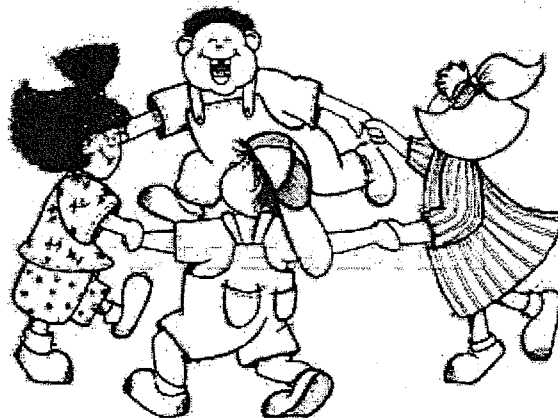




MUSD School Readiness Department

Kindergarten Readiness Handbook

A guide to help prepare your child
for Kindergarten.



WELCOME TO KINDERGARTEN





WELCOME TO KINDERGARTEN

FIRST 5 San Joaquin

This handbook was developed using a grant through the First 5 San Joaquin Children and Families Commission. The funds were acquired through Proposition 10, the children and Families Act, which directs the revenue from a tax on tobacco products to improving child health, strengthening families and helping children be ready to learn by the time they start kindergarten.

It is the goal of Manteca Unified School District, through the use of this handbook and activity book, to inform and assist parents in preparing their child for Kindergarten.

Questions? We may have the answers.

**Manteca Unified School District
School Readiness Department
(209)858-0848**

Getting Ready for Kindergarten

Skills That Will Make Kindergarten Less Stressful

Necessary:

Knowing how to say your full name
Being able to listen to a story without interrupting
Sharing toys and taking turns
Writing your first name
Being able to use the restroom independently

- Allowing enough time
- Unfastening and fastening your pants and belt
- Toileting needs
- Handwashing

Being able to clean up after yourself
Cutting on a line
Being able to blow/wipe your nose
Being able to put on and take off a coat

Helpful

Raising your hand to ask a question
Tying your shoes
Waiting patiently
Saying please and thank you
Counting to 10 or 20 or higher
Counting 4-10 things, touching each one as you count
Saying the alphabet
Knowing some letters and sounds
Using glue
Knowing your colors
Rhyming and chanting
Opening a juice box or snack
Some fine motor skills

- Holding a pencil the right way
- Picking up cereal with tweezers

Some large motor skills

- Running
- Jumping
- Skipping or hopping
- Kicking a ball

Other things you can do

Getting 10 hours of sleep
Eating a healthy breakfast
Reading 10-15 minutes each day
Limiting TV and video games
Ask questions to extend language, questions with more than "yes" or "no" as an answer.

