

Kick Start to Kindergarten!

Kindergarten is an exciting milestone for you and your child. Here are few things to practice over the summer to get your child ready for Kindergarten!

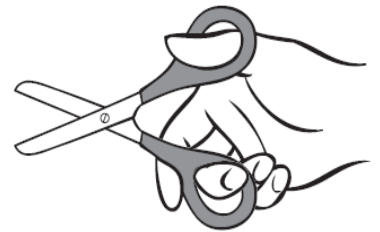
Tips for Pencil Grip

- To promote proper wrist position, have your child perform activities on a vertical surface (e.g. easel, paper taped on the wall, chalkboard, etc.) or while lying on their tummy on the floor
- Have your child use smaller size tools (e.g. golf pencils, crayon bits & chalk bits, etc.). Remember small tools are better for little hands!
- Play with playdough! Roll, pinch, pull and squash it. Make round balls by rolling it between the palms of your hands. Make long snakes and form shapes and letters. The possibilities are endless!
- Make a picture with stickers. Have your child peel off and stick the stickers on their own.



Tips for Scissors

- Provide your child with scissors with a blunt blade tip. Note that using scissors with plastic blades is not recommended as they may be difficult to cut with, which may result in developing bad habits.
- Teach your child how to hold the scissors correctly. Demonstrate it; show them where to place their fingers in the loops. It is important that their thumb is pointing upward (see picture).
- Start by snipping small pieces of paper, then progress to cutting out straight lines, squares and circles. Start with simpler images and progress to more complex ones.



Pre-Writing Activities

Drawing

- Draw simple pictures with your child (e.g. a person). Make cards, posters and/or art to display in your home! If they need help, give them verbal cues; “What about the hands?”, “What about the ears?” etc.

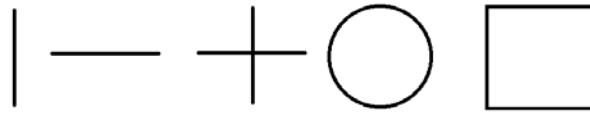


Colouring

- Start off by providing your child with simple pictures and shapes to color. Then progress to pictures with more detail. (e.g. circle, star, flower, etc.)

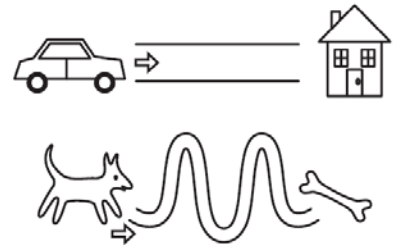
Copying

- Show your child how to draw simple shapes (e.g. vertical line, horizontal line, circle, square, etc.) Have them copy you. Then have them try on their own!
- If your child is interested in writing their name, start with capital letters. Show them how to form each letter individually and get them to copy one letter at a time.



Tracing, mazes & dot to dots

- Have your child practice drawing lines within a pathway. Start off with simple straight lined pathways and then progress to curves. Also, start with wider pathways and progress to narrower ones.
- Do simple dot to dot activities and mazes from activity books



Gross Motor skills

- Have your child practice different animal walks. Pretend to be a dog or a cat (crawl on hands and knees); a bear (walk on hands and feet) or try bunny hops (jump forward with feet together).
- Play ball games. Have them catch, throw, bounce and aim at a target. Start off with a bigger ball and progress to a smaller one.
- Play Simon Says. Practice, hopping, jumping, standing on one foot. Make it fun!
- Go to the park! Have your child explore and climb ladders, monkey bars and go down a slide, etc.

Stairs

- Start with ascending stairs as it is easier, then progress to descending.
- Encourage your child to alternate their feet (i.e. one foot on each step)
- Start off by having your child hold onto the rail and then when they feel comfortable gradually practice without.
- Be safe! Initially be sure to stay close to your child to prevent falls.

Daily living skills

- Have your child practice getting ready to go outside on their own. Show them the steps first and then have them do it independently.
- Practice buttoning & unbuttoning as well as doing up their zipper
- Practice putting on shoes on the right feet.



Remember, do not forget to have fun!