



KINDERGARTEN Readiness Tips

LITTLE SKILLS TODAY. BIG CONFIDENCE TOMORROW.

Kindergarten readiness isn't about knowing everything—it's about building the skills that help children feel capable, curious, and ready to learn. ♥

WHY IT MATTERS

-  **BUILDS CONFIDENCE**
When children feel capable, they are more willing to try new things.
-  **SUPPORTS INDEPENDENCE**
Simple daily tasks help children feel proud and ready to take on new challenges.
-  **ENCOURAGES LEARNING**
Strong foundational skills make learning smoother and more enjoyable.
-  **PROMOTES RESILIENCE**
Practicing small skills builds patience, problem-solving, and perseverance.
-  **STRENGTHENS CONNECTION**
Routines, conversations, and positive interactions create security and a love of learning.

You are your child's first and most important teacher.

SKILLS THAT SUPPORT KINDERGARTEN SUCCESS

 SOCIAL & EMOTIONAL - Take turns - Share and play cooperatively - Express feelings - Follow simple directions	 COMMUNICATION & LANGUAGE - Listen and follow directions - Answer "who, what, where, why" questions - Retell stories - Build vocabulary	 EARLY LITERACY - Recognize letters in their name - Practice rhyming and sounds - Talk about stories - Hold books and turn pages	123 EARLY MATH - Count to 10 (or more!) - Recognize numbers - Compare sizes and amounts - Identify shapes and patterns	 FINE MOTOR - Use scissors - Color and draw - Build with small blocks or beads - Practice writing shapes and lines
 GROSS MOTOR - Run, jump, climb and balance - Ride a bike or scooter - Throw and catch a ball	 SELF-HELP SKILLS - Use the bathroom independently - Wash hands - Get dressed - Pack up and clean up	 FOCUS & ATTENTION - Listen to a story without interrupting - Finish simple tasks - Stay engaged in activities	 EXECUTIVE FUNCTIONING - Follow routines - Remember instructions - Problem solve - Make choices	 CURIOSITY & CREATIVITY - Ask questions - Explore new things - Use imagination - Try new ideas

OT TIP FROM NOVEL HEIGHTS ♥

-  Keep practice playful and natural! Use everyday moments—mealtimes, walks, playtime, and storytime—to build skills through connection and meaningful experiences.
- You don't need a perfect plan—just consistent little moments.* ♥

MAKE IT PART OF YOUR DAY ♥

 READ TOGETHER Stories build language, imagination, and connection.	 EXPLORE OUTSIDE Nature supports curiosity, problem solving, and focus.	 HELP TOGETHER Simple chores build independence and responsibility.	 CREATE & PLAY Art, building, and imaginative play build big skills.	 TALK & CONNECT Ask questions, listen, and celebrate everyday moments.
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OUR KINDERGARTEN MOMENT

Draw a picture or add a photo of your little learner in action!



FREE RESOURCES

Scan to visit our Free Resources page for printables, activities, and more tips to help your child grow and thrive!



- ### TRY THIS!
- #### NATURE SCAVENGER HUNT
- Look for these together on your next adventure and check them off!
- ✓ A leaf
 - ✓ A smooth rock
 - ✓ A stick
 - ✓ A flower
 - ✓ Something that crawls
 - ✓ Something that makes you happy!