

# Summer Fit Activities™

## Kindergarten Readiness

Downloadable Info for  
PRESCHOOL — KINDERGARTEN



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



# Summer Fit Activities™

## Kindergarten Readiness



Dear Parents,

If you're reading this, you are about to become a proud parent of a kindergartener! This is an exciting time and a big step for you and your child. One of the best ways you can help your child is to make sure he/she is prepared physically, mentally and emotionally for a great kindergarten year!

Above all I want to encourage you to really enjoy the time with your child during this special season. Beyond the checklists, this is a time to take a deep breath and know that your child will get where he or she needs to be. Explore with your child, helping him or her to follow wherever curiosity leads. Encourage them to explore their world, and don't be afraid to let them get messy in the process! Children really do learn best by interacting with their environment and engaging with you as part of their learning experience. Every child is unique, so don't panic if he or she hasn't mastered ALL of the items covered in our kindergarten readiness packet! These ideas are just guides meant to help you get to know your child's strengths and areas in need of additional attention.

So much growth and learning take place during this incredible year, it is truly a developmental milestone and you will be amazed at how your child blossoms! Make sure you take lots of time to read, paint, take walks, dance, and PLAY! Treasure these days and try not to put too much pressure on yourself or your child about what they "should" know. Enjoy the moment and celebrate with your child their new opportunities to learn, create and discover their place in the world.

Have a great year!

Kim West Pre-K Teacher



# Summer Fit Activities™

## Social/Emotional Readiness



### Readiness Indicators:

- Knows name, phone number, address, birthday, gender
- Follows routines (brush teeth, brush hair, get dressed, make bed, eat breakfast, pack lunch, hugs and kisses, go to school)
- Shares with others
- Takes turns
- Uses manners (please, thank you, covers mouth when yawning, keeps hands to self)
- Ties shoes
- Follows multiple step directions
- Uses prior knowledge to make choices and decisions
- Positive learning behaviors
- Handles scissors properly, can cut on dotted line
- Buttons shirt, zips zippers
- Washes hands with soap for appropriate length of time
- Corrects pencil grip
- Stacks blocks with alternating hands
- Colors with some control
- Uses toilet independently
- Identifies personal feelings (sad, happy, angry)
- Recognizes / Reacts to some social cues (empathy, kindness)
- Curious about how the world works, i.e., asks "how?" "why?"

### Child Activities:

- 1** Play "Simon Says" for verbal and physical imitation
- 2** Help with household chores (follow lists, rule, directions). Appropriate chores may include sorting laundry, emptying the dishes, putting a clean trash bag in the can, setting the table, clearing the table, tearing lettuce for salad, wiping counters, dusting, putting toys and clothes away).
- 3** Help put snacks out for siblings. Share special treats.
- 4** Use drawing of a placement to teach table setting. Have child practice using plastic forks, spoons and knives.
- 5** Do puzzles together, and practice taking turns, cooperation.
- 6** Practice standing in a line with patience at the grocery store.
- 7** Use play dough to create emotion faces on a paper plate.
- 8** Play "Going on a picnic". Practice beginning word sounds, as well as group awareness by having each person take turns saying they will go on a picnic and take an item that starts with the first letter of their name.
- 9** Play "Hi, my name is!" Everyone must walk around the room introducing themselves to other students. After someone says, "Hi, my name is \_\_\_\_!", you say, "Nice to meet you!"
- 10** Use a variety of ways to calm down (read a book, draw a picture, count to 10, build with blocks.
- 11** Pour liquid, rice, beans from one container to another.
- 12** Use the clock to help determine short schedules, or tasks to be completed.
- 13** Play board games such as *Candy Land* in order to teach following directions, taking turns, and fairness.