Before School Starts: A Checklist for Kindergarten

- Determine your child's school. If you are unsure you can visit <http://www.condordataserver.com:81/website/musd/> to find out.
- Register your child for kindergarten on or after the registration date in April, making sure you have submitted all necessary paperwork.
- You should know the teacher and whether your child will be attending morning or afternoon kindergarten by the Friday before school starts.
- During the spring, follow the recommended calendars to help prepare your child for kindergarten.
- Visit some of the websites listed in this packet. Some are for parents, some kids.
- Within a couple weeks of school starting, visit the school grounds with your child, pointing out their classroom, the library, the gym... Make sure you use positive comments while you are on campus, like "Won't it be fun to play on that playground?"
- At home, say things to make sure your child knows that starting school is a very special event, and to calm any fears your child may have.
- Make sure your child understands that attending school everyday is important, and that the teacher will expect him/her to pay attention, raise his/her hand, wait patiently, and do his/her very best.
- Make sure your child knows the teacher's name, the principal's name, the school's name. You should also know the school's phone number and teacher's email address.
- Find out if your child's kindergarten has a parent orientation and/or an open house for your child. If so, make sure to attend.
- Before school starts, make arrangements for and let your child know about
 - Transportation to and from school.
 - Child care before and/or after school, if necessary.
 - Lunch: find out if your child will be eating on campus or at home.
- Take your child shopping for a few school supplies. What your child will actually need depends on your child's school and teacher, but before you find out, you can purchase little things to use at home like a pencil box, eraser, crayons, paper, and maybe a lunch/snack box for school. If your child will need a backpack, please purchase one that does not have wheels.
- On the first day of school, be very excited. Your child will pick up on any fears or sadness you may have. Some children will take to their new surroundings easily. Others may need a little time and support from you, their teacher, and new school friends. If your child cries on the first day, make sure your child knows that you will be back at dismissal to pick him/her up. Once you decide to leave, let your child know you are leaving and that you will be back to pick him/her up at dismissal, and then leave. **DO NOT SAY YOU ARE LEAVING AND THEN TURN AROUND AND COME BACK WHEN YOUR CHILD STARTS CRYING.** If you do this, then every time you try to leave, your child will expect you to turn around and stay. Kindergarten teachers are accustomed to dealing with tears on the first day, and the more quickly you depart, the easier it will be for both the teacher and your child.

Quick Questions to ask your child when reading a story together:

Find the letter ____ on this page.

Is this story real or make believe? How do you know?

How do you think this character is feeling right now? Why?

Find a capital letter on this page.

What words on this page rhyme?

Find a short word on this page.

Find a long word on this page.

How many words are on this page?

Find a word that starts with the same letter as your name.

Where is the front cover?

Where is the back cover?

Where is the spine?

What does the author do? (She writes the words.)

What does the illustrator do? (She adds the pictures or photographs.)

Find a period.

Find a question mark.

Find an exclamation point.

How many letters are in this word?

What is the first letter of this word?

What is the last letter of this word?

What do you think will happen next? Were you right?

Who is the main character?

Where should I start reading? Which way do I go?

What happened at the beginning of the story? The middle? The end?

What would you do if...

Kindergarten Book List

Favorite Stories

Annabelle Swift, Kindergartner by Amy Schwartz
Good Job, Little Bear by Martin Waddell
Rainbow Fish by Marcus Pfister
Swimmy by Leo Lionni
Mouse Paint by Ellen Stoll Walsh
The Night Before Kindergarten by Natasha Wing
Don't Eat the Teacher by Nick Ward
First Day Jitters by Julie Danneborg
Countdown to Kindergarten by Allison McGhee
The Kissing Hand by Audrey Penn
Welcome to Kindergarten by Anne Rockwell
If You Take a Mouse to School, by Laura Numeroff
Where the Wild Things Are by Maruce Sendak
Brown Bear, Brown Bear by Bill Martin
Chicka Chicka Boom Boom by Bill Martin
Kindergarten Rocks by Katie Davis
Tiptoe into Kindergarten by Jacqueline Rogers
Tom Goes to Kindergarten by Margaret Wild
My Kindergarten by Rosemary Wells
Awful Aardvarks Go to School by Reeve Lindbergh
Goodnight Moon by Margaret Wise Brown
Runaway Bunny Margaret Wise Brown
The Berenstain Bears Go to School by Stan and Jan Berenstain
Look Out Kindergarten, Here I Come! by Nancy Carlson
I Started School Today by Karen G. Frandsen
Miss Bindergarten Gets Ready for Kindergarten by Joseph Slate

Favorite Characters

Corduroy books by Don Freeman
Clifford books by Norman Bridwell
Froggy books by Jonathan London
Arthur books by Marc Brown
Rabbit books by Alan Baker
Spot Books by Eric Hill

Favorite Authors

Dr. Seuss	Ezra Jack Keats
Eric Carle	Don and Audrey Wood
Leo Lionni	Pat Hutchins
Kevin Henkes	Jan Brett
Bill Martin	Lois Ehlert
Rosemary Wells	Mem Fox

Nursery Rhymes

Identifying and producing rhyming words is a California Standard for Kindergarten. Rhyming is a building block in the pre-reading foundation. When learning to read and write, it is very helpful to your child to be able know when a rhyme is spoken and to be able to make words rhyme. There are many, many nursery rhymes. Frequent repetition will help your child to commit nursery rhymes to memory. Your child should soon be able to supply rhyming words. Listed below are some nursery rhymes that are used at the beginning of the kindergarten school year.

