

OUR MISSION

Shallowater Elementary will provide quality pre-school experiences, in a collaborative team effort with families, to ensure every child is on track by the end of first grade.



*Shallowater
Elementary*



AGE
3

**GET READY FOR
KINDERGARTEN**

Mary Hughes
1100 Ave K
Shallowater, Tx
79363

Phone: 806-832-4531 ext. 2801
Fax: 806-832-4534
E-mail:
mhughes@shallowaterisd.net



SKILL SET BUILDING ACTIVITIES

Now that you've identified the specific School Readiness Skills you would like to work on with your child, below are examples of some activities you can do to ensure that he or she is ready for school. For more skill set building activities check our web site: www.tcy4kids.org/accc.

Large and Small Muscle Coordination

Skill Set builder: Running, jumping, throwing, catching, climbing	3 year old activities: - Run relays with child taking turns running, jumping, hopping, etc. (focus on having fun)
Holding and manipulating clothing, small play objects, books, and painting, drawing, and writing tools	- Paint with Q-Tips - Dress doll with clothes that have snaps, buttons and zippers - Retrieve a bead hidden in putty
Exhibiting age-related coordination, balance, flexibility, and physical endurance	- Climb on playground equipment - Provide a tricycle - Provide steps to climb up and down

Self-Care

Skill Set builder: Self-dressing	3 year old activities: - Allow child to pick from 2-3 acceptable outfits - Easy access to clothing so child can dress self - Child puts soiled clothes away
Toileting	- Be understanding about accidents (no pressure) - Encourage independence, elastic waistbands
Hand-washing and personal cleanliness	- Assist child as needed in washing after toileting and eating - Teach child to wash self in bath - Assist child in brushing teeth
Self-feeding	- Child makes some food choices - Child feeds self - Child assists with clean-up
Responsibility for personal belongings	- Require child to put away one toy before pulling out another - Child helps clean room

Self-Confidence

Skill Set builder: Interacting with playmates	3 year old activities: - Provide toys/activities that encourage community play (large floor puzzle, mural, small groups) - Drama in home center, puppets
Self-selecting activities	- Free choice in toys & activities - Appropriate choices of day's activities, clothes, - Variety of toys on child's level - Praise appropriate choices
Initiating an idea or activity	- Reinforce child positively with words and play - Stretch child's thinking/ideas
Engaging in new or challenging activities	- Build on successful activities so they require more thought & skill - Talk to child, reassure and guide him/her through each step
Seeking adult assistance	- Positively respond to child when he/she seeks your assistance - Help child to ask other adults

Emotional And Social Resilience

Skill Set builder: Positive self-regard	3 year old activities: - Help child identify their traits, talents and successes - Specifically and positively recognize their talents & traits
Pride in accomplishments	- Specifically & positively express your feelings for child and his/her accomplishments
A "try-again" attitude with difficult or challenging tasks	- Break difficult task in small bites - Reinforce each step of success
Increasing awareness of own special abilities and interests	- Help child identify their traits, talents and interests - Reinforce and talk about traits

Emotional Maturity

Skill Set builder: Using language to express feelings and needs to resolve conflicts	3 year old activities: - Help child in expressing needs & emotions during conflicts - Assist child in compromise ("Will you let Joe play with it when you are done?" "Joe, Sue is going to call you when she is finished.")
Demonstrating age-appropriate self-control	- Monitor child's needs and mood - Label feelings, model channels - Offer choices & independence - Set limits and follow through
Seeking and/or accepting comfort, assistance, and guidance	- Positively respond to child when he/she seeks your assistance - Model words or gestures to use - Help child to ask other adults
Employing age-appropriate self-comforting strategies	- Monitor child's frustration level - Allow child ample time/place to soothe self - Stay calm & supportive

Math, Social Studies and Art

Skill Set builder: Reciting numbers in sequence	3 year old activities: - Count days on calendar until a upcoming special event - Count objects child finds on a nature walk
Shows an interest in real-life mathematical concepts	- Sort toys by color - Point out patterns in child's clothes or tiles in bathroom
Counting (using one-to-one correspondence), sorting, ordering, making patterns with objects	- Help child order things by size - Count anything fun, encourage child to place finger on each object (one number per object)
Exhibiting beginning awareness of family, cultural membership, similarities and differences among people; engage various senses to explore objects and events	- Have a family show and tell where children bring in objects from home i.e., family photo, shoe from a family member, baby item, object from family's favorite game or activity, pet toy - Play a listening game where the child guesses what something is by listening to it
Attempting to reproduce patterns, shapes, and symbols when painting and drawing	- Model drawing simple objects i.e., a face, stick figure, flower, house, sun, car, with child - Draw with child, helping him/her to draw things by request

Uses Language Effectively

Skill Set builder: Communicate needs and interests	3 year old activities: - Expect child to use words to express needs - Provide the words when necessary and encourage child
Listen and engage in conversation	- Listen to child and respond - Ask child questions about things of interest - Support child in conversation with others
Communicate play and pretend	- Encourage child to use words - Support child when talking to others
Share ideas and convey meaning	- Clarify child's ideas - Support child as they share ideas with others
Share stories and events	- Share stories with child - Clarify events in child's story - Encourage child to share story with others - Help child put an event in sequence or on paper

Curiosity, Creativity and Inventiveness

Skill Set builder: Asking questions; seeking information	3 year old activities: - Be open and available - Answer specific questions - Show child how to seek out answers
Exploring learning materials	- Offer a variety of new learning materials (routinely rotate toys) - Model and provide variety of use of materials
Using play equipment and learning materials for a variety of pretend purposes	- Allow children to use toys in a variety of learning centers - Reinforce creative uses
Participating in a variety of experiences	- Use child's interests and abilities to encourage new play - Rotate children in small groups to a variety of activities
Imaginative play alone and/or with others	- Dress up with child or have a drama play date - Make & provide puppets to extend child's understanding of a book or experience

Exhibits Increasing Awareness of Print

Skill Set builder: Associating story-telling and books with both pleasure and information	3 year old activities: - Read a variety of genre to child - Answer some of the child's many questions with books
Recognizing and beginning to print name	- Verbally spell child's name - Hand over hand write child's name in cornmeal, pudding, sand or with crayon
Print conveys meaning	- For fun, label things around the house or room (toys, my bed...)
Demonstrating an awareness of sounds in spoken words (e.g., rhymes and alliterations)	- Read poems and rhymes to child - Stop and point out rhymes in a child's favorite, familiar rhyme
Knowledge of (front/back; top/bottom; left/right; beginning/end; characters)	- Read to the child - Point out the title & trace words - After you read a book casually talk about content