

## Preparing for Kindergarten! Summer Activity Ideas to Get Ready for School

You are your child's first teacher! Families play an important role in supporting the school readiness of young children. Children's skills and development are strongly influenced by families, and through interactions with other people and their environment. School readiness prepares children to succeed in school cognitively, socially, and emotionally. Through interactions with your child, you are building nurturing relationships and experiences that promote readiness. These summer activity calendars provide you with information and tips on how to prepare your child.

Even though the library is closed until further notice, there are many free resources available to support school readiness. For example, the library is offering virtual story time every weekday morning. For more information please visit: <https://www.sandiego.gov/sdplstorytime>. Don't have a library card yet? No problem. It just takes a few seconds to sign-up for an Instant Digital Card using your mobile number and start borrowing free digital titles. To sign-up, please visit: <https://sdcl.overdrive.com/account/ozone/sign-in?forward=%2F&showIdcSignUp=true>. There are also many free literacy resources available in different languages from Unite for Literacy: <https://www.uniteforliteracy.com/> and Scholastic: <https://classroommagazines.scholastic.com/support/learnathome.html>.

During this time, meals for kids and teens are available in your community. No enrollment, no cost. To find a site near you please visit: <https://www.fns.usda.gov/meals4kids>, <https://feedingsandiego.org/find-food> or call Feeding San Diego at 858-452-3663.

Stay well and be healthy during this time.

June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Create a list of fun activities to do together (nature walk, indoor picnic, build a fort, etc.).	<b>2</b> Create a Summer Activity Journal. Add stickers, pictures, drawings, etc.	<b>3</b> Prepare a picnic lunch to enjoy. Count out plates, forks, and napkins.	<b>4</b> Make bubble recipe. Create wands. What might you need? (Recipe included at the bottom of the calendar)	<b>5</b> Blow bubbles in the sun. Watch the colors as the sun shines through. Count the bubbles as you pop them!	<b>6</b> Visit a library and check out a book about bubbles. <b>Big Bad Bubble</b> by Adam Rubin Or create bubble art by adding food coloring to bubbles and popping them on paper
<b>7</b> Make a pre-kindergarten time capsule. You may include drawings, pictures, height/weight, etc.	<b>8</b> Create a kindness jar with your child. Talk about what it means to be kind and what things your child can do around the house. Write down those moments and share with your child at the end of the week.	<b>9</b> Take turns playing Follow the Leader or Simon Says.	<b>10</b> Listen to jazz or classical music while drawing together.	<b>11</b> Have your child draw a family picture. Ask your child to tell you about the picture.	<b>12</b> Read a book about going to kindergarten. Talk about what to expect.	<b>13</b> Have a family slumber party. Ex: snacks, forts, pictures, shadow puppets, stories, movies.
<b>14</b> Find a comfy spot, get all of your favorite books, and have a read-a-thon.	<b>15</b> Have your child re-tell you one of their favorite stories from the read-a-thon.	<b>16</b> Go for a walk with your child and play 'I Spy'.  "I spy with my little eyes something red."	<b>17</b> Create instruments and make music together. Ex: Tap two sticks together, shake a container with rocks inside, etc.	<b>18</b> Dance to your favorite songs using props.	<b>19</b> Act out the First Day of School.	<b>20</b> Go outside and search for insects. Count and tally the number of insects found.
<b>21</b> Draw pictures of the insects that were observed on Saturday.	<b>22</b> Visit a library and check out a book about insects. <b>Bugliest Bug</b> by Carol Diggory Shields, Scott Nash. Or create a story with your child about the insects you observed.	<b>23</b> Play hide and seek. Start by counting 1-10, then 10-1.	<b>24</b> Create a school tool box. Include writing tools, art materials, scissors, etc.	<b>25</b> Play hopscotch using numbers, letters, and shapes.	<b>26</b> Talk about all the exciting things your child will be doing at school.	<b>27</b> Plan Family Favorite Day. Ex: favorite foods, games, movies, activities, etc.
<b>28</b> FAMILY FAVORITE DAY  Enjoy all your family favorites together!	<b>29</b> Visit a library and check out a book about music. <b>Max Found Two Sticks</b> by Brian Pinkney Or tell share a new nursery rhyme with your child	<b>30</b> Look at and discuss all the amazing things you did with your child this month. Have your child draw a happy face on their 3 favorite days!		<b>Bubbles Recipe</b> 1 quart (4 cups) warm water 1/2 cup sugar 1/2 cup dishwashing liquid	<i>How to make bubbles:</i> Combine the sugar and the warm water. Stir until the sugar is fully dissolved. Add the dishwashing liquid and stir again. Store in an airtight container.	

