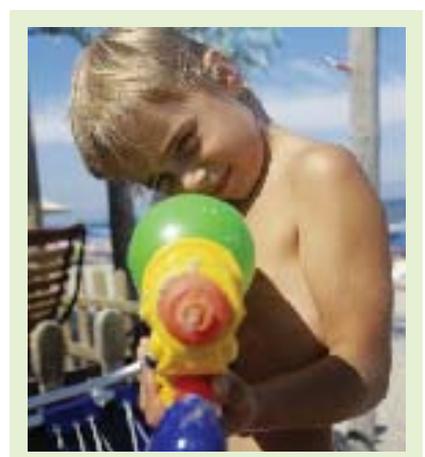
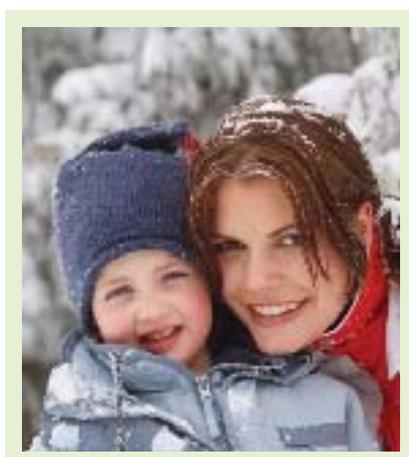


# My Kindergarten Book



## Activities to prepare for Kindergarten

prepared by Project N.E.S.T.  
Nurturing Early Successful Transitions



# PARENTS

It is exciting your child is growing up and getting ready for Kindergarten. My Kindergarten Book is packed full of readiness activities designed to assist you in preparing your child for Kindergarten. The activities are focused on the following areas:

- Activities focused on parent/child “special time”
- Activities that the child can do alone
- Activities that create experiences -

My Kindergarten Book is focused on activities throughout the year based on the school system start time from September to August. My Kindergarten Book creates themes each month focused on kindergarten readiness indicators. The beginning of each month there is a calendar for your child to track their accomplishments. The month is divided into four weeks with great activities that your child can do. All activities do not need to be completed during the month the activities are flexible and do not have to be followed in order. The key is repetition to create long term learning for your child to be more successful in kindergarten.

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## Kindergarten Readiness Indicators

The Kindergarten readiness indicators are the key skills your child needs to have mastered prior to starting Kindergarten in order to be grade ready.

- 
- Recognize shapes/ drawing shapes
- Listen to stories without interrupting
- Understanding instructions and listening
- Cutting with scissors
- Sharing
- Identifying rhyming words
- Identify beginning sounds of words
- Identify alphabet letters
- Recognize signs (“stop”)
- Sort objects by color, shape and size
- Count to ten
- Bounce a ball
- Beginning counting
- Know their name and age
- Know their address
- Speak in complete sentences
- Understand small/tall, big/little, first/last
- Match pictures
- Repeat songs or nursery rhymes

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“A child learns by facing challenges for the 1st time” (Dr. Griffin, PhD)

# SEPTEMBER

## READING IS FUN

### WEEK 1 - READ

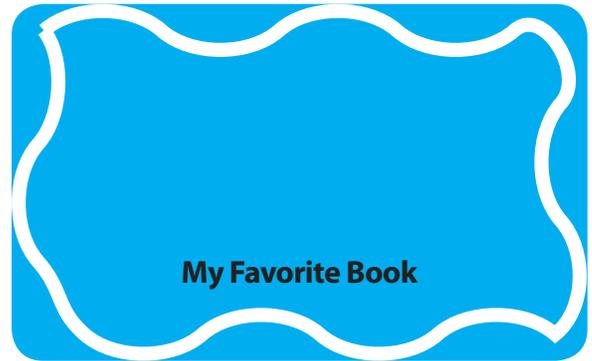
Plan a reading time everyday - 20 minutes
Have a special place to read
Read together
Repetition is the key - a child will begin to recognize words
Repetition is the key a child will begin to recognize words and will read along
Ask your child what do they think is going to happen next.



