

SUMMER LEARNING GOING INTO FIRST GRADE



SLEEP HABITS

Get ready for the next day (clothes, books, etc.) as part of night routine. This will help create a smoother morning.

Your first grader will have a hard time focusing and learning in school without enough sleep.

- ❖ Be firm on bedtime
- ❖ Be consistent about bedtime
- ❖ Use a clock or timer for wind down time so they know bedtime is approaching.
- ❖ No electronics to help start to quiet the brain
- ❖ Read aloud. Having this time together is precious and also helps to strengthen your child's brain.

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Tarantini S, Brooks LJ, Chrousos CP, Heit W, Kirschner S, Lloyd RM, Minkov B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wink MS. Recommended amount of sleep for pediatric populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 28; 12(5):585-596. Published 2016 May 28; PMID: 27208209.

FORMING ROUTINES



- Snack time
- Dinner time
- Play time
- Wind down time
- Bedtime

- ❖ Review schedule and times with your child so they know and understand tasks and expectations

In September:

- ❖ Add: Homework time (pack up when done) & Extra curricular activities to schedule.
- ❖ If your child has papers for you to look at/sign/fill out, where should they go?
- ❖ Review time. Give yourself a set time to sit and review papers/notes and return them directly to your child's book bag. We know mornings can sometimes be hectic!

****Keep in mind that you are setting the stage for habits that will help your child for their rest of their life.****
This is a busy and important year, but don't forget to have fun along the way!

SUMMER LEARNING

- ❖ About 15 minutes of summer learning a day.
 - Summer learning can be the resources in your backpack, resources you have at home, and the "everyday" concepts suggested throughout this video.
- ❖ Create a space away from noise and distractions.
 - Have supplies readily available in space.
- ❖ Use a timer to help child stay focused on the task at hand.
- ❖ Be supportive by monitoring progress and give help if needed. Do not do the work for your child.

If there is no assigned work, practice flash cards of math facts or spelling words, or have your child read a book.



THINGS YOUR CHILD SHOULD WORK ON IN PREPARATION

- ❖ Birth month
- ❖ House number, street name, city, state, zip
- ❖ Phone number
- ❖ Their hair and eye color
- ❖ Be able to list their favorite things
- ❖ Their hobbies
- ❖ Name of their school and teacher
- ❖ Addition and subtraction facts
- ❖ Short vowel sounds and identifying them in a word
- ❖ Writing a complete sentence with capitalization and punctuation
- ❖ Count, read, and write to 100
- ❖ How to state an opinion on a topic "I think..." "I feel..."
- ❖ Use 5 senses to describe objects
- ❖ Zipper coat and tie shoes



READING IS EVERYWHERE



Your child's vocabulary is building every day. There are so many opportunities to reinforce reading skills. Just look around!

Read alouds- children benefit from hearing adults, or older siblings read fluently and with expression. Have your child read to an adult, sibling, pet, stuffed animal.

Multitasking- Let your child read to you while you are driving, doing chores, or cooking.

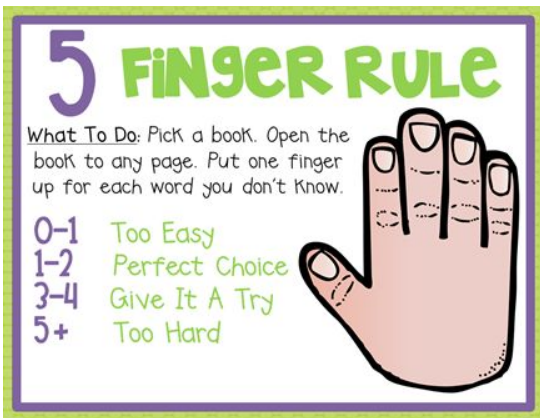
Make it a play- as you reading the story have your child act it out.

Make it fun! Build a fort to read in. Read in the dark with a flashlight. Read to a stuffed animal. Read in a sunny spot. Read under a table.

Play games:

- I Spy- "I spy a word that starts with the letter M"
- Find the food- spell a word and see if your child can find it. Let them spell foods they see for you to find.
- Is it a noun? Give your child a word and ask them if it is a noun (person, place, thing, or animal)
- Rhyme Time- "I'm thinking of a word that rhymes with bat..."
- I'm thinking of...- "a vegetable that is green"

HOW TO FIND A BOOK



HOME LIBRARY (SUGGESTED BOOKS)

- 📖 Fly Guy Series by Tedd Arnold
- 📖 Books by Mo Willems
- 📖 It's Okay to be Different by Todd Parr
- 📖 There Was an Old Lady Series by Lucille Colandro
- 📖 Pete the Cat Series by James Dean
- 📖 Books by Dr. Seuss
- 📖 I Love My Hair by Natasha Anastasia
- 📖 Henry and Mudge Series by Cynthia Rylant
- 📖 Biscuit the Dog Series by Alyssa Satin Capucilli
- 📖 Islandborn by Junot Diaz
- 📖 Rosie's Family: An Adoption Story by Heather Burrill
- 📖 The Name Jar by Yangsook Choi
- 📖 Frog and Toad Series by Arnold Lobel



First graders should be writing every day. Here are some fun ideas.