# Summer Fit Activities™

## Motor Skills Readiness

### Activities for Gross Motor (Locomotor) Skills:

- Gallop
- Hopscotch
- Leap
- Crawl through a tunnel
- Follow a path
- March
- Walk backwards 5-10 feet
- Run
- Hop on one foot, then the other, then both feet
- Run and change direction



### Balance and Rotation Skills:

- Alternate feet going downstairs
- Walk a straight line (chalk), or on a balance beam
- Stand on one foot 10 seconds, change feet
- Climb (playground steps and ladders)
- Pedal - tricycle, bicycle, Big Wheel



### Fine Motor Skills:

- Control individual fingers (play piano, guitar)
  - Play with play dough
- Finger-paint with pudding or shaving cream
  - Cut on a zigzag line
- Use child tweezers to sort pom poms by color and/or size
- Build with Tinker Toys
- Build with Legos



### Manipulative Skills:

- Kick a ball forward
- Roll a ball to and from a partner
- Catch a large ball
- Throw underarm
- Throw overhead
- Jump rope



# Summer Fit Activities™

## Reading Readiness



### Readiness Indicators:

- Write letters in name
- Match upper and lower case letters
- Put 3 or 4 pictures together and tell a story
- Use describing words for ordinary objects (**yellow** bus, **tall** tree, **fast** car, etc)
- Recognize familiar words in print, i.e., STOP sign
- Recognize rhyming words i.e., cat/bat, tall/ball, cry/dry, etc
- Hold a book properly
- Sings songs like ABCs, Twinkle Twinkle, etc
- Recite alphabet
- Understands positional words, i.e., under, over, behind, etc
- Understands concepts of more/less, shorter/longer, etc
- Can determine like objects in a group: (book, football, basketball, baseball, flower)

### Child Activities:

- 1** Write name on whiteboard. Sing/recite nursery rhymes.
- 2** Use primary lined paper to trace name, address, phone number, etc. Then practice with blank primary lined paper.  
\_\_\_\_\_  
-----  
\_\_\_\_\_  
On the same paper, trace a sentence with finger while reading.
- 3** Sing ABC song every day! Practice hand washing with soap while singing the song; it's the right amount of time to wash hands properly!
- 4** Explore the meaning of "author", "illustrator" while reading books together.
- 5** Always have a themed book basket ready to enjoy. Get books from the library, get a fun basket, and fill it! Go to it often and read together. Ideas for themes: holidays, countries to learn about, animals, cultural, i.e., Mexican, Chinese, Italian - find books with flags, recipes, music, dances, etc. Have fun with it!
- 6** Use letter magnets to spell simple words on magnetic surfaces: refrigerator, white board, etc
- 7** Use a variety of items (chalk, crayons, markers, pencils) to write name on a variety of surfaces (paper, sidewalk, white board).
- 8** Look at a new picture book, and make up your own story based on the pictures you see!
- 9** Spend time with predictable texts (books you've read over and over). Put a finger over a predictable word, and ask child to say the word.
- 10** A few good, early reading books are: *Clifford goes to Kindergarten*, *Kindergarten is Cool!*, *Chicka Chicka Boom Boom*, *Letter Town*, *The Wonky Donkey*, *Dog on a Frog*, and the *BOB books* mini series. These offer rhyming practice, letter recognition, and phonetic awareness.
- 11** Eat some alphabet soup! Use the letters to make your name, and then eat it!
- 12** Use letter stamps to make all kinds of words. Choose colors of ink, and then stamp the matching color word.  
**RED GREEN BLUE PURPLE BLACK**
- 13** Personalize practice pages on a computer, with name, address, birthday, phone number. Then have child trace the practice words and numbers. Then let them try it alone!
- 14** Circle the letters the child recognizes as they read: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z — Do the same thing with a list of lower case letters.
- 15** Use "I can write my name" pages to trace name, then write it on the blank lines below.
- 16** Use scissors to cut along a straight line, a curved line, a zig zag line.



# Summer Fit Activities™

## Math Readiness



### Math Readiness Indicators:

- Write numbers 1-10
- Identify simple shapes (square, circle, triangle, rectangle)
- Identify additional shapes (oval, diamond, heart, star, trapezoid)
- Identify colors (green, red, blue, yellow, black, white, orange, purple)
- Knows days of the week
- Knows months of the year
- Knows seasons

