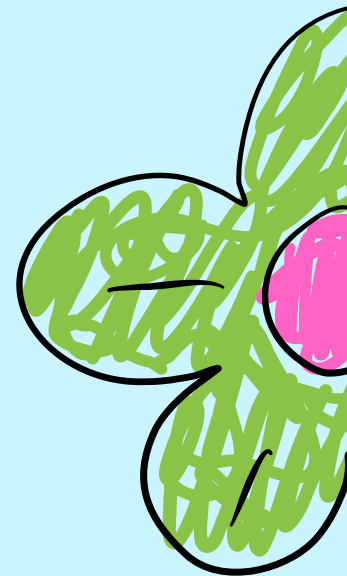


# Kindergarten

## HERE I COME!

ACTIVITIES TO  
DO WITH YOUR  
PRESCHOOLER










# Welcome!!

You and your child are preparing for kindergarten! This activity book, *Kindergarten, Here I Come* is filled with fun ideas to do together to get ready for kindergarten. These activities will help give your child the foundation for positive future school experiences.

Every month contains four weeks of activities that use simple materials or ideas to do at home. Each one of the activities focuses on a skill for your child's entry into kindergarten. You can do all or some of the experiences on each page, and they can be done in any order, at any time.

The activities are linked to the Pennsylvania Early Learning Standards. These Standards are used in pre-kindergarten programs throughout Pennsylvania as a resource for developing classroom learning situations that will ensure your child's development in the skill areas necessary for future success.

## The Early Learning Standards include:

-  Approaches to Learning Through Play (*the way children learn*)
-  Creative Thinking and Expression (*visual arts, music and movement and dramatic play*)
-  Language and Literacy Development (*reading, writing, speaking, and listening*)
-  Mathematical Thinking and Expression (*numbers, shapes, colors, and space*)
-  Social and Emotional Development (*learning about self and how to get along with others*)
-  Health, Wellness and Physical Development (*health and safety; large and small muscles*)
-  Scientific Thinking and Technology (*exploring the world*)
-  Social Studies Thinking (*learning about people and the community*)

You'll be able to tell what developmental area each activity is focusing on by the picture at the beginning. Compare it to the key at the bottom of the page so you know what skills you are helping your child learn.

Most importantly have fun! The time you and your child spend together, doing these activities or others, will help your child say with confidence,


**"Kindergarten, Here I Come!"**



## All About Me Book!

You and your child can make your very own book! On each month, you'll find a special book that looks like this. It describes a page for your "All About Me" book. After you and your child have made each page, keep them together in a special place.

When you have reached the end of the Kindergarten, Here I Come Activity Book, bind the pages together to make a memory book to keep. What a perfect way to remember your child's year before kindergarten!

 **PS.** Help your child find where the bumble bee is hiding throughout the Activity Guide. How many can be found?



This activity book is made possible through the support of...

# Early Learning

## Choosing an Early Learning Site

Select an early learning program that best suits your family's needs. Make a careful choice by considering the location, hours of care, and services provided. Visit the facility and talk with the director and teachers. Find a location that feels right for you and your family. A high-quality early learning program, no matter what type, should provide a safe and secure learning environment for your child.

Families can learn more about the options available in their community by contacting their local Early Learning- Resource Center (ELRC). The ELRC provides families with information on quality childcare and personalized child care referrals to child care providers based on your specific needs or preferences. Find your ELRC at [raiseyourstar.org](http://raiseyourstar.org).

Families can also use the Provider Search at [www.findchildcare.pa.gov](http://www.findchildcare.pa.gov). The search will help you locate a child care provider that meets your families' needs and offers information on early learning programs.

## Pennsylvania Pre-K Counts

Pennsylvania Pre-K Counts provides high quality pre-kindergarten services to three-and four-year-olds in Pennsylvania. The program is free to families who meet eligibility guidelines. Children are served in full or half day pre-kindergarten classes that are held in school district classrooms, Head Start classrooms, Keystone STARS 3 or 4 child care programs, or licensed nursery schools. The program is administered by the Office of Child Development and Early Learning, Pennsylvania Department of Education and Human Services.

The quality components of the program meet or exceed nearly every quality bench mark set by the National Institute for Early Education Research which include a highly qualified teaching staff, a curriculum that will help children grow academically and socially, a regular review of each child's progress, assistance for children and families transitioning to pre-kindergarten and on to kindergarten, and small class size. In addition, assessment of the quality of the program and the children's progress ensure that all Pennsylvania Pre-K Counts programs are providing the high-quality early education children deserve.

