

A cartoon illustration of a man with dark skin and curly hair, wearing a white shirt and tan pants, standing on the left with his hands on his hips. To his right are four children: a boy with dark skin and a girl with dark skin, both smiling, and two girls with light skin, one in a yellow shirt and one in a purple dress, also smiling. On the far right, two more children with light skin, a boy in a green shirt and a girl in a pink dress, are jumping happily. The background is a dark blue grid pattern.

# LET'S TALK ABOUT... SCHOOL READINESS

An instructional video for parents, teachers  
and schools

*Comanche Elementary School*  
*PreK & Head Start*

**Is My Child Ready For PreK?**





# SELF SUFFICIENCY

- Able to take care of ALL toileting needs  
Wipe, Flush, Button Pants, Wash Hands, etc.  
(MUST BE OUT OF DIAPERS OR PULL-UPS WITH VERY LITTLE TO NO ACCIDENTS)
- Able to dress themselves
- Able properly feed themselves with utensils and remain seated at the table.
- Able to separate from you without crying or having a meltdown.
- Able to communicate needs and talk in complete sentences of at least 5-6 words
- Able to load themselves in the car and buckle up.



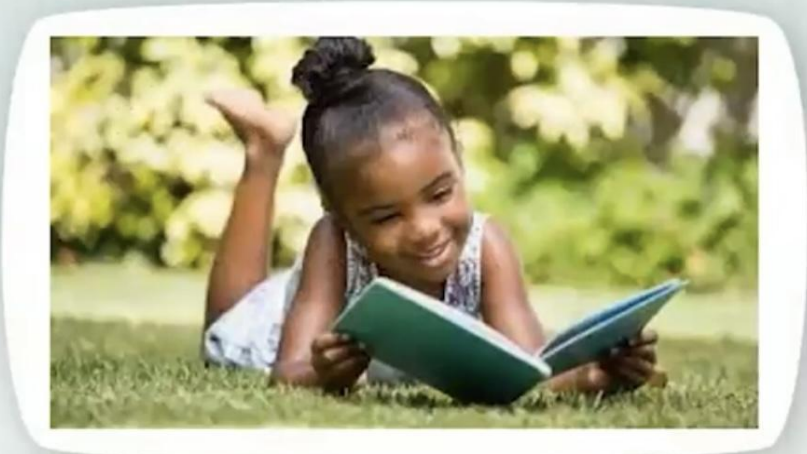


# *SOCIAL SKILLS*

- Able to tolerate small levels of frustration without exploding into temper tantrum or crying inconsolably.
- Able to follow simple directions
- Respect authority and obey rules
- Beginning to share with others
- Able to interact with small and large groups
- Able to understand the concept of “kind touches” and how to use them



# Components of School Readiness



# Language & Literacy

Reading, writing, and reading comprehension skills



# Identifying letters at home

Directions: Use pictures in a magazine or book to help your child identify letters

See example below:

Letter Bb

B is for Bed

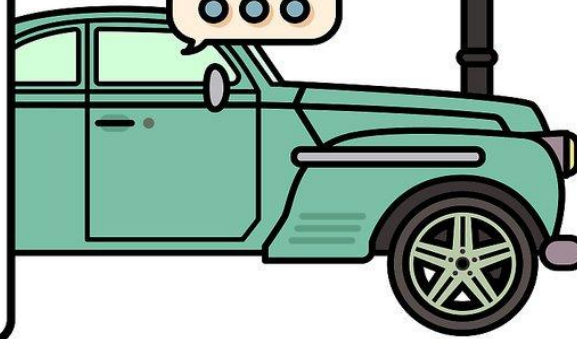
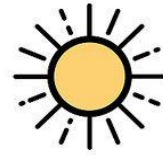


# Identifying letters in your community



**DISCOVER  
LETTERS IN YOUR  
SURROUNDINGS  
WHEREVER  
YOU GO**

Use street signs,  
billboards, magazines,  
clothing, or anything  
with words on it.





