

Buffalo•Toronto Public Media



Building Blocks for Learning Early Learning Skills

Ready to start Kindergarten?

Your friends from Buffalo Toronto Public Media have created this Early Learning Skills resource! Use this anytime, anywhere to get your child ready for Kindergarten.

In this resource, you will find two things - key skills to have ready for Kindergarten and activities you can do to build those skills. Your child should be able to complete these activities to be ready for Kindergarten!

[FOR PARENTS: A Five-Minute Mental Health Check In](#)

Let's take some time to talk about you! Life is really tough for adults right now, and if you take a few moments to check in on you, both you and your child can benefit.

- Have you had something to eat?
- Take a moment to take a deep breath, invite your child to join.
- Take a nature break, step outside for a moment. What do you see, hear, smell?
- Have you had enough sleep?
- Taking a quick shower is a great way to reset!
- What's a recent victory (no matter how small) that you've experienced?

If you are having a mental health crisis, call Crisis Services 24-Hour Crisis Hotline at 716-834-3131.

SKILL

Identify colors of the rainbow (red, orange, yellow, green, blue, and purple) and basic shapes (circle, square, triangle, rectangle, oval, diamond).

Math/Oral Fluency

I can do it!

ACTIVITY

On a blank sheet of paper, invite your child to draw shapes using different colors. Tell your child the name of each shape and color as they draw. Adults can show how to draw shapes on their own paper.

SKILL

Use objects to show and name quantities (1=one button, 2=two buttons, 3=three buttons...up to 10).

Math/Oral Fluency

I can do it!

ACTIVITY

At the grocery store, ask your child to count vegetables or fruits as you put them into the cart.

SKILL

Can make identifiable forms using pencil, crayon, or marker.

Physical/Motor Skill

I can do it!

ACTIVITY

Using blank sheets of paper, ask your child to draw pictures of some of the favorite things from their life: people, pets, food, toys, places, etc. Parents can draw their favorite things too!

SKILL

Child can dress themselves and independently use the bathroom.

Physical/Motor Skill

✓ **I can do it!**

ACTIVITY

Ask your child to choose their own outfit for the day! Start small with a single item. Over time, add more to their dress routine. Practice with a favorite song to make this even more fun!

SKILL

Uses verbal or non-verbal communication effectively to communicate needs, wants, and feelings.

Social & Emotional Learning/Oral Fluency

✓ **I can do it!**

ACTIVITY

Make a feeling face (sad, happy, angry) while looking into a mirror. Ask your child to guess the feeling. Name different feelings and talk about times when you and your child have felt these emotions.

SKILL

Plays cooperatively with others, take turns with peers.

Social & Emotional Learning

✓ **I can do it!**

ACTIVITY

Create something together by taking turns! Together with your child, you can draw a picture, build a tower of blocks, make a salad, or construct a pattern of items (fork, spoon, knife, etc.)

SKILL

Able to clean up after themselves when asked (clothes, toys, and shared spaces).

Social & Emotional Learning

I can do it!

ACTIVITY

Use your child's favorite song to make clean up time a fun routine for you and your child.

SKILL

Can follow 1-2 step directions (First, you... Second, you...).

Social & Emotional Learning

I can do it!

ACTIVITY

Make a list of all the two-step routines that are part of a normal day for your child (wash your face AND brush your teeth; sit in your car seat AND buckle up; find your shoes AND put them on). Start by doing them together, working gradually toward having your child do them on their own, always saying the steps aloud.

SKILL

Can recognize their first and last name in print.

Reading/Oral Fluency

I can do it!

ACTIVITY

Make a name puzzle! Write each letter of your child's first and last name on individual pieces of paper or cardboard. Ask your child to put the letters in the order and spell their name. Start with all capital letters, then change to lower case letters as your child begins to master this activity.

SKILL

Is able to follow a complete story, including beginning, middle, and end. Can retell favorite parts of a story.

Reading/Oral Fluency

I can do it!

ACTIVITY

Using ordinary things from your home, such as socks, gloves, paper bags, or popsicle sticks, create puppets! Use characters from your child's favorite book, TV show, or make up your own. Have the puppets tell a story.