Write down  
your  
favorite  
books

### WEEK 2 - Visit Library

Visit the Library
Spend time looking at books
Let your child pick a book to checkout
Obtain a library card
Responsibility: Taking care of your book



### WEEK 3 - Participates in Reading

Have your child pick the book to read
Have them read the book with you
Retell the story in their own words
Look at the pictures
What could be another ending for the story

### Week 4 - Story Telling

Read their favorite book over and over
Ask your child to talk about the characters
Have them change their voice while pretending to be the characters in the book
Make up a story using the characters from the book
Pretend to be the characters in the book

## I READ....

Title	Date



#### Objectives:

- Practice reading
- Understanding characters

# OCTOBER

## I LOVE ART

### WEEK 1 - Explore with Crayons

Search the house together for the perfect container to store their crayons, washable markers, glue, scissors and pencils

Let's decorate our storage box -be creative

Discuss proper places to use crayons

Play a game of YES and NO - on where art supplies are used. Point at the wall and say NOOOO....then at Paper and say YES.....

Create a challenge to clean-up everything - make it a game and time them.

### WEEK 2 - Draw Pictures

Draw a picture of a stick figure family

Hang art work up on the refrigerator

Show them how to draw a picture of a stick house  
use chalk on the sidewalk and draw a picture

Make a picture of a relative and have the child present it

### WEEK 3 - Scissors

Learn how to hold scissors and cut

Scissor safety - opening, cutting and handing

Cut paper, cut straws, cut play dough - is there a difference in cutting

Magazine day - have them cut pictures out of a magazine

Safely store the scissors



### Week 4 - Writing with a Pencil

Safety with pencils

Write dotted letters on a page and have them connect the dots

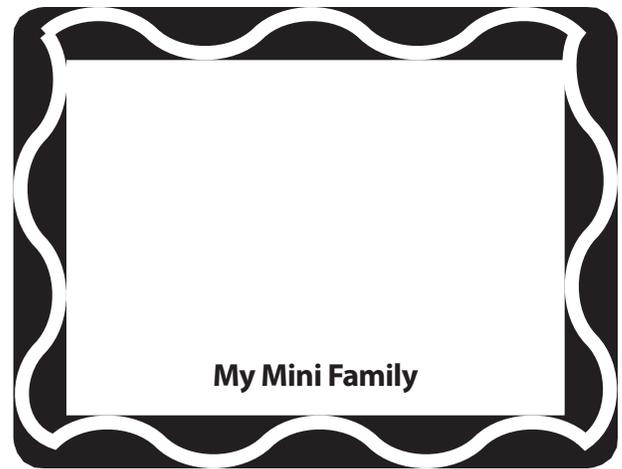
Write your grocery list in dots, have them connect the dots

Take them shopping to buy the items on the grocery list

Practice tracing A,B,C's



Make a mini family in the space below with your crayons



## I Learned to

### Objectives:

- Expressing ideas
- Learning to draw, write and cut
- Beginning writing
- Responsibility: Learns to clean up and put materials away

# NOVEMBER

## LET'S HAVE FUN EXERCISING

### WEEK 1 - Practice

Sing the song - heads and shoulders, knees and toes

Learn to Jump - 10 times - try a jumping jack

Practice throwing a ball

Practice bouncing a ball

Get on their bicycle and practice pedaling



### WEEK 2 - Outdoor Play

Go to the park

Make a pretend obstacle course and time them to the finish

Setup water bottles and take a ball - teach them how to bowl

Play Simon Says

Play Hide and Seek



### WEEK 3 - Play

Take socks and practice throwing baskets in the laundry basket

Create an obstacle course in a room

Pretend you and your child are animals and act like them

Play catch and toss with socks

Sing a song - 1,2 Pick up sticks

### Week 4 - Play with Others

Have them ride their bike through an obstacle course

Use chalk and draw a hopscotch grid and have them take turns

Play Go Fish

Take a toy and practice sharing

## I DID IT....

I did it...	Date
<b>jumped 10 times in a row</b>	
<b>I touched my toes 10 times</b>	
<b>Completed 5 Jumping Jacks</b>	
<b>Hopped across the room</b>	
<b>Caught a ball in my hands</b>	
<b>Threw a ball to someone</b>	
<b>Bounced a ball - five times in a row</b>	
<b>Pedaled my bike in the driveway - all by myself</b>	
<b>Galloped like a horse around the backyard</b>	



### Objectives:

- **Coordination**
- **Running, Jumping, Hopping, Catching, Bouncing and Throwing**

# DECEMBER

## COLORS

WEEK 1 - Red
Find the color Red - go around the house and point out Red
Go outside and find the color -Red
Draw a picture using only Red
In the grocery store- point out Red items
Separate blocks - find all the Red ones
Play Red Light - Green Light



