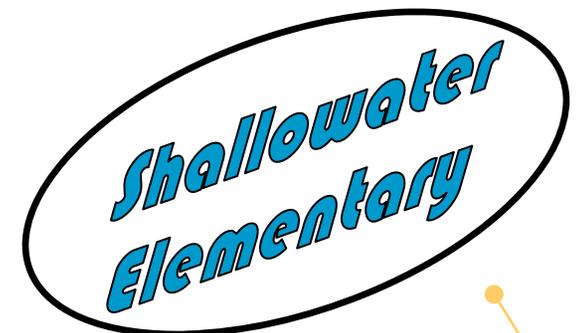


## OUR MISSION

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.



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**4**

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**tcyc**  
Tarrant County Youth Center  
[www.tcyc4kids/accc](http://www.tcyc4kids/accc)

**GET READY FOR  
KINDERGARTEN**

# 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](http://www.tcy4kids.org/accc).

## Large and Small Muscle Coordination

Skill Set builder:	4 year old activities:
Coordination, balance and flexibility	<ul style="list-style-type: none"> <li>- Set up an obstacle course</li> <li>- Play "Simon Says": stand on one foot, hop, run, jump, gallop, walk on tip toes</li> <li>- Play "Duck, Duck, Goose"</li> </ul>
Holding and manipulating small play objects	<ul style="list-style-type: none"> <li>- Play with peg boards, puzzles, or Legos</li> <li>- Draw and paint shapes</li> <li>- Work on writing name</li> </ul>

## Math, Social Studies and Art

Skill Set builder:	4 year old activities:
Shows an interest in real-life mathematical concepts by counting, sorting, ordering, making patterns with objects	<ul style="list-style-type: none"> <li>- Talk about "subtraction" as child eats his/her goldfish snack using "the shark (child) takes one away, let's see how many are left"</li> <li>- Make patterns with legos, beads using just two colors or shapes in pattern (AB pattern)</li> <li>- Make cards with dots and coinciding number, child places one small toy on each dot, count and reinforce number</li> </ul>
Exhibiting beginning awareness of family and cultural membership and similarities and differences among people	<ul style="list-style-type: none"> <li>- Help child express his/her rights/feelings to others</li> <li>- Help children to compromise "Caitlyn, Sue wants the doll too, how can we help her?"</li> </ul>
Exhibiting beginning awareness of the importance of rules in family and school	<ul style="list-style-type: none"> <li>- Positively reinforce compromise</li> <li>- Set limits, follow through</li> <li>- When enforcing set rules and boundaries ask child "David, can you tell me why we have that rule?" Then reiterate the purpose of the rule or clarify the purpose of the rule, offer alternatives</li> </ul>
Employing art, music, dance, drama, and pretend play as means of self-expression, creativity, and fantasy	<ul style="list-style-type: none"> <li>- Encourage child to paint or draw recent experiences or self</li> <li>- Model drawing specific objects</li> <li>- Draw with child, helping him/her to draw things by request</li> </ul>

## Emotional Maturity

Skill Set builder:	4 year old activities:
Using language to express feelings and needs to resolve conflicts	<ul style="list-style-type: none"> <li>- Provide assistance to child in expressing needs and emotions</li> <li>- Encourage child to express feelings and offer compromises</li> <li>- Show them alternatives through your actions</li> </ul>
Demonstrating age-appropriate self-control	<ul style="list-style-type: none"> <li>- Monitor child's needs and mood</li> <li>- Label feelings and offer choices &amp; independence</li> <li>- Set limits and follow through</li> </ul>
Seeking and/or accepting comfort, assistance, and guidance	<ul style="list-style-type: none"> <li>- Positively respond to child when he/she seeks your help</li> <li>- Show words or gestures to use</li> </ul>
Employing age-appropriate self-comforting strategies	<ul style="list-style-type: none"> <li>- Monitor child's frustration level</li> <li>- Allow enough time/space to soothe themself</li> <li>- Stay calm &amp; supportive</li> </ul>

## Emotional and Social Resilience

Skill Set builder:	4 year old activities:
Positive self-regard	<ul style="list-style-type: none"> <li>- Help child identify their talents and successes</li> <li>- Specifically and positively recognize their talents &amp; traits</li> </ul>
Pride in accomplishments	<ul style="list-style-type: none"> <li>- Specifically &amp; positively express your feelings for child and his/her accomplishments</li> </ul>
A "try-again" attitude with difficult or challenging tasks	<ul style="list-style-type: none"> <li>- Break difficult task in small bites</li> <li>- Reinforce each step of success</li> </ul>