1. Three Little Kittens

Three little kittens lost their mittens
And they began to cry.
"Oh, mother dear, we sadly fear
That we have lost our mittens."
"What! Lost your mittens!
You naughty kittens.
Then you shall have no pie."
MEOW! MEOW! MEOW!

2. Jack and Jill

Jack and Jill went up the hill
To fetch a pail of water.
Jack fell down and broke his crown,
and Jill came tumbling after.

3. Hey, Diddle, Diddle

Hey, diddle, diddle,
The cat and the fiddle.
The cow jumped over the moon.
The little dog laughed to see such fun,
And the dish ran away with the spoon.

4. Itsy, Bitsy Spider

Itsy, Bitsy Spider went up the
waterspout.
Down came the rain and washed the
spider out.
Out came the sun and dried up all the
rain.
Then Itsy, Bitsy Spider went up the
spout again.

5. London Bridge is Falling Down

London Bridge is falling down,
Falling down, falling down,
London Bridge is falling down,
My Fair Lady.

6. Caterpillar

"Go to sleep, my little babies,"
Mama Caterpillar said.
And she tucked her little babies
In their caterpillar beds.
"Soon, very soon, you will stretch your
wings and fly.
And soon you will be a pretty butterfly."

7. Hickory, Dickory, Dock

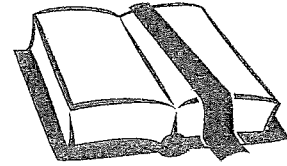
Hickory, dickory, dock,
The mouse ran up the clock.
The clock struck one.
The mouse ran down.
Hickory, dickory, dock.

8. Little Miss Muffet

Little Miss Muffet
Sat on her tuffet
Eating her curds and whey.
Along came a spider
Who sat down beside her.
And scared poor Miss Muffet away!

Grade K Overview | English Language Arts

Kindergarten students work with prompting and support to interact with literature or informational text by asking and answering questions and identifying details and main events. Students know and can name all letters, and they can print many letters. They can read common words and draw, tell or write about a book.



Reading

With prompting and support:

- Ask and answer questions about a reading selection
- Identify characters, setting, and main events in a story
- Retell stories, including details

Reading: Foundational Skills

- Understand basic print features
 - Left to right
 - Top to bottom
 - Page by page
- Recognize and name all uppercase and lowercase letters
- Recognize that spoken words are made up of syllables and sounds
- Recognize and produce rhyming words
- Blend two or three sounds together to make a recognizable word
- Use phonics when reading words
- Say the most frequent sounds for each consonant and vowel
- Read common high-frequency words by sight
 - The, of, to, you, is

Writing

- Draw, tell, or write about a book
- Draw, tell, or write about events in the order they happened

Speaking and Listening

- Participate in discussions
 - Listen to others
 - Take turns speaking
- Follow oral directions
- Ask and answer questions
- Describe people, places, things, and events, providing detail

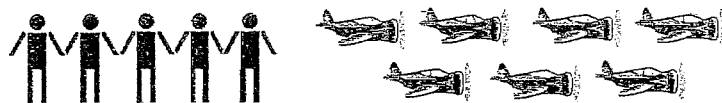
Language

- Print many uppercase and lowercase letters
- Use capitalization, punctuation, and spelling
- Identify new meanings for familiar words
 - Knowing *duck* is a bird, and learning the verb form of *to duck*

