

GROSS MOTOR SKILLS

WHAT ARE KINDERGARTEN READINESS KITS?

As a parent, you are your child's first teacher and you play an important role in your child's readiness for school. Preschool and other kindergarten readiness programs are great stepping stones for many children, however you as a parent have the biggest impact on whether a child starts school ready to learn.

Some of the most important abilities when children start school are not necessarily the academic skills that we think of, but social-emotional abilities like getting along with other children and teachers, and working on their own without disrupting the classroom.

Skills like naming letters and counting are important and your child learns those and other skills best through play and everyday hands-on experiences such as reading together daily, playing at parks and playgrounds, shopping together, and visiting museums, zoos, and libraries.

In this and other Kindergarten Readiness Kits we've carefully cultivated resources and activities that will provide hours of education and entertainment for your preschooler. We're so thrilled for your child as they navigate their journey from a preschooler to a real Kindergarten All-Star!

GROSS MOTOR SKILLS

Gross Motor skills are the coordination of movements that are required for large movements: running, jumping, throwing, kicking, climbing, etc. Typically these are the skills that develop before fine motor skills. Fine Motor Skills require the use of smaller muscle groups to perform tasks that are more precise in nature: cutting, writing, tying laces, zipping, etc. A child ready for kindergarten should be able to hold and cut with scissors correctly, use glue properly, run/hop/skip, stand on one foot, throw/catch a ball, and begin to hold writing tools with fingers instead of with a fist.

DANCING

Playing with scarves, shaker eggs, or bean bags while listening to a variety of music encourages your child to move their body and props to the rhythm of the music. Dance and sing while following along to the dvd Dance With Animals!

COPY ME

This is where you can get in your workout for the day too! Simply do a series of exercises or silly actions, and have your child copy you. Jump like a kangaroo, scratch like a monkey, run in a place, or kick a ball...whatever it takes to get your heart rate up and your child laughing! Use the included easy-grip balls to add activities that require bouncing, throwing, catching, and other activities that encourages coordination.

INTERACTIVE BOOKS

Read aloud Jump, Frog, Jump!, by Robert Kalan; Can You Make a Scary Face?, by Jan Thomas; and From Head to Toe, by Eric Carle. Throughout these interactive books, encourage your child to copy the antics as the characters move and play. By reading books like these, your child will learn the importance of listening, exercising, and taking on a new challenge.

YOGA ACTIVITY BLOCKS

With this fun game your child can benefit from strength-building exercises while also working on balance and focus with the Yoga Activity Blocks.

How to Play:

- 1) Customize Your Pose Block - Choose the 6 poses you'll be doing in this round. The Pose Cards have the name, difficulty level and animal on the front and a more detailed description of the activity on the back.
- 2) Throw your blocks - Toss both blocks to receive your pose/time challenge. The timing block is color coordinated with the timers for easy matching; 15, 30 or 45 second sand timers.
- 3) Hold the pose - Start the timer and hold the pose for as long as it says.