READYING THE WHOLE FAMILY FOR KINDERGARTEN
GET READY, GET SET, GO!
SCHOOL READINESS
PARENT MESSAGING

• Formats
• Modeling
• Quick
• Relate each activity to a domain and why it’s important
• Suggest similar activities
• Avoid jargon
WHAT IS KINDERGARTEN READINESS?

- ABCs and 123s
- Names
- Colors
- Shapes
- Sight words
- Social/emotional skills
WHAT DOES THE STATE MEAN BY READINESS?

- The Colorado Early Learning & Development Guidelines
  - State stakeholders
  - Ages 0 to 8
  - 3-5 years
  - 11 domains
THE DOMAINS

- Physical Development and Health
- Social & Emotional Development
- Language Development
- Literacy
- Logic & Reasoning
- Mathematics
- Science
- Social Studies
- Creative Arts Expression
- Approaches to Learning
SOCIAL AND EMOTIONAL DEVELOPMENT
EXECUTIVE FUNCTIONS
WHAT ARE EXECUTIVE FUNCTIONS?

“Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully.”

-Harvard University’s Center on the Developing Child
WHY DO WE WORK ON EXECUTIVE FUNCTION?

- Better interactions with peers and adults
- Beyond the basics
- Indication of future school success
  (Jones, Greenberg, and Crowley, 2015)
EXECUTIVE FUNCTIONS
SELF-REGULATION
WHAT IS SELF-REGULATION

• Self- or impulse control
• Cooperation
• Listening and following directions
• Keeping hands to self
• Health
HOW DO WE DEVELOP SELF-REGULATION?

- Songs with directions/fingerplays
- Motor skills
- Cooperative games (musical chairs, handclapping)
- Expectations and consequences
- Coregulation (tantrums)
EXECUTIVE FUNCTIONS
MENTAL FLEXIBILITY
WHAT IS MENTAL FLEXIBILITY?

- Critical/creative thinking
- Shifting to a new task
- Paying attention
- Problem-solving and determination
- Empathy
HOW DO WE DEVELOP MENTAL FLEXIBILITY?

• Self-efficacy
• Dress-up and emotions
• Surprises and suspense
• Humor and jokes
• Transition warnings
• More than one solution
EXECUTIVE FUNCTIONS
WORKING MEMORY
WHAT IS WORKING MEMORY?

- Retain information
- Add new information to existing memories
- Ability to explain
- Remembering sequences
- Symbolic representation
HOW DO WE DEVELOP WORKING MEMORY?

• Model open-ended questions
• Science experiments and cooking
• Repetitive and cumulative stories and songs
• Ask, “How does this work?”
• Drawings and maps of familiar places
MATH IT UP!
MATHEMATICS
KNOWLEDGE & SKILLS
MATH IS EVERYWHERE!

- 5 vs. five vs. |||||
- The order of numbers
- Subitization
- Shapes
- Comparisons and measurements
- Patterns
HOW DO WE WORK ON MATH SKILLS?

• Simple math problems
• Count by twos, fives, etc.
  – Instead of “Five Little…”
• Count to and from new numbers
• Sort objects
• Measure all the things!
IT’S SCIENCE!

• Gather and record information
• Compare and contrast
• Hypotheses
• Cause and effect
• Understand the natural and physical world
HOW DO WE WORK ON SCIENCE SKILLS?

• Watch and record
• Make charts and graphs
• Experiments
• Make predictions
• Biology
• Physics
WHAT’S THE WORD
LANGUAGE DEVELOPMENT
& LITERACY SKILLS
WHAT’S IN A WORD?

- Receptive vs. expressive language
- Written words have meaning
- Letters and their sounds
- Numbers vs. letters
- Vocabulary
- Understand basic grammar
WHAT’S IN A BOOK?

• Print awareness and motivation
• Phonological awareness and letter knowledge
• Sequences
• Background knowledge
• Early writing
HOW DO WE WORK ON LITERACY AND LANGUAGE?

- Read! Write! Talk! Sing! Play!
- Point out the parts of a book
- Nonfiction and fiction
- Other formats
- Use a variety of writing implements
- Tell stories
PAINT THE TOWN BEAUTIFUL
CREATIVE ARTS
EXPRESSION
THE FINER ARTS

- Music
- Movement and dance
- Art
- Drama and theatre arts
EXPRESS YOURSELF

• Rhythm patterns
• Use a variety of instruments, art supplies
• View and listen to different forms of art, music and dance
• Ask, “Can you tell me about your art?”
• Ask, “How did this make you feel?”
• Role play
WHAT IS...
READY, SET, KINDERGARTEN!
THEMES

Ourselves
• Self-efficacy
• Self-control

Our Friends
• Sharing
• Cooperation

Our Community
• Peace
• Empathy
PROGRAM COMPONENTS

• 15-20 minute storytime
• Two group activities
• Giveaway bags
• Backpacks
GIVEAWAYS

- Always explain first!
- 1 book
- 1 or 2 literacy tools
- Newsletter
We were busy learning Kindergarten skills today!