Grade K Overview | Mathematics

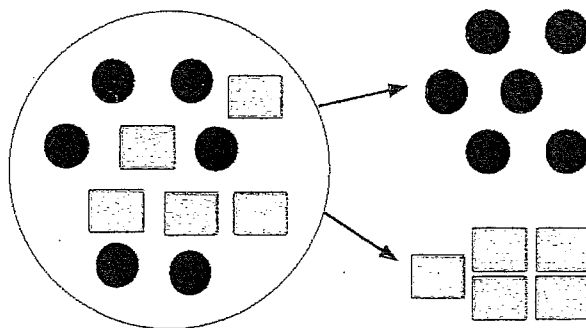
Kindergarten students learn to count to 100 and write numbers to 20. Attention is given to numbers 11-20 where emphasis is placed on tens and ones building a foundation for place value understanding. Beginning addition and subtraction starts in kindergarten. Students sort and classify groups of objects and identify basic shapes.

- Know number names and be able to count to 100
- Write numbers 0 – 20
- Learn about numbers 11-20, with tens and ones
- Count objects to tell the number of things in a group up to 20
- Compare numbers and groups



Which group has more? Which group has less?
Are these groups equal?

- Understand that addition is putting together groups and adding to groups
- Understand that subtraction is taking apart groups and taking from groups
- Fluently add and subtract within 5
- Understand concepts of time (morning, afternoon, evening, etc.)
- Know about the tools that measure time (clock, calendar, etc.)
- Sort objects into groups



Dear Parents & Guardians,

Please use these activity calendars to help prepare your child for the first day of school and the rigors of kindergarten. As you complete each task, let your child put a sticker or draw a smiley face in the square. Try to complete as many activities as you can. Several activities are repeated in order to allow your child more practice with those skills. Feel free to repeat any your child enjoys or needs additional practice with. You may also wish to fill in dates once you know when your child's first day of school is. ***In addition to these activities, please be sure to read with your child 15 minutes daily.***

Upon Registration in April

Monday	Tuesday	Wednesday	Thursday	Friday
		Ask someone to read to you and use the "Quick Questions" sheet 15 min. <u>each day</u> .	Learn your phone number. Practice dialing it. Use your telephone number page.	Practice writing your name with one capital letter at the beginning, and lowercase letters. Write your last name if you can. Use the name writing page.
Count as high as you can. Try to get to 20 before kindergarten starts.	Practice cutting straight lines with scissors. Use the airplane cutting page.	Say a nursery rhyme or two. What words rhyme?	Have a friend over to play a game. Practice taking turns and sharing.	Visit the library. Check out several books you might enjoy.
Name the shapes on your shape coloring page. Color them trying to stay in the lines.	Learn how to tie your shoes. Keep practicing.	Sing your ABCs. Slow down when you get to L-M-N-O-P. Try pointing to the letters as you sing.	Help fold some socks. Be careful to match them up together. How many socks? How many pairs? What colors?	Visit a museum, zoo, or children's museum to learn about the world around you.