WEEK 2 - Blue
Find the color Blue - go around the house and point out Blue
When driving in the car - find Blue items
In the grocery store - find Blue items
Separate the Blue Blocks
Practice spelling the word Blue with letters

WEEK 3 - Green
Go on a hunt for the color Green
Have a dress in Green day
Count Green cars while driving
Make a Green Paper chain out of construction paper.
Make lime Jello-O

Week 4 - Colors
Practice spelling the colors with letters
Have them change their voice while pretending to be the characters in the book
Make up a story using the characters from the book
Pretend to be the characters in the book

## I Know....

I did it...	Date
Red	
Blue	
Green	
White	
Black	
Purple	
Pink	
I know how to spell Red	



### Objectives:

- Recognize colors
- Name the color

# JANUARY

## COUNTING

### WEEK 1 - Count Everything

Collect objects and count

Count toys (duplo blocks)

Count the laundry as it is being folded (shirts)

Count from 1 to 10 using block cards

Count Cars while driving

1 2 3 4 5  
6 7 8 9 10

### WEEK 2 - Counting Fun

Go to Grocery store and have them pick the items

Go to the park and count scoops of sand

Set the table - how many forks

Practice writing the numbers

Look at a clock - ask them randomly what number is the hands on. Number 2 - means 2 o'clock

11 12 13 14 15  
16 17 18 19 20  
21 22 23 24 25

### WEEK 3 - Play

Play Simon Says - clap hands 3 times, take 3 giant steps forward

Count doorknobs

Make flashcards with numbers

Learn to spell numbers - with letter blocks

Sing the song the "Ants going marching 1 by 1"

### Week 4 - Fun with Numbers

Practice writing out their age

Sing One, Two, Buckle my shoe

Baa, Baa Black Sheep - have you any wool

Sing "This Old Man"

Play "I Spy"

## I CAN COUNT....

I did it....	Date
I can count to 3	
I can count to 5	
I can count to 7	
I can count to 10	
I can spell ONE	
I can spell TWO	
I can spell THREE	
I can spell FOUR	
I can spell FIVE	



#### Objectives:

- Counting objects
- Recognizing numbers
- Putting Numbers in order
- Counting from 1 to 10

# FEBRUARY

## FUN WITH WORDS

### WEEK 1 - Where is my name

- Practice writing the letters in their name
- Hid their name around the house and find it
- Create a name badge that they wear
- Out loud what letters are in their name
- Associate letters in their name with objects: Chris: -Cat, Hat, Rat, Ice, Sun



My Name is:

### WEEK 2 - Recognize your name

- Practice spelling their name with the block letters
- Hid the letters of their name around the house - have them find the letters and tell you what is missing
- Put the letters in a bag - and pull them out one at a time- and put them in order to spell their name
- Trace the letters in their name
- Trace the letters for their last name

My Favorite Sign is?

### WEEK 3 - Signs

- Focus on pointing out signs while driving or walking
- Play a game of finding the Stop sign
- Show them logo's and have them identify them - McDonald's Arches, Tony the Tiger
- Go through magazines looking for store logos they recognize and cut them out and paste in a collage
- Have them find the letters in their name in a street sign

### Week 4 - Recognize the Alphabet

- Go to the grocery store and shop for items by the alphabet. For instance - Peas - show at home what it looks like and spell the letters.
- Read books that show the Alphabet - ABC Dr. Seuss
- Read a book and have them point out all the A's on a page or S's.
- Sing the Alphabet song and have them find the block letter as you are singing.
- Play "I Spy"

## I know my name....

I did it...	Date
I know the letters in my name	
I know how to spell my first name	
I know how to spell my last name	
I can point out a STOP sign	
I know A	
I know how to sing the alphabet song	



### Objectives:

- Learn to recognize name
- Recognize letters
- Recognize signs
- Recognize the alphabet

# MARCH

## Words that Rhyme

### WEEK 1 - Rhyming Sounds

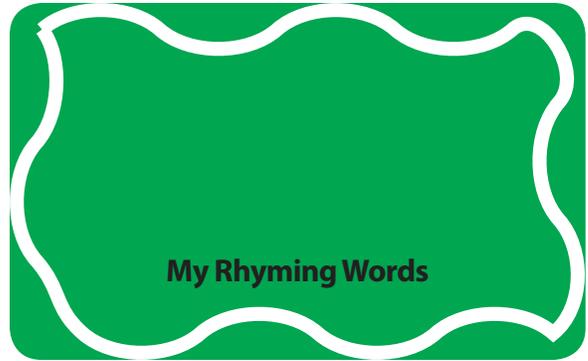
- Read Mother Goose Rhymes
- Find objects that Rhyme with Cat
- Draw objects that rhyme with Cat
- Read the Cat in the Hat by Dr. Seuss
- Create flash cards with magazine pictures that rhyme.