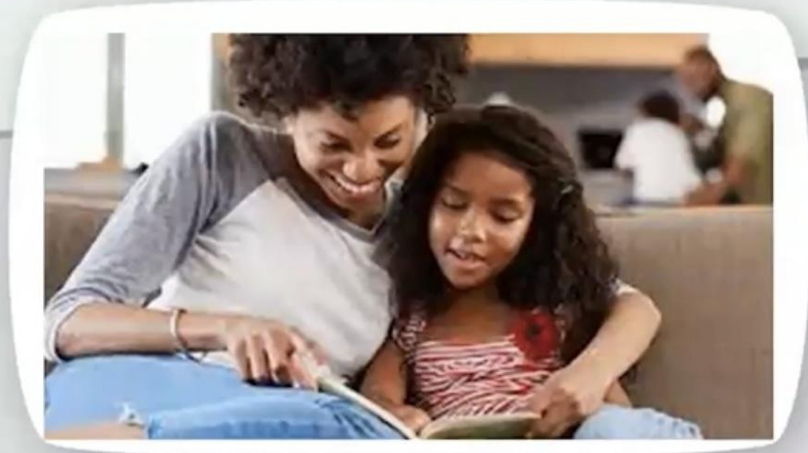


Reading to your child

Listening to audio books

Visiting the library

Having conversations



Additional  
activities that  
enhances your  
child's  
Language and  
Literacy skills



# Fine Motor



To develop fine motor skill's is being able to use your fingers to grasp items and develop hand eye coronation.



# Hand Eye Coordination



Games such as ring toss can help children develop their fine motor skills and hand eye coordination. They are using their vision to determine where to throw the ring.



# Writing



Use paper and crayon and or pencil to practice making lines, marks, circles, and grasping a writing tool.

These are fine motor skills that will help your child/ children to be able to fine tune his or her writing as they develop.



# S.T.E.M

Science Technology Engineering & Math



# Fun Science Activity



## SINK OR FLOAT EXPERIMENT

With your child, make predictions on which items will float and which will sink and then see if you were right.



# Fun Science Activity



**Corn Starch & Hair Conditioner**

<https://youtu.be/IWfD0eFOnLM>



# Fun Technology Activity

Allowing your child time to interact with technology will prepare them for school and give them the opportunity to enhance their development with fun interactive activities.

Here is a list of websites that are geared towards development:

[www.pbskids.org](http://www.pbskids.org)

[www.coolmath.com](http://www.coolmath.com)

[www.starfall.com](http://www.starfall.com)

[www.coolmath4kids.com](http://www.coolmath4kids.com)

[www.funbrain.com](http://www.funbrain.com)

[www.learninggamesforkids.com](http://www.learninggamesforkids.com)

[www.nickjr.com](http://www.nickjr.com)



**\* Be sure to set limits on the amount of screen time given.**





# Fun Math Activities



## NUMBERS

*scavenger hunt*



### NUMBER SCAVENGER HUNT

- 1 spoon
- 2 toys
- 3 towels
- 4 books
- 5 pillows
- 6 pennies
- 7 pencils
- 8 bags
- 9 socks
- 10 blocks



With your child, practice counting objects around the house.



# Fun Breathing Exercises - Help to calm and refocus attention



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.



## S.T.A.R.

**S**mile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



## Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



## Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppbbp" sound.



# Music & Movement

Fun "at home" activities to help develop gross motor skills



# Fun Music & Movement - Get up and DANCE!

If You Are Happy & You Know It!

Head, Shoulders, Knees, & Toes

The Goldfish "Let's Go Swimming"

Shake your Sillies Out!

The Hokey Pokey



*Comanche Elementary School*  
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**Thank you for helping us prepare your  
child for a successful year in PreK.**



# Comanche Elementary

**PRE-K**  
WHERE THE  
*Adventure*  
**BEGINS**