## Keystone STARS Child Care

Keystone STARS provides families with a tool to gauge the quality of child care programs. The STARS program supports child care programs in the commitment to continuous quality improvement. Programs earn a STAR 1 through STAR 4 rating using research-based standards that measure four areas that make a difference in the quality of care your child receives:

1. The educated and well-trained staff
2. The environment your child is in everyday
3. Leadership and management
4. Family and community partnerships

Contact your local Early Learning Resource Center at [www.raiseyourstar.com](http://www.raiseyourstar.com) to learn more about Keystone STARS and find a certified child care program that fits the needs of you and your child.

## Head Start

Head Start programs provide children with a developmentally appropriate early childhood education. The program ensures young children get health checkups and treatment, oral health screenings, and are fed a nutritious hot meal every day. Families applying for Head Start must meet eligibility guidelines. Head Start programs are operated by local agencies throughout Pennsylvania.

Contact your local Early Learning Resource Center at [www.raiseyourstar.com](http://www.raiseyourstar.com) to find a program in your community and learn about their local requirements for enrolling your child.

# January



## Getting Ready for Kindergarten (Registration Information)

Going to Kindergarten is an important event for both children and parents. Having a child enter Kindergarten prepared and ready to learn makes the transition much smoother for everyone.

- Contact your child's school district to find out which school your child will be attending in the fall. Ask about their registration procedures and dates.
- Gather the necessary paperwork: Social Security card, immunization records, birth certificate and physical exam.
- Complete the registration forms promptly and submit them to the appropriate school or administration office.
- Get to know the school's expectations for a new kindergartner and for you as a kindergartner's family member!
- Talk about school to get your child excited about their new adventure. Be positive. Families may be worried or hesitant. Be careful not to let this show.
- Give your child opportunities to make choices, follow directions, listen, and follow rules.
- Have your child practice dressing themselves, using easy to button, zip and snap clothing.

### Me Book

Use paper to cut out shapes or designs and ask your child to glue them together to make a picture of their house.

Ask them to describe the parts of the house while you write down the descriptions.  
Label the page, "My House".  
Date and save.



### Color or Trace the Shape!



# A Week of Activities



Help your child find their own winter clothes by making an area where they can keep them all together. Put the mittens, hat, scarf, boots, and coat for them to find when it's time to go outside.



Together with your child, write down special events on a calendar. Look at it each week to talk about when they are happening. Use words like yesterday or tomorrow or next week.



Make a collage with unused items you find around the house such as a lid from a bottle, a Popsicle stick, cotton balls, etc.



Look at pictures of the family doing different things. Together, describe what's happening in the pictures.

## Check Out These Books!

*Cookie Time* by Janet Wong  
*Yesterday I had the Blues*  
by Jeron Ashford Frame  
*Surprising Sharks* by Nicola Davies

# A Week of Activities



Describe objects in the house. Ask your child to find each one after listening to the clues.



Introduce your child to a new food this month. Talk about the kind of food – vegetable, meat, fruit – and how it helps keep them healthy.



Let your child paint with ice. Use food coloring to tint water in an ice tray and freeze. Give your child a cube to move around on paper while it melts and makes a design.



Bring in three snowballs from outside and put them in three separate bowls. Put one in the refrigerator, one in the freezer and one on the kitchen table. Watch what happens and talk about which one melts or freezes faster.



Approaches to Learning Through Play

Creative Thinking and Expression

Language and Literacy Development

Mathematical Thinking and Expression

Social and Emotional Development

Health, Wellness and Physical Development

Scientific Thinking and Technology

Social Studies Thinking



# A Week of Activities



Visit your local fire or police station. Let your child talk to a fire fighter or a police officer about the work they do.



Ask your child to find a specific item in the house using the flashlight. Ask your child, "How did the light help you find the object?"



Help your child recognize their name in print. Make name cards and place them around your home in places where your child will see them often.



Cut off the bottom of a plastic gallon jug just below the handle to make a catcher mitt. Show your child how to hold the handle to catch balls or bean bags you throw.



Give your child choices when you ask for help with chores. "Would you like to help fold socks, put them away or carry the clothes basket?"



Describe a job that someone could have in your community and ask your child to name it. "Who works in a fire station and rides on a truck with a long hose?"



Help your child cut from a magazine items with many colors. Help your child to separate them into colors.



Look at pictures in a new or unfamiliar book. Ask your child to think about or predict what might happen in the story. Read the story and compare your child's predictions to the actual story.

# A Week of Activities

# February

## Developing Problem Solving Skills

**Model positive problem solving for your child. Use positive words in your household to resolve conflicts. Help your child use the IDEAL model of social problem solving:**

**I** = Identify the problem. Stop, calm down and think clearly about your reasons and feelings.

**D** = Determine your choices. What can be done to solve the problem? "Let's think of ways you can both play with the blue truck. You could take turns, you could both fill it with sand, or someone could play with the red truck instead."