- ❖ Make cards for others: birthday, get well, thank you, thinking of you, just because
- ❖ Word art: practice spelling words with toothpicks, play-doh, ribbon, pipe cleaners—anything that can be reused.
- ❖ Play with your food: Use pretzel sticks and circles, cereal, uncooked macaroni, or magnets to spell words
- ❖ Spelling fun: use shaving cream, sand, dirt, cornmeal, pudding, to write spelling words.
- ❖ Rainbow Writing—have your child write the words in one color and then trace over it with two or three different colors.

SPELLING AND WRITING

Where?

- Car ride
- Dinner time
- Wind down/ bed time

How?

- Ask your child questions that they cannot just answer with a 'yes' or 'no'
 - What made you happy about today?
 - What did you enjoy about today?
 - What do you wish you didn't have to do today?
 - What activity did you really like doing today?
 - What was your favorite part of the day today?

Let the questions spark further conversation.

FAMILY CONVERSATIONS

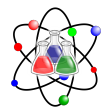
MATH AT HOME OR ON THE GO



- ❖ What shape is that?
- ❖ What coin is this?
- ❖ Grocery math—how many ___ did we buy?
- ❖ Looking at signs or license plates to identify numbers or words
- ❖ Everyday Math
 - Laundry—how many socks are yours? Mine? How many all together?
 - Kitchen—how many bananas do we have?
 - Recycling—how many bottles do we have to recycle?
- ❖ Simple addition and subtraction facts
 - Flashcards
 - Create a fun one minute, 10 facts sheet to see how many they can correctly answer.
 - Verbal fact practice

SCIENCE & SOCIAL STUDIES ALL AROUND US

- ❖ Look!
 - While outside or going for a walk talk about the change of the seasons.
- ❖ Create!
 - A weather chart for each month. Your child can draw a picture for each day (sun, cloud, rain cloud)
- ❖ Grow!
 - Plant something simple together and watch it grow. Describe the plant using as many of the 5 senses as you can.
- ❖ Discover!
 - Go on a nature walk and look for animals. Then research information in books about them.
- ❖ Start a collection: rocks, shells, pressed leaves or flowers, photographs of plants or animals.
- ❖ Holidays
 - Why do we celebrate them? What is the history behind them?
- ❖ Saving Money
 - Help your child learn about spending and saving by having them complete chores for money.
- ❖ Maps
 - Use maps to explore places where you live. Draw a map of house, street, neighborhood, etc.
- ❖ Diversity – celebrate differences in traditions, appearance, dress, and food.



AFTER SCHOOL FUN - CHECK LOCAL LIBRARY FOR FREE PASSES



Hands-on Museum	Cooking Class
Zoo	Art lesson at local craft store
Aquarium	Planetarium
Local Library	Instrument/Voice Lesson
Local Theatre	Gymnastics Class
Roller or ice skating	Karate
Bowling	Fitness or dance class

Play!!!

LEARNING ON THE ROAD

- ❖ Alphabet Hunt
 - Start at the beginning and shout out something you see that begins with that letter. Go in order.
- ❖ Number Hunt
 - Start with one. Go in order. "I see 1 tree. I see 2 cows."
- ❖ Shapes Hunt
 - Find 3 things per shape.
- ❖ Memory Games
 - "I went on a picnic and I brought an **apple**, I went on a picnic and I brought an apple and **bread**"
- ❖ Pattern Games- verbal (circle, square, circle...)
 - Increase difficulty as your child gets better
- ❖ Magnet spelling- have letters and cookie sheet for a board.
- ❖ Audio book & discussion
- ❖ My favorite _ _ _ _ is...- let each person in the car have a turn. Spark discussion!

FAMILY FUN NIGHTS

- ❖ Movie Night
- ❖ Game Night: Board Game, Card Game, BINGO
- ❖ Flashlight Tag
- ❖ Make a fun dinner together (make your own pizza)
- ❖ Backyard Camping
- ❖ Scavenger Hunt around the house or neighborhood
- ❖ Arts and Crafts Night
- ❖ Bike Ride as a family
- ❖ Children's Choice



REFERENCES

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