**Cat Hat Mat**

**Bat Pat Rat**

### WEEK 2 - Common Words

- Read Green Eggs and Ham
- Practice writing rhyming words - Cat, Hat, Ham, Sam
- Re-read Green Eggs and Ham - have them read to you
- Use the block letters to spell out Cat, Hat, Rat, Mat
- Cut out pictures of rhyming words



### WEEK 3 - Fun with Rhymes

- Create a rhyming book with drawings of words that rhyme (use yarn to tie together the pages)
- Find an object and then find something that rhymes to it -sock-rock, cat-hat, spoon-moon, ball-fall
- Read the book - Cat in Hat
- Find the rhyming words in Cat in Hat
- Take rhyming words cards and find their match

### Week 4 - Songs with Rhymes

- Sing "This Old Man"
- Make a rhyming story about a Cat

## Words that rhyme

Words that Rhyme	Words that Rhyme



#### Objectives:

- Practice reading
- Recognize Sounds
- Practice Spelling

# APRIL

## Fun with Shapes

### WEEK 1 - Square

- Practice drawing squares on paper
- Look for squares around the house
- Play with blocks and build a square
- Play with play dough and make squares
- Practice writing the word "Square"

### WEEK 2 - Circle

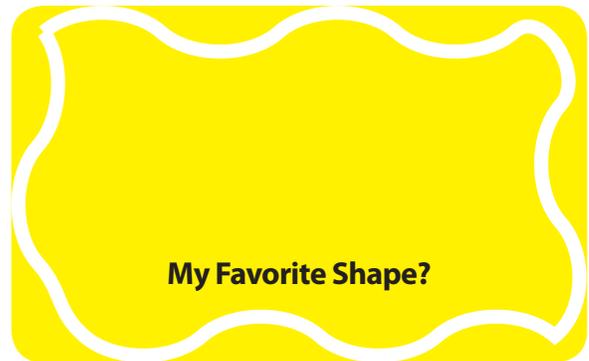
- Practice drawing circles on paper
- Look for circles around the house
- Play with blocks and make a big circle
- Play with play dough and roll circles
- Practice writing the word "Circle"

### WEEK 3 - Triangle

- Practice drawing triangles
- Look around the house for triangles
- Play with blocks and make a big triangle
- Play with play dough and roll a triangle
- Practice writing the word "Triangle"

### Week 4 - Other Shapes

- Take letter blocks and practices spelling "circle"...
- Make a Rectangle - how is it different from a "square"
- Have them change their voice while pretending to be the characters in the book
- Make up a story using the characters from the book
- Pretend to be the characters in the book



## I love Shapes....

i did it...	Date
I can draw a circle	
I can draw a square	
I can draw a triangle	
I can draw a rectangle	
I know how to spell circle	
I can write circle	
I can write square	
I can write triangle	



### Objectives:

- Recognize Shapes
- Recognize letters in words
- Know the name of the shape

# MAY

## Practice Writing

### WEEK 1 - Writing Letters

Practice writing "A"s (small and capital)

Practice writing "B"s (small and capital)

Practice writing "C"s (small and capital)

Practice writing "D"s (small and capital)

Practice writing "E"s (small and capital)

### WEEK 2 - Writing Letters

Practice writing "F"s (small and capital)

Practice writing "G"s (small and capital)

Practice writing "H"s (small and capital)

Practice writing "I"s (small and capital)

Practice writing "J"s (small and capital)

### WEEK 3 - Writing Letters

Practice writing "K"s (small and capital)

Practice writing "L"s (small and capital)

Practice writing "M"s (small and capital)

Practice writing "N"s (small and capital)

Practice writing "O"s and "R"s (small and capital)

### Week 4 - Writing Letters

Practice writing "S"s and "T"s (small and capital)

Practice writing "U"s and "V"s (small and capital)

Practice writing "W"s and "X"s (small and capital)

Practice writing "Y"s (small and capital)

Practice writing "Z"s (small and capital)

A B C

D E F

G H I

J K L

M N O

P Q R

S T U

W X Y

Z

### Objectives:

- Writing Capital Letters
- Writing Small Letters



# JUNE

## Learning Responsibility

### WEEK 1 - Responsibility

Learn to Make Bed
Learn to pickup clothes
Play Simon Says
When driving in the car - have their job as turning off the radio after the car is turned off.
Learn to put plate in sink and put water in it.