## Exhibits Increasing Awareness of Print

Skill Set builder:	4 year old activities:
Associating stories and books with pleasure and information	<ul style="list-style-type: none"> <li>- Read a variety of types of stories to child</li> <li>- Assist child in finding information in books</li> </ul>
Recognizing and beginning to print name	<ul style="list-style-type: none"> <li>- Have child trace &amp; erase name on a laminated strip with a washable marker</li> <li>- Write on a dot-to-dot name plate</li> </ul>
Showing interest in print and understanding that print conveys meaning	<ul style="list-style-type: none"> <li>- Point out and trace title of book with child before you read it</li> <li>- Help child write names of family</li> <li>- Use clipboard for food "orders"</li> </ul>
Demonstrating an awareness of sounds in spoken words (e.g., rhymes and alliterations)	<ul style="list-style-type: none"> <li>- Read poems and rhymes to child</li> <li>- Play a fun game where you and the child make up silly rhymes</li> </ul>
Demonstrating some book and story knowledge	<ul style="list-style-type: none"> <li>- Read to the child</li> <li>- Point out the title &amp; trace words</li> <li>- After you read a book casually talk about the characters and story sequence</li> </ul>

## Self-Confidence

Skill Set builder:	4 year old activities:
Interacting with playmates	<ul style="list-style-type: none"> <li>- Play low level organized games: Candy Land and I Spy</li> <li>- Plan play dates and encourage imaginary play</li> </ul>
Self-selecting activities	<ul style="list-style-type: none"> <li>- Free choice in toys &amp; activities</li> <li>- Appropriate choices of day's activities, clothes, foods</li> <li>- Variety of toys on child's level</li> <li>- Praise appropriate choices</li> </ul>
Initiating an idea or activity	<ul style="list-style-type: none"> <li>- Reinforce child positively with words and play</li> <li>- Stretch child's thinking/ideas</li> </ul>
Engaging in new or challenging activities	<ul style="list-style-type: none"> <li>- Build on successful activities so they require more thought &amp; skill</li> <li>- Talk to child, reassure and guide him/her through each step</li> </ul>
Seeking adult assistance	<ul style="list-style-type: none"> <li>- Positively respond to child when he/she asks for help</li> <li>- Help child to ask other adults</li> </ul>

## Uses Language Effectively

Skill Set builder:	4 year old activities:
Communicate needs and interests	<ul style="list-style-type: none"> <li>- Support child in expressing needs to other children or unfamiliar people</li> </ul>
Listen and engage in conversation	<ul style="list-style-type: none"> <li>- Listen to child and respond</li> <li>- Ask child questions about things of interest</li> <li>- Support child in conversation with others</li> </ul>
Communicate play and pretend intentions	<ul style="list-style-type: none"> <li>- Encourage child to use words</li> <li>- Support child when talking to others</li> </ul>
Share ideas and convey meaning	<ul style="list-style-type: none"> <li>- Clarify child's ideas</li> <li>- Support child as they share ideas with others</li> </ul>
Share stories and events	<ul style="list-style-type: none"> <li>- Share stories with child</li> <li>- Clarify events in child's story</li> <li>- Encourage child to share story with others</li> <li>- Help child put an event in sequence</li> </ul>

## Self-Care

Skill Set builder:	4 year old activities:
Self-dressing	<ul style="list-style-type: none"> <li>- Allow child to pick outfits and let him/her dress him/herself</li> <li>- Use terms "right and left" with child as he/ she dresses</li> </ul>
Toileting	<ul style="list-style-type: none"> <li>- Choose clothing that is easy to get in and out of</li> <li>- Encourage and reward his/her going by his/herself</li> </ul>
Hand-washing and personal cleanliness	<ul style="list-style-type: none"> <li>- Supervise &amp; assist child in bathing, brushing teeth &amp; hair</li> <li>- Talk through it as you do it</li> </ul>
Self-feeding	<ul style="list-style-type: none"> <li>- Let child makes some food choices and help prepare food and clean-up</li> </ul>
Responsibility for personal belongings	<ul style="list-style-type: none"> <li>- Supervise &amp; assist child in cleaning up his/her room</li> <li>- Help them break it into smaller tasks (putting away clothes, toys, etc)</li> </ul>

## Curiosity, Creativity and Inventiveness

Skill Set builder:	4 year old activities:
Asking questions; seeking information	<ul style="list-style-type: none"> <li>- Be open and available</li> <li>- Answer specific questions</li> <li>- Show child how to seek out answers/problem solve</li> </ul>
Exploring learning materials	<ul style="list-style-type: none"> <li>- Offer a variety of new learning materials (routinely rotate toys)</li> <li>- Model and provide variety of ways to use materials</li> </ul>
Using play equipment and learning materials for a variety of pretend purposes	<ul style="list-style-type: none"> <li>- Model and provide a variety of ways to use materials</li> <li>- Allow children to use toys in a variety of learning centers</li> <li>- Reinforce creative uses</li> </ul>
Participating in a variety of experiences	<ul style="list-style-type: none"> <li>- Use child's interests and abilities to encourage play</li> <li>- Rotate children in small groups to different activities</li> </ul>
Engaging in creative and imaginative play alone and/or with others	<ul style="list-style-type: none"> <li>- Make &amp; provide puppets to extend child's understanding of a book or experience</li> <li>- Act out child's favorite book or fairy tale</li> </ul>