



Bringing Out The Best's Kindergarten Prep Series



Helpful Tips and Resources That Will Prepare Children and Families For Their Transition To Kindergarten:

- Register your child for Kindergarten here <https://www.gcsnc.com/Page/11599>
- Look out for open houses
- Participate in events and activities within your community and your child's school

To Learn more about Bringing Out The Best Visit:
<https://bringingoutthebest.uncg.edu/>



Important Themes

Managing Feelings and Emotions



- Watch age-appropriate videos about emotions
- Sing songs that help your child learn how to express their feelings
- Model how to label the emotions you feel, and encourage your child to label the emotions they feel
- When reading to your child, point out how the characters might feel
- Talk about things that make us happy, sad, scared, mad, etc.
- Watch the “Just Breathe” Video on Youtube
<https://www.youtube.com/watch?v=RVA2N6tX2cQ>
- Watch “How to create a Calm Kit” on Youtube
https://www.youtube.com/watch?v=n_EWf0fAY8A



Establishing Independence



- Encourage your child to practice putting on their coat
- Practice using buttons and zippers
- Encourage your child to practice putting on and tying their shoes
- The practice taking care of toileting needs with little to no assistance
- Encourage your child to practice using words to make

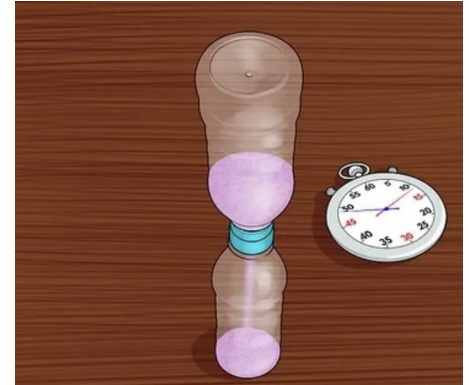
needs or wants known

- Practice opening food containers and wrappers
- Let them pick out their outfit and dress themselves
- Learn about the importance of using visual schedules and how you can make one in the video “ Making a Daily Visual Schedule” On Youtube

<https://www.youtube.com/watch?v=8jy38B2F5q4>

Sharing/Taking Turns

- Instructions on making a sand timer
 1. Wash and dry completely 2 soda bottles
 2. Remove the top and plastic ring from around the neck of the bottle
 3. Using a funnel, pour about ½ cup of white sand into a bottle
 4. Add colored sand (about another ½ cup) and shake to mix
 5. Attach “tornado tube” to bottle one and top off with bottle two, tighten to make sure it is secure.
 6. Get your stopwatch ready and as you flip the bottles, start the timer.
 7. Add or take out sand to have it get to the time you desire.
 8. This may take a few times of flipping and timing to get it right.
 9. Add the label to mark how long the timer is. (create your label using the label maker)
 10. If you have leftover sand, place it in a small plastic container in a sand timer box.
- Visit this website for Tips on using a sand timer
https://drive.google.com/file/d/1Vl5GmqGsWL0U_8_6YwwC02G5rRjUk7j/view
- Role model sharing/taking turns at home
- Make sharing fun
- Focus on the positive
- Play games that involve taking turns
- Teach them how to trade