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>No Cook Playdough Recipe:</b> 2 cups flour 1 cup salt 1 tbsp. oil 1 cup cold water 2 drops of food coloring	<i>How to make play dough:</i> Combine flour and salt. Add water food coloring and oil. Mix until ingredients are combined. If play dough is too wet add a little more flour.		<b>1</b> Dance with your child to their favorite song, stop the music and freeze.	<b>2</b> Make a paper chain. Count down each day until the first day of school.	<b>3</b> Create a list of 5 items you might see at a school and talk with your child about their first day of school.	<b>4</b> Create a book with your child about what makes them special.
<b>5</b> Make faces at each other and guess the emotion (sad, happy, scared, excited, etc.).	<b>6</b> Visit a library and check out a book about feelings. <b>Sometimes I'm Bombaloo</b> by Rachel Vail Or read your child's favorite book.	<b>7</b> Draw or paint your favorite summer activity.	<b>8</b> Have a dance party! Make up silly dances together.	<b>9</b> Collect sticks and rocks and build a structure.	<b>10</b> Walk around your child's school and draw or take pictures of the different shapes you see.	<b>11</b> Use playdough and toothpicks to make 3D shapes. (Recipe included at the top of this calendar)
<b>12</b> Place a toy on a dark piece of paper, leave out in the sunlight and see what happens.	<b>13</b> Visit a library and check out a book about shapes. <b>Mouse Shapes</b> by Ellen Stoll Walsh Or go on a shape hunt in your home	<b>14</b> Create a paper bag puppet and put on a puppet show.	<b>15</b> Make a sensory bottle. Mix water, oil, and food coloring. Shake it up and observe.	<b>16</b> Play catch and count each throw.	<b>17</b> During mealtime, ask your child what they look forward to about school.	<b>18</b> Plan Family Favorite Day. Ex: favorite foods, games, movies, activities, etc.
<b>19</b> FAMILY FAVORITE DAY  Enjoy a family favorite together!	<b>20</b> Visit a library and check out a book about numbers. <b>Five Little Monkeys Jumping on the Bed</b> by Eileen Christelow Or make a book with your child about numbers/counting	<b>21</b> Make a reading fort with blankets and pillows. Be sure to include a flashlight.	<b>22</b> Make puzzles out of cereal boxes.	<b>23</b> Compare baby and current photos of your child. Talk about how they are the same and different.	<b>24</b> Tell each other a bedtime story about going to school.	<b>25</b> Turn off the light and use a flashlight to play with shadows.
<b>26</b> Fill a bowl with water and experiment by placing items in the bowl to see if they sink or float.	<b>27</b> Visit a library and check out a book about light and dark <b>Blackout</b> by John Rocco Or make an "All about me" book with your child	<b>28</b> Cut or tear letters out of old magazines and make a collage.	<b>29</b> Paint with water on the sidewalk and count how long it takes to evaporate and disappear.	<b>30</b> Color a paper towel with different colored markers. Spray with water and see how the colors mix.	<b>31</b> Look at and discuss all the amazing things you did with your child this month. Have your child draw a happy face on their 3 favorite days!	

