

cotton ball while coloring or writing. By holding the cotton ball in place, the remaining fingers are forced to grip appropriately.

- Use the white board and a write-on/wipe-off crayon or dry-erase marker to have your child attempt to draw a self-portrait. Encourage your child to include at least five body parts such as head, arms, legs, eyes, and a mouth. Once your child has accurately drawn a basic self-portrait, teach him or her to add other parts such as fingers, feet, nose, hair, ears, etc.

## Gross Motor Skills

Gross motor skills are the abilities needed to control the large muscles of your body, including large movements of the arms, hands, legs, and feet. Gross motor skills allow children to run, jump, hop, skip, and more. The activities listed below will encourage your child to use the large muscles in developing gross motor skills.

- Use the animal picture cards with the green border. Display a card and have your child move like that animal would move. For example, your child could hop like a frog, slither like a snake, or flap like a bird in flight.
- Play “Follow the Leader.” Have your child follow and mimic you. Make sure to include large gross motor movements such as jumping, hopping, arms waving, etc. You may also want to reverse the roles and have your child be the leader with you as the follower.
- Use the beanbag in this kit to play an easy game that involves the gross motor skills of balancing and body recognition. Have your child stand up and hold the beanbag in his or her hand. Instruct your child to put the beanbag on a body part. For example, you might say, “Put the beanbag on your elbow.” After putting the beanbag on that body part, see if your child can balance it there while you count to ten (or twenty to make

it more challenging). Try a variety of body parts and even some tricky ones like your little finger, your big toe, or your eyelash!

- Use the beanbag and play simple games of catch. Encourage your child to throw and catch with both hands.
- Use the beanbag or a rubber ball to strengthen muscles in the legs. Instruct your child to put the beanbag (or ball) between his or her knees, and then jump or walk or hop.
- Always encourage your child to be physically active to ensure good development of the large muscles of the body. Learning to bounce a ball, ride a bike, skip, skate, kick a football, and swimming are great activities for your child to participate in.











## Reading Skills

Reading aloud to your child each and every day is one of the most important ways for your child to develop literacy skills. Giving children direct contact with books is very important for increasing their attention spans and listening abilities, and developing their vocabulary. Aside from reading aloud to your child, there are some additional reading activities listed below that will benefit your child greatly.

- Read daily and read often. Make reading part of your daily routine. Read predictable books and reread favorite books. As you read, talk with your child. Encourage your child to ask questions and discuss the story that you just read.
- Children are expected to come to kindergarten with appropriate “book-handling skills.” Children should know how to open a book, turn the pages, follow the words and story from left to right and top to bottom, and run their finger under the words while reading.



# Checklist

-  **Social Skills**
-  **Self-Help Skills**
-  **Speaking Skills**
-  **Listening Skills**
-  **Fine Motor Skills**
-  **Gross Motor Skills**
-  **Literacy (Reading & Writing) Skills**
-  **Math Skills**
-  **Thinking & Problem-Solving Skills**
-  **Creative Skills**