Self-Regulation

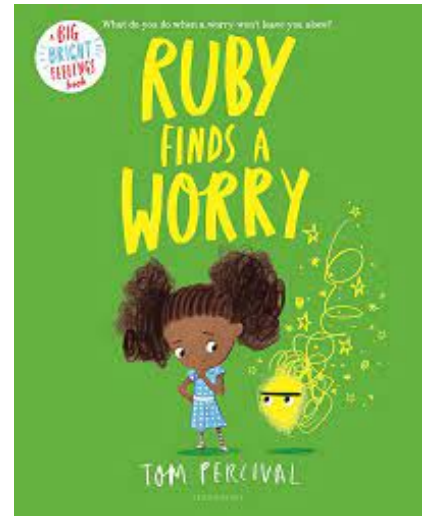
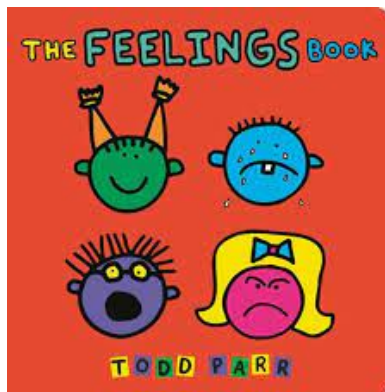
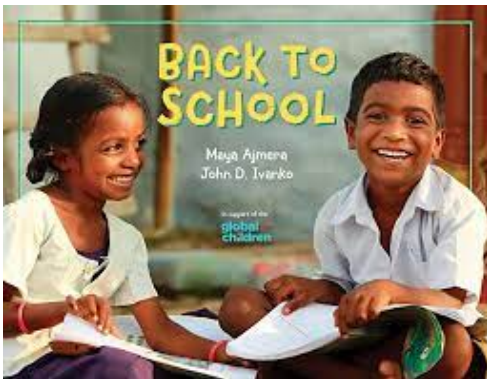
- Be supportive by using positive language and reinforcement
- Practice deep breathing (ex. blowing out a candle or smelling flowers) Watch “Candle and Flower Breathing” on Youtube https://www.youtube.com/watch?v=qTN_MtV5TFw
- Provide multiple choices of activities for children to explore
- Encourage children to make their own decisions based on their interests



Books To Explore

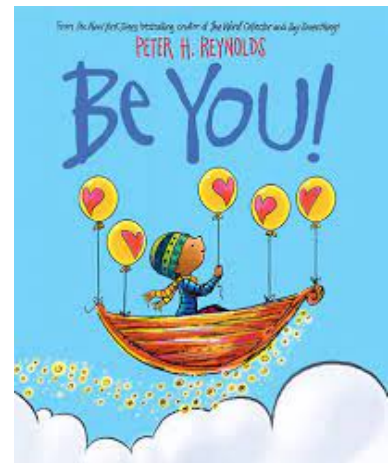
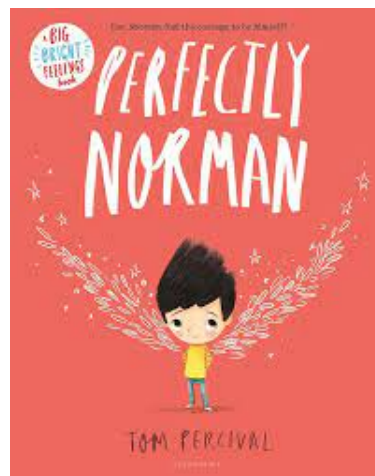
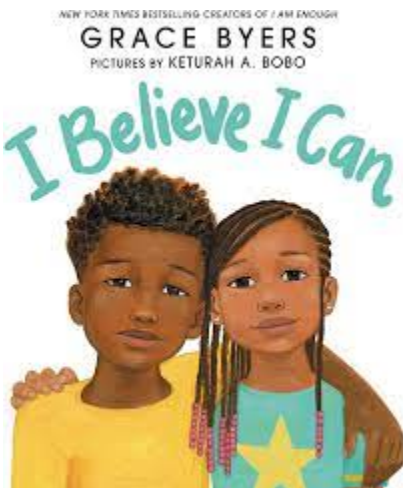
Books related to managing feelings and emotions:

- Back To School By: Maya Ajmera and John D. Ivanko
- The feelings Book By: Todd Parr
- The Color Monster By: Anna Llenas
- Ruby Finds A Worry By: Tom Percival



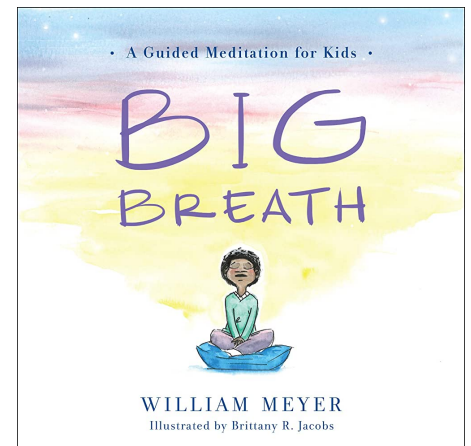
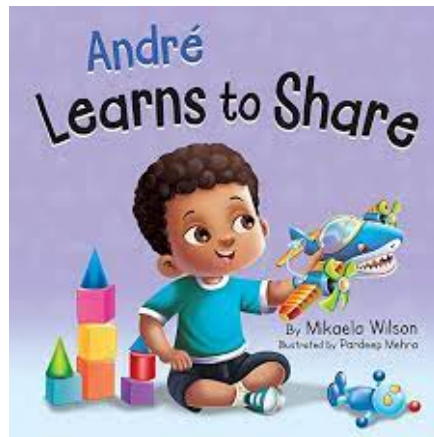
Books related to establishing Independence:

- Be You By: Peter H. Reynolds
- I Believe I Can By: Grace Byers
- Perfectly Norman By: Tom Percival



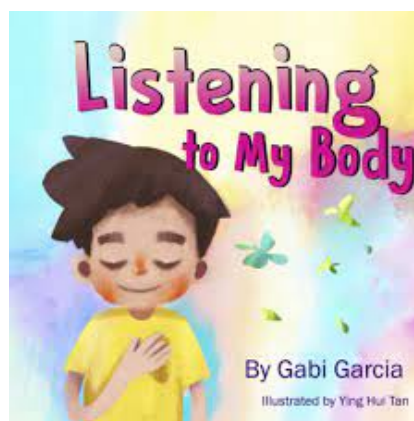
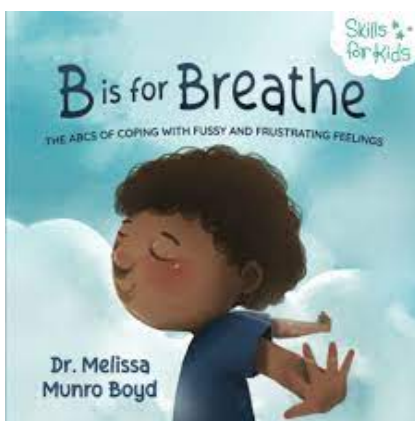
Books related to sharing and taking turns:

- Watch and listen to our intern Emma Lowe read the book How To Be Kind In Kindergarten By: DJ Steinberg on Youtube: <https://www.youtube.com/watch?v=YdhnpijwBu1M>
- Andre Learns To Share By: Mikaela Wilson



Books related to Self-Regulation:

- Watch and Listen to our intern read the book Big Breath By: William Meyer on Youtube: <https://www.youtube.com/watch?v=wxAlf2ixYZU>
- B is For Breathe By: Melissa Munro Boyd
- Listening To My Body By: Gabi Garcia



Q&A With A Kindergarten Teacher

In Guilford County!

1. What are some routines families can implement at home to prepare their child for Kindergarten?

Practicing eating lunch in about 25 minutes, opening items on their own.

Getting up and going through morning routines they would have in place

-Going to bed at a good hour

-Practicing reading to your child nightly so that becomes routine

2. How do Kindergarten routines differ from Pre-K routines?

-Pre-k is play based, and while we try to add in as much play and hands-on activity into our day we cannot play as much as they do. There is a lot more learning and sitting time in Kindergarten than pre-k. There are no longer naps in kindergarten. We also have to work on academic skills all day where in pre-k they can focus on social skills along with academics.

3. What topics should families and children be aware of that children will present in your classroom?

If you mean academic topics we learn about letter sounds, names, decodable words, digraphs, blends, reading for comprehension. In math we do numbers to 10,

shapes (2D & 3D), counting to 100, addition and subtraction, comparing numbers, and teen numbers.

We learn about Native Americans, Columbus and the Pilgrims, Colonial Towns and Jobs, Presidents, Farms, Plants, Holidays, and a few other topics.

4. In order to prepare children to attend a new and larger school with older children, how would you recommend making their transition successful?

Talking about it ahead of time and only in a positive light. "Kindergarten will be so much fun!" Paint your child's teacher in a positive light and remind them their teacher will keep them safe and help them have fun.

Don't push them to be excited, it is okay to be nervous. Remind them they will know their way around their new school in no time and they will mostly stick with their class or a buddy to navigate the school.