### Child Activities:

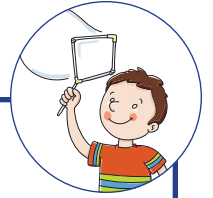
- 1** Write numbers on whiteboard.
- 2** Jumble numbers 1-25 on a page. Have the child find the number 1, point to it, move on to number 2, point to it, continue. On another page, jumble numbers 15-30. Repeat the process.
- 3** Grab a handful of teddy grahams. Line up 5 on a table. Have the child make groups of teddy bears that equal 5, i.e., 2 teddy bears in one pile, 3 teddy bears in another pile. Or 4 teddy bears in one pile and 1 teddy bear in another pile, etc. Then eat!!
- 4** Get a bowl with a large variety of buttons. Use the cups in a 12 cup muffin tin to sort the buttons (or coins, or pom pom balls, etc) by color, or number of holes, or...
- 5** Make a grid with numbers 1-25 in the squares, in order. Have the child touch the number as he says it aloud.
- 6** Sort types of pasta by shape, size and color. Then create a picture with a variety of pasta. Once the picture is designed, glue each piece of pasta down, and display proudly!
- 7** Create a dot-to-dot page of a simple drawing (fish, flower, truck, etc). Number along the would-be lines of the drawing in order from 1-30. As the child connects the dots, a fun picture will emerge. Then color!
- 8** Use Pattern Blocks to create a variety of pictures, and describe shapes and colors in the picture. Mess up the blocks and make a different picture!
- 9** Draw a long number line with chalk on the sidewalk outside, from 1-25. Call out a number and have the child run to that number.
- 10** Read fun books about colors, like: *Brown Bear, Brown Bear, A Color of His Own, Red is Best, The Very Hungry Caterpillar, The Color Monster, Eat Your Colors.*
- 11** Read fun books about numbers, like: *How Do Dinosaurs Count to 10?, Ten Black Dots, Chicka Chicka 1 2 3, Eggs and Legs, Pizza Counting, My Granny Went to Market.*
- 12** Using a drawing of a telephone, point to the numbers in your phone number. Then practice writing the phone number, and touching the numbers on the phone in order of your phone number.
- 13** Roll some dice. Count the dots that came up. Draw a picture of that many dots. Tally the number of dots. Write the number of that many dots. Repeat!
- 14** Draw 5 beach balls in a row. Give directions to color 3 balls red. Or 2 balls blue. Or 1 ball yellow, etc. Do the same with other objects (cars, clouds, balloons, etc).





# Summer Fit Activities™

## Creative Readiness (Music/Movement/Drama)



### Activities for Creative Arts:

- Chalk drawing on driveway
- Stamp with different fruits and veggies in paint
- String pasta, beads, etc for decorations
- Blow bubbles in the sun to see colors
- Make a long (10 feet) banner with crayons, paint, markers

### Music and Movement:



- Use regular household items to make a band! Rubber bands around an empty tissue box, upside down laundry basket banged on with spatulas, tin pie plates and wooden spoons.
- Use old water or soda plastic bottles and fill half way with rice, or beans. Put on the cap, and shake shake shake!
- Dance!

### Creative Drama:



- Have a dress up box full of hats, glasses, costumes, boots/shoes, wings, etc to play make believe. Pretend to be someone famous, or a teacher, a doctor, a sports player, a parent, etc.
- Play Charades!
- Have paper or plastic plates and silverware, napkins, menus, tablecloths, aprons ready to play restaurant. Real snacks are fun to incorporate here!



# Summer Fit Activities™

Read each letter aloud. Point as you go.



A B C D E F

G H I J K L M

N O P Q R S T

U V W X Y Z

a b c d e f g h

i j k l m n o p q

r s t u v w x y z





# Summer Fit Activities™

Draw your house. Write your address.



Handwriting practice area with four sets of lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

- All letters start at the top.
- Go from left to right.



# Summer Fit Activities™

I can write my first and last name!



Handwriting practice area with multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for writing.

- Stay in the lines.
- Put a finger space between words.
- Write slowly and carefully.



# Summer Fit Activities™

Trace upper and lower case letters. Then copy.



Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm  
Nn Oo Pp Qq Rr Ss Tt  
Uu Vv Ww Xx Yy Zz

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated for copying practice.



# Summer Fit Activities™

My Phone Number is:



Trace

Handwriting practice lines for tracing. Each set consists of a solid top line, a dashed middle line, and a solid bottom line. There are two such sets provided.

Copy

Handwriting practice lines for copying. Each set consists of a solid top line, a dashed middle line, and a solid bottom line. There are two such sets provided.

Copy again

Handwriting practice lines for copying. Each set consists of a solid top line, a dashed middle line, and a solid bottom line. There are two such sets provided.

