frieda Wishinsky

# Make Time For Family

## Encourage family closeness.

- Keep a family journal for everyone to write or draw in.
- Call a relative to say "I love you."
- Eat meals together.
- Create your own family holiday greeting cards.
- Invite family members to your children's activities.
- Share and record great family stories.

## Reduce stress.

- Take a walk, hike or bike ride for a healthy family activity.
- Start a family game night and play games like "Twister."
- Volunteer to help someone in need.
- Stay true to routines like bed time and meal time.
- Do chores together.
- Laugh together.



## Establish family traditions.

- Draw secret pal names and do acts of kindness.
- Have a special meal plate that is used to celebrate special occasions.
- Let the birthday person choose her favorite meal.
- Take turns choosing a dinner topic of discussion.

## Make cooking and meal time family time.

- Turn off the TV at cooking and meal times.
- At the table, talk about things that interest your child.
- Share choices about a meal with your child.
- Shop for ingredients together and let your child pick a fruit, vegetable or meat.

# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>1</b> Find the number "4" on things around the store.	<b>2</b> This week, look for things that are purple.	<b>3</b> This week, look for the letter "D."	<b>4</b> Help your child write the letters of his first name.	<b>5</b> Put on music and dance fast, slow, happy and silly.	<b>6</b> Use an egg carton to sort beans, buttons or beads.	<b>7</b> Call a loved one.
<b>8</b> Help your child practice zipping her coat and then take a walk together.	<b>9</b> Draw a winter picture.	<b>10</b> Look for the letter "B" today.	<b>11</b> Sing a favorite song with your child.	<b>12</b> Make cookies with your child to share as a gift.	<b>13</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>14</b> Play a board game together as a family.
<b>15</b> Count backwards from 10 with your child.	<b>16</b> Christmas Day	<b>17</b> Kwanzaa begins	<b>18</b> First Day of Winter	<b>19</b> Sing a favorite song with your child.	<b>20</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>21</b> Play a board game together as a family.
<b>22</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>23</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>24</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>25</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>26</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>27</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>28</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.
<b>29</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>30</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	<b>31</b> With your child, pretend to be snowflakes, snowballs and snowmen, then melt.	 <p><b>LIVE UNITED</b> United Way United Way of Thurston County</p>			

Make Every Day A "Learning Day" With Your Child!

# Make the Most of TV, Videos and Computers

## Use media as learning tools.

- Select TV programs carefully. Ask yourself, “Does this program teach what I want my child to learn?”
- Check out interesting videos and DVDs from the library. Discover the world of animals, sea life or outer space.
- Reinforce basic skills like colors, shapes and counting with quality computer games.
- Encourage listening by playing different types of music.

## Limit children’s total screen time.

- Set limits for TV and computer use.
- Turn the TV off when no one is watching it. Turn it on when you want to watch a specific program.
- Keep the TV and computer in a public area of your home.

## Monitor the media your child is using.

- Select age appropriate TV programs, videos, music, video games and web sites.
- Preview programs, videos and websites so you know exactly what your child will see.
- Watch together and talk about what you see.

## Avoid making TV a centerpiece of home life.

- Encourage reading, drawing, playing outdoors, listening to music or card and board games.
- Turn the TV off at meal time and talk about some things each of you did that day.
- Be a role model and set an example by watching less TV yourself.




## Books to look for at the library:

- *Book! Book! Book!* by Deborah Bruss
- *The Pink Refrigerator* by Tim Eagan
- *Pete’s a Pizza* by William Steig
- *Library Lil* by Suzanne Williams

# January



2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice counting to 10 (or higher!) <i>New Year's Day</i>	2 Help your child make a blanket fort and then read inside of it.	3	4 Look for the number "5" today.
5	6 This week, look for things that are white.	7 Create an obstacle course that requires big movements.	8	9	10 Play "Simon Says" with your child.	11
12 Make counting fun by asking things like "How many windows are in this room?"	13 Find the letter "J" in newspapers or magazines.	14	15 Teach your child her address.	16	17	18 Play toss and catch with your child.
19	20 <i>Martin Luther King Jr. Day</i>	21 Find things that begin with the letter "A."	22	23 Ask your child to draw pictures of different places.	24	25 Read two books today.
26	27 Practice being quiet for 1 minute and then for 2 minutes.	28	29	30	31 <i>Chinese New Year</i>	 United Way of Thurston County

Make Every Day A "Learning Day" With Your Child!

## Kindergarten Registration

Many schools begin kindergarten registration as early as February. This is a good month to check with your local school for registration information.



### Books to look for at the library:

- *Dog's Colorful Day* by Emma Dodd
- *Welcome to Kindergarten* by Anne F. Rockwell
- *The Kissing Hand* by Audrey Penn
- *Annabelle Swift, Kindergarten: Stories & Pictures* by Amy Schwartz

## Encourage Your Child to Use School Tools Such as Pencils, Markers, Crayons and Scissors

### Gather and organize tools for drawing, writing, and cutting.

- Help your child choose a container for drawing and writing materials.
- Decide on the rules for using drawing and writing materials. For example, "Markers may only be used at the table" and "Scissors are for cutting paper," are good starting rules.
- Find a special place to display drawings and projects your child has made.

### Let your child experiment with drawing.

- Let your child draw pictures in different places like
  - In the kitchen when you are cooking
  - At the park
- Talk with your child about her pictures.
- Praise your child's efforts. Remember, perfection is not the goal.

### Let your child see that words on paper are part of daily life.

- Make a shopping list together.
- Put your child's name on his things.
- Leave notes for family members.

### Help your child practice using scissors.

- Decide where your child will be allowed to use scissors and talk about safety when using them.
- Show your child how to hold scissors and paper while cutting.
- Give your child newspaper, magazines or junk mail to cut.

# February



2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



*February is Black History Month.*

With your child, pretend you are lions, logs and falling leaves.

1

Find the letter "I" this week.

Schedule a six-month dental check-up for your child.

Today, find the number "6" on things.

With your child, talk about animals with 2 legs/4 legs.

2

*Groundhog Day*

3

4

5

6

7

8

This week, look for things that are red.

Find the letter "V" today.

Draw a Valentine's Day heart with your child.

9

10

11

12

*Lincoln's Birthday*

13

14

*Valentine's Day*

15

Count all the doors or windows in your home with your child.

Teach your child his phone number.

Talk with your child about what she enjoys doing.

Sing the alphabet song.

16

17

*President's Day*

18

19

20

21

22

*Washington's Birthday*

Find things that are in the shape of a square.

Today, find things with the letter "L" on them.

Play "I love you more than..."

23

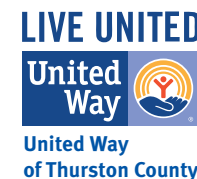
24

25

26

27

28



Make Every Day A "Learning Day" With Your Child!