

Skills you can help your child with at home:

Academic

- ❖ Writing his/her name (first letter uppercase and the rest of the letters lowercase)
- ❖ Counting and identifying numbers 1-20
- ❖ Writing both uppercase and lowercase letters (start letters at the top)
- ❖ Knowing the names of uppercase and lowercase letters, and their sounds
- ❖ Read to your child for at least 15 minutes per day
- ❖ Talk about the calendar numbers, days of the week, and months of the year.
- ❖ Be observant. Talk about what they see around them and compare different objects based on their shape, size, color, etc.
- ❖ Learning their home phone number and the names of their parents
- ❖ Ask your child questions about the books that you read together

Motor

- ❖ Holding the pencil correctly (3 fingers only!)
- ❖ Cutting with scissors
- ❖ Coloring inside the lines

Social/Emotional

- ❖ Approach mistakes as chances to learn
- ❖ Use nice words with family members and friends
- ❖ Make sure your child has regular eating and sleeping habits, so he/she is well rested for school.
- ❖ Set up a good-bye routine so your child feels comfortable when entering school and sure of who is picking him/her up after school.
- ❖ Expressing themselves with words when they are feeling strong emotion rather than with actions.

Independence

- ❖ Buttoning pants
- ❖ Zipping up jackets
- ❖ Washing hands
- ❖ Brushing teeth
- ❖ Choosing their clothes in the morning and getting dressed
- ❖ Tying their own shoes
- ❖ Zipping up their lunchboxes
- ❖ Opening and closing a Ziploc bag, Tupperware, thermos, etc.

TK Math Year at a Glance

Calendar Skills

Days of the Week

Number Recognition

Counting (days of school and days in a month)

Trimester 1

Colors

Introduction to shapes (circle, triangle, square, rectangle)

Recognize numbers 1-5

Count from 1-10

One-to-one correspondence 1-5 objects

Vocabulary: larger, smaller, longer, shorter

Introduce comparing two groups

Introduce addition

Introduce sorting

Trimester 2

Recognize circle, triangle, square, rectangle

Recognize numbers 1-10

Count from 1-20

One-to-one correspondence 1-10 objects

Identify the larger of two groups

Compare two groups

Introduce subtraction

Sort with manipulatives

Trimester 3

Recognize circle, triangle, square, rectangle

Recognize numbers 1-20

Count from 1-30

One-to-one correspondence 1-20 objects

Identify the larger of two groups

Compare two groups

Addition and subtraction

Sorting by more than one attribute

Suggestions to Strengthen Fine Motor Skills And More:



- Cut pictures out of newspapers or magazines.
- Play with small beads, Legos, Tinkertoys, Lincoln Logs, and so forth.
- Knead and build with Play-Doh, Model Magic or clay.
- Find hidden objects in the Play-Doh, Model Magic, clay or sand.
- Play Pegboard Games, Chinese Marbles, Connect Four, Operation, Pick-Up Stix
- Use tweezers to pick up small household objects and place them in a container.
- Play with any toys that involve manipulation of small pieces.
- Squirt water bottle outdoors on the sidewalk.
- Finger paint with Jell-O or cocoa dry or mixed with a little water on a paper plate.
- Form letters with small marshmallows and toothpicks or design objects.
- String popcorn, buttons, or beads to make necklaces/chains.
- Create a design on paper with a hole punch.
- Play tug-of-war with a coffee stirrer. Hold the stirrer only with the thumb and index finger.

Sensory Integration Activities

incorporate handwriting with multisensory tactile experiences (e.g., writing on the mirror or blackboard with foam soap, drawing in the sand).

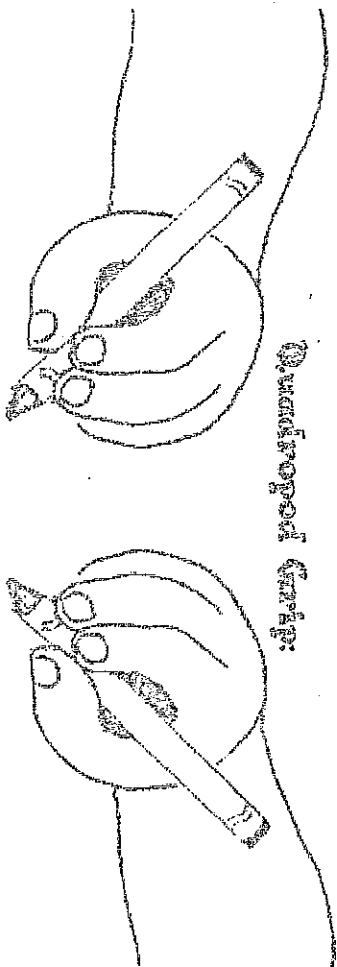
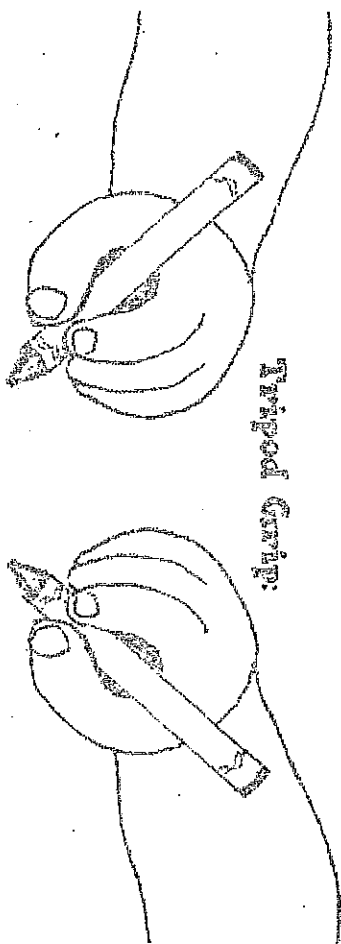
Perceptual Activities

Play a visual memory game on the board where first, give the child a couple of letters; then let them look; and then erase them. They have to remember the letters on the board and write them neatly (Practice Uppercase and Lowercase). Progress to CVC Words and High Frequency Words. * Do numbers as well. Another suggestion is to use uppercase magnet letters on a cookie sheet in place of writing them.



What is the Correct Grip?

ere's a picture. Notice that there is a choice. Some children like to pinch with the thumb and pointer. That's the tripod (pinch the thumb and pointer, pencil rests on tall man). Others like the quadropod (pinch with thumb and pointer/tall man together, pencil rests on ring finger).



What else can I do?

ick up and Drop it! This is a fun way to practice placing the fingers correctly. Help your child pick up the pencil or crayon and get all the fingers placed. Then drop it! See if your child can put all the fingers back in the right place again. Repeat two or three times.

ow your child how to hold and move the crayon to make different strokes, back and forth, up and down, round and round. Help the pencil or crayon hand rest on the paper, with the elbow down and the hand touching the paper. Help the helper hand hold the paper.