



Kindergarten readiness skills

Fine motor/ self-care skills

Pre-writing skills

- Help your child practice drawing shapes: vertical line, horizontal line, circle, cross, square and triangle.
- Write letters and draw shapes in shaving cream in the bathtub, salt or sugar in a cake pan or in finger paint to make practicing more fun and multisensory.
- Have your child practice tracing CAPITAL letters in their name. Trace letters in multiple colours to make rainbow letters
- Print or draw on a vertical surface- attach paper at eye level on an easel, the wall or fridge and have children rest their arm against the wall and print or draw (ideally using finger movements)
- Consider supporting the development of printing skills using iPad apps. These apps all teach the letter names, proper letter formation and use verbal cues to help students make letters with efficient motor patterns.
 - iWrite my Name
 - Touch and Write
 - Pocket Phonics
 - First Words
 - Writing Wizard
 - iWrite Words
 - Little Writer
 - Handwriting Without Tears

Fine motor skills

- Play with Lego and other connector toys.
- Do crafts- braiding, beading, weaving, rainbow loom and parachute cord, model building, small pegs and pegboards such as lite brite are all great for developing fine motor skills
- Give your child several different writing options (wide diameter coloured pencils, wax crayons or thick markers like Crayola PipSqueaks) to help keep her interested in writing and drawing.
- Playing with play dough is a fun way to strengthen the muscles of the hand that will be used for writing – use a variety of tools (rolling pin, knife, scissors, cookie cutters etc.).
- Use spray bottles, squirters, and sponges to play at bathtime
- Play outside on the playground – climbing, swinging and crawling develop core and shoulder muscles that are important for fine motor control

Scissor skills

- Purchase a good pair of child-safe scissors and let your child practice snipping paper, straws or playdough
- Give him/her old magazines or newspapers to cut up, or allow him/her to make a collage of the things s/he likes by cutting them from magazines and gluing them to a piece of paper.



Attention and Following Directions

- Read lots of stories with your child and work up to reading longer books, as long as they remain interested and focused.
- Give your child two and three step directions. For example: "put on your pajamas, brush your teeth and pick a book to read."
- Play Simon Says with two or three step directions. For example: "Simon Says jump up and down and shout hooray."

Dressing/ Eating

- Encourage your child to put on their coat and zip it up independently (they might need help to engage the zipper at the bottom initially).
- Encourage your child to remove and put on their shoes independently.
- Practice doing zippers and buttons on dolls and toys.
- Have your child practice opening Tupperware containers or small packages – you can provide a pair of scissors to help open packages.

Chances are you're already practicing many of these skills your child will need for kindergarten. Remember to keep it fun and don't make it stressful for you or your child. With just a little fun practice, your child will be prepared for their elementary school debut!