SELF-REGULATION

Students have shown that being able to pay attention in class, complete tasks, sit still and listen without interrupting are more important than academic skills for success in life.

We worked on this today when we sang "Open, Shut Them," "Sleeping Batteries" and "I Wiggle My Fingers". Talked about our jobs (expectations) during storytime and took deep breaths.

The next time your child feels full of energy, remind them there will be a time to go get their wiggles out. Let them know what behavior you do expect of them. Ask them to take deep breaths, give themselves a hug (compassion helps) and reward them with verbal praise when they show self-control.

FINE AND GROSS MOTOR SKILLS

Get those books moving! When kids move, they use more of their brain and can retain more information.

Fine (small) motor skills are developed with finger plays and songs with hand motions, holding a paper and drawing. These skills develop hand-eye coordination needed to use tools and perform everyday tasks.

Draw with a variety of writing tools to make marks on paper, pick up small objects or play with blocks.

Gross (large) motor skills are taught with large body movement. They’re needed for balance, coordination, throwing, catching and spatial awareness. Go outside to play and get those muscles working!

BOOK APPRECIATION

Children need to know how a book is told, in what direction words are read, who helps create a book and how to recall the story in their own words.

In our storyline portion, we talked about the roles of the author and illustrator, the trip of the book, what it meant for almost and what happened.

NEXT MEETING

READY, SET, KINDERGARTEN!

Tuesday, June 18 10 am

SILVER LIBRARY

444 E. Front St.

BYRON, CA 93016

CONFIDENCE

You can build your child’s confidence by allowing them to make their own (adult-approved) choices, asking for their help and solving a problem. Letting them make healthy choices allows them room to figure out a problem before stepping in to help.

PERSONAL CHARACTERISTICS

Children will need to be able to talk about themselves and their family for school, which is a big step. Review your child’s address, birthday, first and last names and a family photo together.

HEALTH, KNOWLEDGE AND PRACTICE: SAFE AND HEALTHY HABITS

We all want our children to be happy and healthy. Show your child what they need to help themselves feel this good.

MATH MEASUREMENT

The volume experiment at children compare amounts.

MENTAL FLEXIBILITY

To learn new concepts, children need to add new information and adapt or forget old data. They also need to be given permission to think creatively and independently.

Build flexible thinking with these activities:

• Tell jokes and make puns.
• Read books with word play.
• Find new uses for everyday objects.
• Play dress-up or pretend games.
• Answer their questions thoughtfully.
• Play board games.
• Solve a riddle.

MAILING LIST

To remove your email from our mailing list, please email newsletter@orangecountylib.org.

TODAY’S GIVEAWAY BAG

Healthy teeth are a part of developing healthy habits. Two minutes can seem like a long time, but it will go by fast when they use their new brushing time! Change your toothbrush every three months, or when the bristles are worn down.

QSTIONS?

Contact Michele Landcare at mlannaker@orangecountylib.org. For more resources, visit orangecountylib.org/5-5 or call 353-LIBRARY (353-542-7279).
BACKPACKS

- Inside each:
  - 6 books
  - Two literacy tools
  - Information sheet
- “Check Out”
FARM FUN

- Barnyard Dance
- Hurry! Hurry!
- A Birthday for Cow
- Turkey Tot
- In, Over, and On! (The Farm)
- Stanley the Farmer
- Foam Farm Blocks
- Farm Finger Puppets
BEDTIME

- Good Night, Owl
- Twenty Yawns
- Dinosaur vs. Bedtime
- Touch the Brightest Star
- The Going to Bed Book
- Teddy Bear
- Flashlight
- Clock
BE CREATIVE!

• More-igami
• Edward Gets Messy
• I Don’t Draw, I Color!
• They All Saw a Cat
• Clive and His Art
• Nancy Knows
• Construction Paper
• Paint
  – 1 white
  – 1 color
HEALTHY ME

- The Pigeon Needs a Bath
- I will Never Not Ever Eat a Tomato
- It’s Okay to Be Different
- Show Me Happy
- Maisy, Charley, and the Wobbly Tooth
- From Head to Toe
- Play Food
- Mirror (not pictured)
SONG AND DANCE

- I Got the Rhythm
- Music Class Today
- Dinosaur Dance
- I Am Yoga
- Dancing Feet!
- Sing with Me
- Tambourine
- Ribbon Dancer/Jingle Bells
- Music CD
QUESTIONS
THANK YOU!

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