### WEEK 2 - Listening

Play Molly May I
Make up a game of listening - turn off TV, Hop to Couch, Sit on Couch, Jump like a bunny to TV, turn TV on
Take Block Cards and name a letter, name another letter
Go to the Grocery Store and have them pick out the groceries



### WEEK 3 - Expressing Opinions

Talk about their day - what did they do?
Ask them what their favorite book is and read together
Look through magazines and ask them what they think of the pictures
Look at Family photos and have them describe the event and did they have fun
Ask your child what song they would like to sing and sing it. ABC song, The Ants go Marching....

### Week 4 - Pretending

Read their favorite book and act out the characters
Read the Three Little Pigs and act out the story
Read Sam I Am and have them read it out-loud
Read Dr. Suess "Horton Hears a Who" and pretend to be a Who
Pretend to be their favorite cartoon character

## I Did it....

What Job I did	Date
I turned the TV off	
I put my dishes in the sink	
I swept the floor	
I made my bed	
I picked my clothes up	
I turned off the radio	
I went grocery shopping	



### Objectives:

- Listening
- Following Directions
- Responsibility

# JULY

## My Body

### WEEK 1 - My Head

Write out the word - Head - point to their head

Write out the word - Hair - point to hair

Sing the song- Head and Shoulders, Knees and Toes

Write out the word - Eyes - ask them the color of everyone they know - eyes

Write out the word - Ears - have them show you where their Ears are



### WEEK 2 - My Shoulders

Write out the word - Arm - point to their arms

Write out the word - Hand - point to their hands

Finger Paint on paper

Create Thumb Puppets - put a face on their thumb and pretend like it is talking

Play Patty Cake with their Hands

My Favorite Body Part

### WEEK 3 - My Knees

Write out the word- Leg - point to their legs

Show them their knees and do exercise bending

Time them as they run using their legs

Have them lay on the ground and lift their leg - 10 times

Sing the song Head and Shoulders

### Week 4 - My Toes

Write out the word - Toes - point to their toes

Sing - this little Piggy went to Market

Write out the word - Foot - point to one foot then write out the word - Feet - point to both feet

Write out their word Skin - ask them to show them skin - point all over their body

Practice Wiggling toes

## I know it....

Body Part	Date
I found my eyes	
I found my head	
I found my knees	
I found my toes	
I spelled eyes	
I spelled toes	
I spelled knees	
I know the song - Head and Shoulders	



