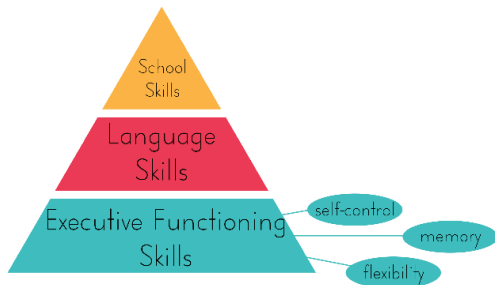


# Today's Topics: Kindergarten Readiness

## Overview and Things to Know:

Before kids can start learning academic skills, they need a foundation in what is called executive functioning skills.



Practice in areas like self-control, memory, and flexibility will provide the base for language skills, which in turn support other academic skills.

You already do a lot of this skill-building at home already! To increase benefits, answer your child's questions honestly throughout the day, and ask questions about what they think and why they think that way.

You may understandably be nervous about your child starting kindergarten! As much as you can, don't let them see your nerves, only your excitement. Allow them to discuss their feelings about starting kindergarten, and encourage them.

## Activities We Did:

- We listened to a song to practice following directions
- Told a story together: we practiced taking turns and holding information in working memory
- Stations that focused on sorting, observation, memory, and/or sequencing
- Played with pretend play toys, which helps build executive functioning skills like memory, attention & flexibility

## Things to Try at Home:

- Play Simon Says: take turns being Simon, so that your child can practice both following directions and making decisions
- Play I Spy: build observational skills

## Songs to Listen to:

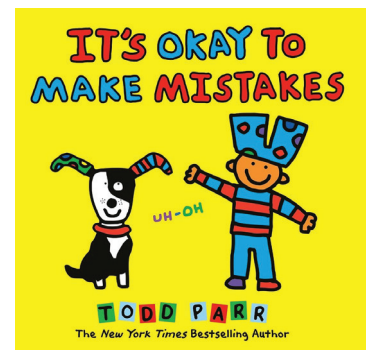
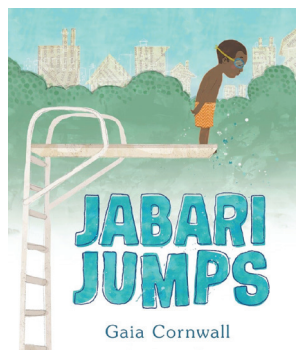
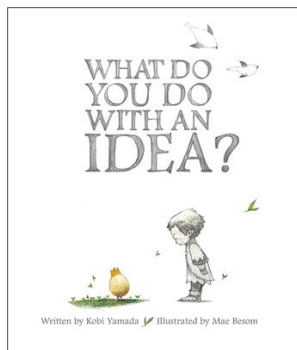
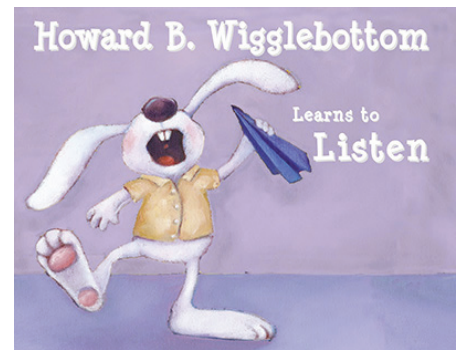
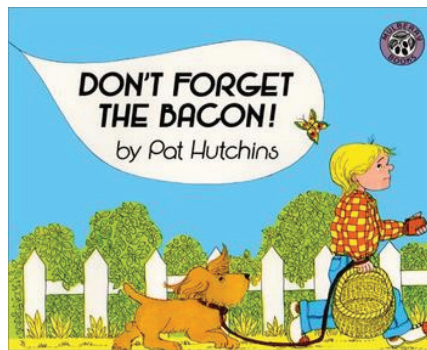
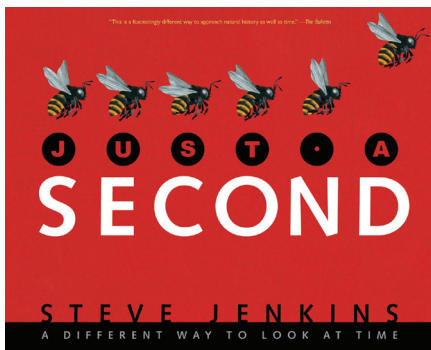
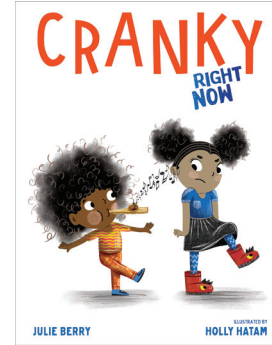
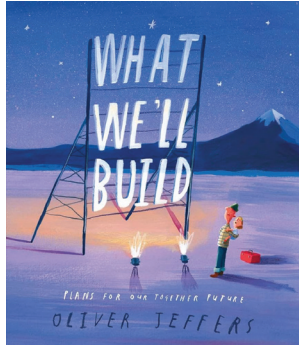
- Songs for pretend play: Laurie Berkner's The Airplane Song, The Goldfish, We are the Dinosaurs; Sleeping Bunnies by the Kiboomers
- Songs for self-control: Jim Gill's Silly Dance Contest, Jumping and Counting; Stop and Go by Ella Jenkins
- Songs for routine and transitions: Clean it up! by Juicebox Jukebox; I'm Washing my Hands by Nancy Kopman

## If You Want to Dive Deeper:

- More on Kindergarten Readiness: <https://busytoddler.com/wpcontent/uploads/2023/03/Busy-Toddler-Kindergarten-Readiness-2023.pdf>
- More on Executive Functioning: <https://developingchild.harvard.edu/guide/a-guide-to-executive-function/>  
<https://developingchild.harvard.edu/resources/handouts-tools/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>

# Books to Check Out

## For the Pre-Kindergartners



## For the Grownups

