

# On my way to K



**Every child is welcomed into kindergarten wherever they are in their learning journey.**



A child is learning right from birth and their educational journey lasts a lifetime.

Learning and education is envisioned as a continuum where children transition between home, child care and learning programs, and schools. While learning can happen in a variety of ways, there are activities, tasks, and routines that children can engage in to help smooth their transition from home and care environments to a school setting.

We invite families and caregivers to engage in some of the learning opportunities and routines below to support their child have a seamless transition to kindergarten. The more practice they have, the better prepared they will be for some of the learning situations they will encounter.

## LIFE SKILLS



- Establish a consistent bedtime routine that focuses on 9-12 hours of sleep at night. A 7 PM or 8 PM bedtime is recommended.
- Eat a healthy breakfast and nutritious snacks
- Practice washing hands independently with soap dispenser and paper towel
- Focus on physical and imaginative play and keep screen time to a minimum
- Use a tissue to wipe their nose all by themselves
- Visit public washrooms and have the child take care of business independently. The settings and sounds of public washrooms can be scary for children, so having a trusted adult support them prior to school can help them toilet successfully and avoid mishaps.
- Practice coughing into an elbow
- Participate in daily physical activity (e.g., go for walks, ride a bike, play at the playground)
- Recite their parents' full names. Knowing key information can support a child if they are lost or injured or being supported by a new adult

## ACADEMIC SKILLS



- Read together daily with parents, a caregiver, or other trusted adults and youth
- Take some opportunities to use crayons, pencils, paper, glue and scissors
- Give them simple multistep directions, such as, “Put your dish in the sink and your spoon in the dishwasher”

## CLASSROOM SKILLS



- Provide opportunities to dress and undress themselves without help, including buttons
- Hang up their coat and put on and take off their shoes (Velcro recommended)
- Practice opening food containers independently. Practice with what will be used in their lunch
- Clean up together after an activity or art project. Have them help sweep or pick-up things
- Practice with zippers and putting away things in a backpack

## SOCIAL SKILLS



- Have conversations about their day or their likes and interests
- Talk about what respect looks like. Explore what actions people can do to show respect for nature, people, and animals.
- Engage in compassionate activities like being a good friend/neighbor by helping others
- Play games that focus on cooperation, turn-taking, and sharing
- Name feelings and emotions like sad, happy and angry
- Teach them important words like safe/unsafe and friendly/unfriendly
- Play with others of the same age through playdates, sport teams, or by visiting StrongStart