### Objectives:

- Knowing Body Parts
- Writing Body Part Names



**YEAH  
KINDERGARTEN IS  
STARTING!**

**I KNOW HOW TO COUNT  
I KNOW HOW TO SPELL MY  
NAME  
I KNOW THE ALPHABET**

# FLASHCARDS



**APPLE**

**A**



**BAT**

**B**



**CAT**

**C**



**DOG**

**D**



**Egg**

**E**



**FISH**

**F**



# FLASHCARDS



**GIRAFFE**

**G**



**HAT**

**H**



**ICE**

**I**



**Jelly Beans**

**J**



**KITE**

**K**



**LION**

**L**



# FLASHCARDS



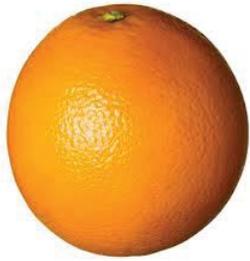
**MAT**

**M**



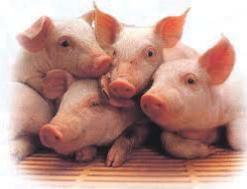
**NEST**

**N**



**ORANGE**

**O**



**PIG**

**P**



**Queen**

**Q**



**RABBIT**

**R**



# FLASHCARDS



SUN

S



TENT

T



UMBRELLA

U



VIOLIN

V



WATCH

W



XRAY

X





**YOYO**

**Y**



**ZEBRA**

**Z**



# FLASHCARDS



APPLE

**a**



BAT

**b**



CAT

**c**



DOG

**d**



EGGS

**e**



FISH

**f**



# FLASHCARDS



**GIRAFFES**

**g**



**HAT**

**h**



**ICE**

**i**



**JELLY BEAN**

**j**



**KITES**

**k**



**LION**

**l**



# FLASHCARDS



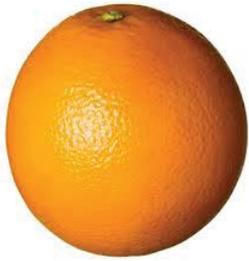
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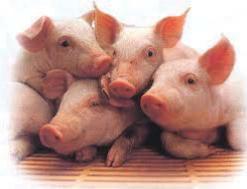
**NEST**

**n**



**ORANGE**

**o**



**PIGS**

**p**



**QUEEN**

**q**



**RABBITS**

**r**



# FLASHCARDS



SUN

S



TENTS

t



UMBRELLA

u



VIOLIN

v



WATCH

w



XRAY

x



# FLASHCARDS



**YO-YO**

**y**



**ZEBRA**

**z**

---

---



# FLASHCARDS

**ONE**

**1**

**TWO**

**2**

**THREE**

**3**

**FOUR**

**4**

**FIVE**

**5**

**SIX**

**6**

**SEVEN**

**7**

**EIGHT**

**8**

**NINE**

**9**



# FLASHCARDS

TEN

10

ELEVEN

11

TWELVE

12

THIRTEEN

13

FOURTEEN

14

FIFTEEN

15

SIXTEEN

16

SEVENTEEN

17

EIGHTEEN

18



# FLASHCARDS

**NINETEEN**

**TWENTY**

**TWENTY ONE**

**19 20 21**

**TWENTY TWO**

**TWENTY THREE**

**22**

**23**

**TWENTY FOUR**

**TWENTY FIVE**

**24**

**25**

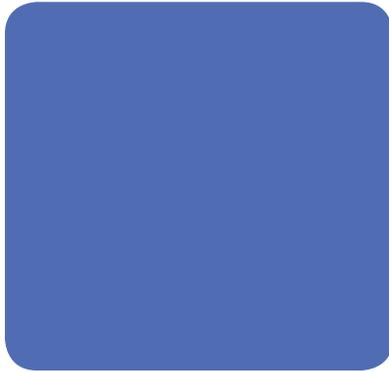


# FLASHCARDS

**RED**



**BLUE**



**GREEN**

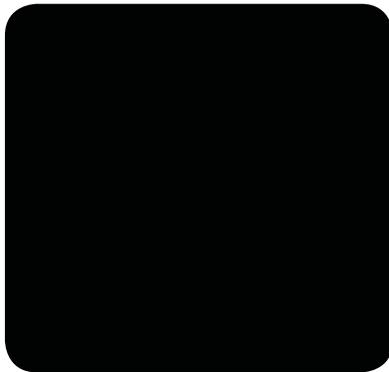


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**WHITE**



**BLACK**



**PINK**



---

**PURPLE**



**YELLOW**



**ORANGE**





# FLASHCARDS

**CAT**



**HAT**



**MAT**



**BAT**



**RAT**



**BALL**



**SMALL**



**TALL**



**FALL**





# IMPORTANT INFORMATION

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## IMMUNIZATIONS (KRS 214.036- provided by a physician)

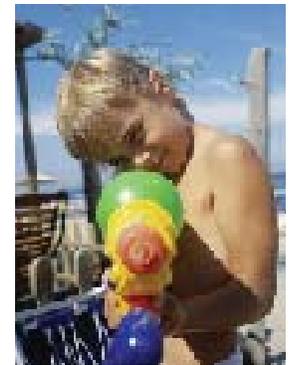
- Diphtheria
- Tetanus
- Poliomyelitis
- Rubeola
- Rubella



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## KINDERGARTEN REGISTRATION

- Check your school district, registration normally occurs in March or April for the next school year beginning in August.
- Proof of Residency is required for most school districts. Parents/Guardians should bring a utility bill, rental agreement or mortgage information. Note most school districts do not use a driver license as proof of residency.



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## STUDENT DOCUMENTS REQUIRED

- Birth Certificate
- Social Security Card
- Custody - documentation - this must be on file with the school
- Kindergarten paperwork (found on the website of the school system your child will be attending)
- Immunization record
- School Physical
- Eye Examination
- Dental Examination
- Transportation paperwork
- Emergency Information form