May

Monday	Tuesday	Wednesday	Thursday	Friday
Look in a mirror with someone. Talk about what is the same and what is different.	Put together a puzzle with someone in your family.	Write all the letters you know. If you have magnetic letters, mix them up and name them.	Learn your address. Use the address page. Write the numbers on the house and color.	Visit the library again. Make sure you return all your books before you check out new ones.
Cut out the number cards with the numbers 1-5. Practice naming them and putting them in order. Add 6-10 if 1 to 5 is too easy.	Draw a picture of your family. Write or copy their names.	Read a story and talk about how the people in the story feel (happy, angry, sad...) and why they feel that way.	Go to the park and play on the swings and slide.	Practice writing your name with one capital letter at the beginning, and lowercase letters. Write your last name if you can.
Get your flashcards with the numbers 1-5. Practice naming them and putting them in order. Add 6-10 when 1 to 5 is too easy.	Read a story with someone and draw a picture of your favorite part of the story.	Say a nursery rhyme or two. What words rhyme?	Build something with blocks. How many blocks did you use?	Go to the grocery store. Name as many fruits and vegetables as you can. What color are they?
Practice writing the numbers 1-5 or 1-10.	Practice zipping, buttoning, and working your belt so you will be able to use the restroom all by yourself.	Say your first and last name. Say the letters in your name. Try to think of words that start with each of those letters.	Take a drive in town. Read as many signs as you can (stop, McDonald's, Target...)	Practice walking backwards for 6 or 7 steps.
Set the table for a meal. How many pieces of silverware did you use?	Draw a rainbow. Name all of the colors. Add details to your picture (clouds, grass, birds).	Play a rhyming game with someone. Say a simple word and try to think of as many rhymes as they can.	Practice hopping on one foot 5 times. Then switch feet.	Sing a song like Twinkle, Twinkle Little Star while you wash your hands.

June

Monday	Tuesday	Wednesday	Thursday	Friday
Get your flashcards with the numbers 1-5. Practice naming them and putting them in order. Add 6-10 when 1 to 5 is too easy.	Help plan and cook dinner. Talk about what you are doing. Try using measuring cups or spoons.	Line up cars or stuffed animals and talk about which is first, second, third, ...and last. Describe each one.	Play Simon Says. Take turns being Simon. Name several parts of your body (head, eyes, elbow, hair...)	Go to the grocery store. Give the cashier money and receive the change. Remember to say thank you. How many coins did you get back?
Follow the directions to color the shape house worksheet.	Tell someone about your day. What happened at the beginning, middle and end?	Get a stuffed animal. Put it on a chair, under a chair, next to a chair, and between 2 chairs.	Pretend to order a pizza. Be sure to say your full name, phone number and address.	Use tweezers to move beans or rice from one bowl to another. Use tongs to move cotton balls from one bowl to another.
Pick out a set of something to group (Legos) first by size, then again by shape, then again by color. Cereal, stickers, blocks...	Draw a picture with sidewalk chalk. Write your name with chalk.	Draw a picture and write a note to a friend or relative.	Play catch with someone. Count each toss. Kick the ball. Move a step back with each kick.	Blow bubbles with someone. Count them as you pop them. Who popped more? Less? Do it again.
Count the number of steps from the front door to a tree or the sidewalk. Count them back to the door. Was the number the same? If not, which way took more steps?	Put together a puzzle with someone in your family.	Read a book with rhymes. Have your child help read the rhyming words.	Carry a plastic cup on top of a plate. How far can you go?	Practice writing your name 3 times with one capital letter at the beginning, and lowercase letters. Write your last name if you can.

July

Monday	Tuesday	Wednesday	Thursday	Friday
Mist plants with a spray bottle. (This will help strengthen your hand muscles for writing.)	Start going to bed early enough to get 9-10 hours of sleep, and wake up at the time you will need to wake when school starts.	Play the Funny Name Game. Choose a name, then change the letter it starts with. (Dad= Vad, Yad, Jad)	Draw a picture of your next birthday cake. Draw the right number of candles on it. Color it neatly.	Play I Spy with someone.
Write the numbers 1-10. Put the right number of pennies on each number.	Use your race cars cutting page to practice cutting.	Say a nursery rhyme or two. What words rhyme? Say it again starting all the words with a d, m, l, or p. (Twinkle Twinkle, Twinkle Little Star becomes Dinkle, Dinkle Dittle Dar.)	Play with clay or play dough. Make a person or some letters. (This will help strengthen your hand muscles for writing.)	Draw and color a circle, square, rectangle, triangle. Name them.
Get your flashcards with the numbers 1-5. Practice naming them and putting them in order. Add 6-10 when 1 to 5 is too easy.	Cut pictures from a magazine and glue them onto another paper.	Use your skater cutting page to practice cutting.	Practice saying your full name, phone number and address.	Walk or drive to your school. Pay attention to the things you pass on the way.
Count how many days until school starts. Write that number.	Read a story that has a teacher or a kindergartener in it. (See the Book List.)	Practice meeting and greeting a new friend. Practice blowing your nose.	Make sure you have scissors, glue, crayons, and pencils for homework. Set aside a spot at home for school work and supplies.	Practice writing your name with one capital letter at the beginning, and lowercase letters. Write your last name if you can.
Talk to someone about how you will get to and from school, and who will be there to pick you up.	Practice raising your hand and waiting your turn to ask a question.	Pick out clothes for your first day of school. Make sure you can put them on and take them off by yourself.	Say the name of your school and your teacher 5 times.	Make sure you get 10 hours of sleep, and get up early enough to have a healthy breakfast.

