



# PREPARING FOR KINDERGARTEN

Caregivers and their families are the first and most important teachers for their children. Families do a lot of preparation for kindergarten through things they do naturally everyday. Explore ideas you can do with your children at home that supports their development.

A child learns through play at home...

Creating with recyclable materials such as cardboard and egg cartons fosters creativity and imagination.



Going for walks in the neighbourhood promotes socialization as children meet and play with other families. Children can also explore the nature around them.



Playdough encourages children to practice their fine motor skills like cutting, rolling and squishing. It promotes learning through our sense of touch, sight and smell.



# Getting Ready for Independence

- Use the washroom, including washing and drying hands.
- Dress and undress themselves without help, including buttons and zippers
- Hang up coat, put on and take off shoes.
- Open food containers and eat independently.
- Clean up after themselves and be responsible for their own materials.
- Zip and unzip backpack and carry their own things.



# Getting Ready to Socialize

**Social emotional well-being leads to success in kindergarten.**

- Play cooperatively through turn-taking and sharing.
- Name feelings and emotions like sad, happy and angry.
- Understand terms like safe/unsafe and friendly/unfriendly.
- Experience playing with others of the same age through playdates or school teams.
- Wait for turns, listen to others and speak clearly.
- Understand and follow simple multi-step directions.
- Respectful towards others including peers, siblings and adults in the family, school and community.
- Show compassion and empathy by being nurturing towards others
- Understand their unique and special role in the family.
- Feel appreciated and loved.



# Importance of Play

The kindergarten classroom is an active environment in which children learn with their bodies, minds and hearts. The program is designed to meet the needs of young children who learn in a variety of ways and at different rates - each child is unique!

Play is essential to children's healthy development and learning. Play enables children to develop a greater understanding of their environment and to make sense of the world.

CHILDREN LEARN THROUGH A VARIETY OF PLAY-BASED ACTIVITIES INCLUDING:

- Physical movement, music and the arts
- Hands-on activities
- Making choices
- Thinking and talking about their learning
- Exploring, creating and playing with materials and each other
- Developing literacy and mathematics skills through the day
- Experimenting with print
- Investigating curiosities and wonders

THROUGH THESE ACTIVITIES CHILDREN WILL ALSO PRACTICE:

- Accepting responsibility for their actions
- Cooperating with others
- Accepting and respecting others