## August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Cloud Dough Recipe</b> 8 cups- all-purpose flour 1 cup- vegetable/canola oil Few drops of food coloring (optional)	<i>How to make Cloud Dough:</i> Add 8 cups of flour to a bowl. Slowly add vegetable/canola oil. Add food coloring (if desired). Mix with a whisk/fork. Consistency should be a bit dry and grainy yet still moldable. Enjoy!					<b>1</b> Fill a clear bowl with water and add drops of food coloring. Observe what happens.
<b>2</b> Play basket hoops. Stand about 6 feet away from a basket/bucket and throw a small ball into it.	<b>3</b> Visit a library and check out a book about colors. <b>A Color of His Own</b> By Leo Lionni Or make a book with your child about colors	<b>4</b> Play Red light, green light.	<b>5</b> Play Hot Potato. Count how many times it is passed before the music stops. Use a soft ball or pair of rolled up socks.	<b>6</b> Talk with your child about community helpers and the importance of their contributions.	<b>7</b> Go for a morning walk and count how many birds you see. What colors of birds do you see?	<b>8</b> Invite your child to cook a simple meal with you. Measure and count.
<b>9</b> Create an obstacle course. Include balancing, hopping, crawling skills.	<b>10</b> Visit a library and check out a book about resilience. <b>Pete the Cat "I Love My White Shoes"</b> by Eric Litwin Or read your child's favorite book	<b>11</b> Look at the ads from the grocery store. Look for different color fruits/vegetables. How many yellow fruits/vegetables can you find?	<b>12</b> Play 'Musical Chairs'. Count down as you remove chairs.	<b>13</b> Make Cloud Dough. Have your child help you measure and mix. (Recipe included at the top of this calendar)	<b>14</b> Read a story and ask your child to retell the story.	<b>15</b> Go outside and do a shadow dance.
<b>16</b> Tape paper under the table and paint/draw laying down.	<b>17</b> Visit a library and check out a book about school. <b>The Kissing Hand</b> by Audrey Penn Or make a book with your child about school	<b>18</b> Make a sock puppet and put on a puppet show.	<b>19</b> Clap your hands to syllables in name. Ex: Do-mi-nick	<b>20</b> Draw a self-portrait. Use mirror to identify different features.	<b>21</b> Create a chant/rhyme about your child's full name.	<b>22</b> Plan Family Favorite Day. Ex: favorite foods, games, movies, activities, etc.
<b>23</b> FAMILY FAVORITE DAY  Enjoy all of your family favorites together!	<b>24</b> Visit a library and check out a book about self. <b>From Head to Toe</b> by Eric Carle Or Play Mystery Sock. Place item in sock, have them feel it and guess what it is.	<b>25</b> Draw or take pictures of letters in your environment and talk about all the letters you found.	<b>26</b> Make long scarves out of fabric, and twirl around and dance to music using the scarves. Get creative with items around the house.	<b>27</b> Ask your child to set the table for meal time. How many plates, forks, cups, do you need?	<b>28</b> Tear strips of paper and make a collage. Glue strips to paper.	<b>29</b> Create a unique handshake with your child.
<b>30</b> Make a fruit skewer with your child and create a pattern (strawberries/kiwi/strawberries/kiwi.)	<b>31</b> Look at and discuss all the amazing things you did with your child this month. Have your child draw a happy face on their 3 favorite days!					

## Children's Books About the Transition to School

One way to help young children prepare for the transition to kindergarten is to read them books about starting school. There is great variety of books available for this purpose at your local library! Below are some examples of books about the transition to school.



- Look Out Kindergarten, Here I Come... by Nancy Carlson
- Clifford Goes to Kindergarten by Norman Bridwell
- The Night Before Kindergarten by Natasha Wing
- Kindergarten Rocks! by Katie Davis
- Countdown to Kindergarten by Harry Bliss
- Max va a la escuela by Adria F. Klein
- Kindergarten Diary by Antoinette Portis by Toni Buzzeo and Amy Wummer
- This Is the Way We Go to School by Edith Baer
- René tiene dos apellidos / René Has Two Last Names by René Colato Laínez
- The First Day of School: Arabic Story Book for Kids by Taghreed A. Najjar





# TIPS | for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Ham it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Visit [www.ReadingRockets.org](http://www.ReadingRockets.org) for more information on how you can launch a child into a bright future through reading.