Literacy Websites

And Apps

There are many applications and websites created to help children and families build and strengthen their language, literacy and math skills. Below are some suggestions to check out:

Websites

- **Vroom**
<http://www.joinvroom.org/>
This website offers tools and activities to help parents create “brain-building moments” with their children.
- **Mind in the Making**
<http://www.mindinthemaking.org/>
A helpful website for parents to learn about the seven essential life skills, developed by Ellen Galinsky, that every child needs to be successful in life. Also includes tips and activities for parents to do with their children.
- **Starfall**
<http://www.starfall.com/>
This website developed for PreK to Grade 2, offers movies, interactive games, and engaging activities for children to work on phonics and practice phonemic awareness.
- **Story Place**
<http://www.storyplace.org/>
This website is a digital library created specifically for children and includes free online books, online activities and reading lists for preschool and elementary students.
- **Between the Lions**
<http://pbskids.org/lions/>
This PBS website offers interactive games, stories, and video clips as well as reading resources for teachers and parents.
- **Sesame Street**
<http://sesamestreet.org/>
This website offers interactive games, videos and art activities for children.
- **Ed Helper**
<http://edhelper.com/>
This website offers worksheets for ages preschool to sixth grade, including math, spelling, STEAM activities and critical thinking skills.
- **Brain Connection**
<http://www.brainconnection.com/teasers/>
Designed to be fun for the brain and exercise the neural pathways involved in distinguishing subtle differences in sound, this group of online brain training exercises

works at training your brain on the basic fundamentals necessary for language, listening and reading.

iPhone and Ipad Apps

- **Interactive Alphabet**
A fun alphabet app that will have young kids wanting to go from A-Z over and over and over again.
- **Reading for Kids: 100 Ways to Encourage Your Child to Read**
This app offers one hundred ways for parents to help encourage their children to become life-long readers.
- **Little Writer- The Tracing App for Kids**
Little Writer is a tracing app that's done just right. Little Writer is super fun and so easy to use that your kids will think letter tracing is a game vs a boring chore.
- **Alphabet Zoo**
Alphabet Zoo is designed and reviewed by educators to teach children letter-sound association, an essential skill for learning to read.

Android Apps

- **Endless Alphabet**
Kids will have a blast learning their ABC's and building vocabulary with the adorable monsters in Endless Alphabet.
- **Daily Vroom Mobile App**
This app helps busy parents turn fun, everyday moments into brain-building moments.
- **Kids ABC Alphabet Puzzles**
Clever Kids ABC Alphabet Puzzles is a learning game for children ages 2 to 6. The app features several worlds for each kid to learn new words, shapes, and spelling with HD graphics and cute animation.
- **Elmo's Story Maker**
This app introduces your child to the basics of storytelling as he or she plays with kooky characters, imaginative objects, and more! Through imaginative play your child will learn how creative choices affect a story along the way!

Other Mobile Options

- **Ready4K**
Ready4K is a research-based text-messaging program for parents. Each week, you will receive FUN FACTS and EASY TIPS to boost your child's learning.
To sign up text R4KSJ to 70138