- There are two types of hand grasps that are efficient for teaching handwriting:  
#1: Tripod (3 finger grasp) or #2: Quadruped (4 finger grasp)



# Summer Fit Activities™

My Address is:

Trace

Handwriting practice lines for tracing. The section contains two sets of three horizontal lines each: a solid top line, a dashed middle line, and a solid bottom line.

Copy

Handwriting practice lines for copying. The section contains two sets of three horizontal lines each: a solid top line, a dashed middle line, and a solid bottom line.

Copy again

Handwriting practice lines for copying. The section contains two sets of three horizontal lines each: a solid top line, a dashed middle line, and a solid bottom line.



• Focus on hand writing important information that you want your child to know.



# Summer Fit Activities™

I can cut on a straight line



Two rows of cutting practice. Each row features a pair of scissors icon at the start of a horizontal dashed line, intended for cutting along the line.

I can cut on a curvy line

Two rows of cutting practice. Each row features a pair of scissors icon at the start of a wavy, curved line, intended for cutting along the curve.

I can cut on a zig zag line

Two rows of cutting practice. Each row features a pair of scissors icon at the start of a zigzag line, intended for cutting along the sharp angles. The bottom of the page is decorated with a green grassy field and a small cartoon character in a circular logo.

# Summer Fit Activities™

Find the numbers in order from 1–20.



4 6 2 18 1 5 7  
8 10 12 19 15 14  
11 17 9 16 3 20

Write the numbers in order from 1–20.

Handwriting practice lines for numbers 1 through 20. Each number is shown on a set of three horizontal lines (top, middle dashed, bottom). The numbers 1, 9, 15, and 20 are shown as dashed lines for tracing. The remaining numbers (2, 3, 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 16, 17, 18, 19) are shown as solid lines for independent writing.

- Make practicing fun. Play hangman and create simple word puzzles and fill in the blanks.





# Summer Fit Activities™

## Drawing and Writing Practice



Handwriting practice area consisting of four sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



# Summer Fit Activities™

## Writing Practice



Handwriting practice lines consisting of solid top and bottom lines and a dashed middle line, repeated across the page.





# Pre-K Dolch Sight Words (40 words)

a

funny

look

see

and

go

make

the

away

help

me

three

big

here

my

to

blue

I

not

two

can

in

one

up

come

is

play

we

down

it

red

where

find

jump

run

yellow

for

little

said

you

 Kindergarten Dolch **Sight Words** (40 words)

all

eat

now

that

am

four

on

this

are

get

our

too

at

good

out

want

be

have

please

well

black

he

ran

went

brown

into

ride

what

came

like

say

white

did

must

she

will

do

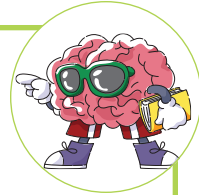
new

so

yes

# Summer Fit Activities™

## Books for the First Day of Kindergarten



The Kissing Hand — by  
Audrey Penn



Miss Bindergarten  
Gets Ready for  
Kindergarten — by  
Joseph Slate



Llama Llama Misses  
Mama  
— by Anna Dewdney



The Night Before  
Kindergarten  
— by Natasha Wing



Amelia Bedelia's First  
Day of School ?  
— by Herman Parish



Pete the Cat: Rocking  
in My School Shoes  
— by Eric Litwin



First Day Jitters  
— by Julie Danneberg



I Am Absolutely Too  
Small for School  
— by Lauren Child



Look Out  
Kindergarten, Here I  
Come!  
— by Nancy Carlson



Stand Tall, Molly Lou  
Melon  
— by Patty Lovell



The Pirate of  
Kindergarten  
— by George Ella Lyon



First Day Jitters  
— by Julie Danneberg



How Do Dinosaurs Go  
to School  
— by Jane Yolen



Mom, It's My First Day  
of Kindergarten  
— by Hyewon Yum



Countdown to  
Kindergarten  
— by Alison McGhee



Yellowbelly and Plum  
Go to School  
— by Nathan Hale



Adventure Annie Goes  
to Kindergarten  
— by Tony Buzzeo



Kindergarten Rocks!  
— by Katie Davis



Biscuit Goes to School  
— by Alyssa Capucilli



Off to Kindergarten  
— by Tony Johnston



Welcome to  
Kindergarten  
— by Anne Rockwell

Print out and take to your  
local library or bookstore.