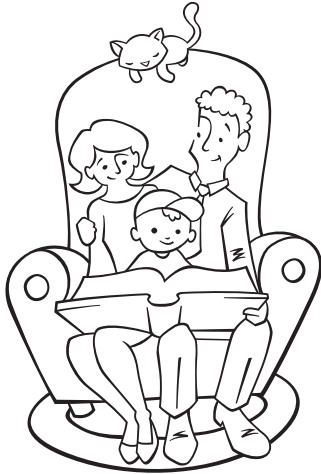
# Helping Your Children BECOME READERS



**When you open a book with your children, you are opening the world for them.**

You are making them think and wonder, and want to know more. You are helping them to do well in school. Best of all, you are enjoying time together as a family.

**Here are ways to interest your little ones in books and help them learn skills that will lead to reading.**



## **1 Talk with your children**

as you play, shop, or work around the house. Listen to what they say. Ask questions. When you talk to your children, you are helping them learn to use words.

## **2 Read to your children.**

Try to read to them at the same time every day. Bedtime or before a nap is a good time. Let *them* choose the story.

**3 Let your children see you read.** That is the best way to show them that you think reading is important and that you enjoy it, too.

## **4 Ask older children to read to younger ones.**

The older children will be proud of their skills. The younger children will want to read like their older brothers, sisters, or friends.

## **5 Go to the library together.**

Ask the librarian for help in finding books your children will enjoy. If you don't have a library card, ask for one. With a card, your family can borrow books.

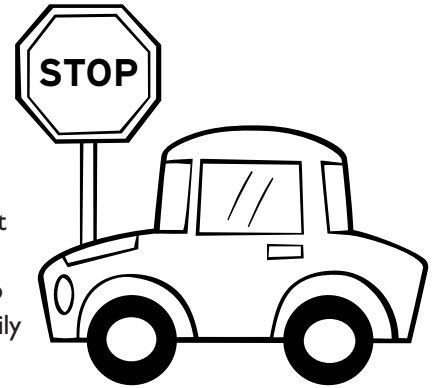
## **6 Give your children books about their special interests.**

Do they like animals, sports, or magic? Surprise them with books or magazines about their favorite interests or activities.

**7 Keep books, magazines, and newspapers around your home** so you and your children will always have something to read. Read aloud other things you see during the day. Read street signs, milk cartons, cereal boxes, and signs in store windows.

## **8 Plan outings for your children.**

Children learn from what they see and do. Take them to a park or a parade, or just out for a walk. Church and community groups also plan trips that your family might want to go on.

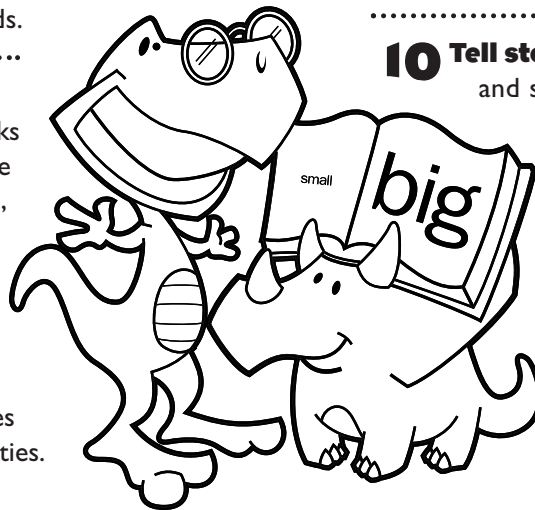


## **9 Say rhymes and poetry, or sing songs.**

Rhymes and songs are easy for kids to remember, so they can say them and sing them along with the rest of the family. Rhymes also help them learn letter sounds.

## **10 Tell stories about your family**

and stories you enjoyed when you were a child. Ask grandparents and other family members to tell stories, too. Write down some of these stories and the ones your children tell. Save them to read aloud at another time.



If you are interested in more ideas and advice about encouraging children to read, visit RIF's website at **[www.rif.org](http://www.rif.org)**.