



# Getting Ready for Kindergarten

## Want to prepare for the next school year?

Keep the learning going over the summer. Below are suggestions of skills families might explore together during the school break.



### Physical Health and Wellness

#### With parent/caregiver support...

- Identifies basic emotions by looking at others' faces and/or faces in books and television (ex. happy, mad, sad, scared)
- Identifies ways to calm when upset
- Knows how to ask a friend to play
- Is learning how to wait for a turn
- Listens quietly for 5-10 minutes during a story
- Participates and follows rules during structured (organized games) or unstructured (playground play) indoor and outdoor activities
- Understands movement concepts (how their body moves and how to move in coordination with other people or objects)
- Runs, jumps, skips, climbs and uses big muscles while playing



### English Language Arts

#### With parent/caregiver support...

- Listens to and understands conversations
- Uses new words heard in conversations, activities, and books
- Understands and uses gestures and body language
- Speaks in complete sentences and is understood
- Understands and retells stories, events, and other learned information
- Names different sounds; rhymes; hears and names the beginning sound in a word; hears words in sentences; hears parts of words
- Begins to name upper and lowercase letters
- Draws pictures to share ideas
- Understands that letters make words and words make sentences; uses finger to track words from left to right on a page; reads symbols and words around them (ex. STOP sign, restaurant logos)



## Social Studies

### With parent/caregiver support...

- Names and follows rules
- Describes events in relation to time – past, present, and future
- Describes and respects similarities and differences between self and others
- Lists different jobs, services, and businesses in the community



## Nutrition

### With parent/caregiver support...

- Helps to prepare meals; asks questions and talks about the foods used in recipes
- While reading books together, finds different foods and talks about people who work with food
- Helps to make healthy snacks, sorts foods, and talks about choosing healthy foods



## Fine Arts

### With parent/caregiver support...

- Finds the steady beat when listening to music
- Sings familiar songs together
- Listens to various types of music together and moves to the music
- Creates sound effects for songs, poems, and stories using various found items
- Creates works of art to tell a story using various art supplies and craft materials found at home
- Develops fine motor skills by practicing holding various art supplies such as scissors, crayons, paintbrushes
- Plans a drawing by sketching using lines with markers, crayons, or pencils
- Creates a three-dimensional structure using various items found at home
- Sees themselves as an artist



*These skills were identified by the Georgia Department of Education's division of curriculum and instruction based on the [Georgia Early Learning and Development Standards \(GELDS\)](#). This list is not required, and students won't be expected to know all of the information – part of a teacher's job is meeting all students where they are at the beginning of the school year.*



## Mathematics

### With parent/caregiver support...

- Counts to 20 in order
- Counts 10 or fewer objects by pointing to each object and saying the correct number
- Knows written numbers 0-9
- Sorts objects (like toy cars) by similarities and differences (color, size, etc.)
- Names shapes: circle, square, rectangle, triangle
- Counts and compares two groups of objects (more, less, same)



#### Activity Idea:

Encourage your child to sort coins into pennies, nickels, and dimes. Then count how many of each coin.



## Science

### With parent/caregiver support...

- Asks questions while using senses (sight, smell, taste, touch, sound) to explore the world
- Observes the earth and sky; explains changes in the earth and sky
- Describes living things around them
- Explores and describes objects based on what materials they are made of (color, size, shape, etc.); states of matter; types of motion (fast, slow, etc.); and simple machines (ex. ramps made with blocks)
- Participates in protecting the environment

After reading a book or story, ask... Who is the story about?  
What happened in the story?

What do we have in the house that is shaped like a rectangle? a triangle? a circle?

You have 5 stickers and I have 2. How many stickers do we have together?

What does it mean to be responsible?

### Conversation Starters

How are our family members and/or friends alike and different?

While watching a TV show or reading a book, ask... How are these characters feeling?  
How do we know?

What are some words that rhyme with fun? cat? boat?

What are some healthy snacks? Why is it important to eat healthy?

What are different kinds of work people do?



For more activity ideas to practice these skills, go to [gpb.org/learn](http://gpb.org/learn).