**E** = Evaluate your choices. Think about the possible consequences. "It might be hard to wait for a turn, we could fill up the truck faster if we work together."

**A** = Act on your best choice. "Let's use the red truck, too."

**L** = Learn from the results of your action. "We liked the red truck too and took turns with it." (from APA "Act Against Violence" [www.apa.org/act](http://www.apa.org/act))

- Help your child learn that anger is a normal feeling, but it needs to be expressed in an appropriate way.
- Include your child in family discussions to help them cooperate with the decision.
- A child's behavior is influenced by TV, movies, and video games. If a child sees violence, rude behavior and/or language, they are more likely to use those same behaviors. Monitor your child's TV, video, or tablet choices and talk together about what is being seen.

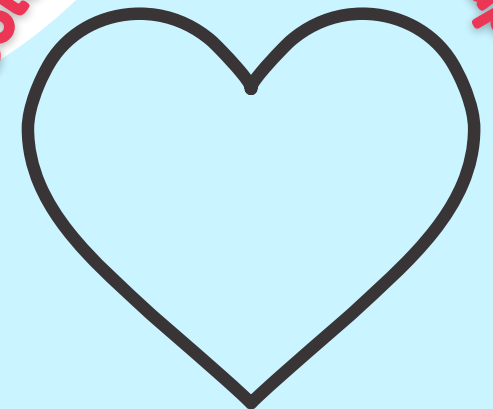
### Me Book

Ask your child to draw a picture of themselves enjoying a favorite activity. Ask, "What are you doing in this picture?"





Write the description next to the drawing. Label the page, "I Like to \_\_\_\_." (fill in) Date it and save.



### Color or Trace the Shape!







# A Week of Activities

-  Count together during daily routines. For example, count the chairs while setting the table or count how many socks that are put into the washing machine.
-  Fill a clear plastic bottle with water and add some crayon shavings. Secure the lid tightly. Have your child shake the bottle and move it in a circular motion. Watch and talk about how the shavings move.
-  Show your child a picture or an object in the house. Ask them to tell you a funny make-believe story about it. You can begin by saying, "What if that spoon was a..."
-  Play a game where you each take turns.

## Check Out These Books!





*Horses* by Gail Gibbons  
*When Sophie Gets Angry* by Molly Bang  
*Rap a Tap Tap* by Leo and Diane Dillon

# A Week of Activities

-  Give your child cups, basters, egg beaters, sponges, and a strainer. Let them pour, squeeze, and play!
-  Make picture cards that show different emotions. Ask your child questions about what would make them feel like the faces in the pictures.
-  Help your child tear paper from old magazines or catalogs into different sized pieces. Show how to glue them onto a paper to make a picture or design.
-  Help your child step into a paper or reusable bag that has handles. Ask them to move from one place to another while holding on to the handles of the bag.





-  Approaches to Learning Through Play
-  Creative Thinking and Expression
-  Language and Literacy Development
-  Mathematical Thinking and Expression
-  Social and Emotional Development
-  Health, Wellness and Physical Development
-  Scientific Thinking and Technology
-  Social Studies Thinking
- 

# A Week of Activities

-  Play a guessing game with your child when you are putting away groceries together. Show them an item and ask where it belongs.
-  Help your child learn letters by pointing out the letters in their name when seen on books, signs, etc.
-  Use different kinds of objects to measure things. Use feet or hands to measure a room or furniture; use a pencil or a crayon to measure the size of a paper.
-  Talk together about where they live. Talk about whether they live in a house or an apartment. Give the address that includes the street, city, and state.



# A Week of Activities

-  Play with play dough together. Show your child how to poke, pinch, squeeze and roll the dough to make shapes and objects. Talk about what they made.
-  Listen to different kinds of music and talk about how they sound and how they make you feel.
-  When you are driving or riding on the bus, talk about the different kinds of vehicles they see. Watch for cars, trucks, bicycles, motorcycles. Ask, how they are same or different. Are there vehicles that do a special jobs?
-  Give your child a choice about what to do today. Ask them to explain why that activity was chosen.

# March



## Sparking Children's Imagination & Creativity

**When children's imaginations are encouraged, they are more likely to be good problem solvers.**

- Watch your child play and find out their interests. Use those interests to help your child learn new information.
- Children can be creative in many ways: through art, movement, music. Look for opportunities for your child to express themselves.
- Children can use their imagination to create interesting stories the family can write down and retell.
- Encourage your child to draw, paint or sculpt to express feelings or ideas. Drawing to music can be a very creative activity.
- Display your child's art work in your home. Show pride in your child's creativity and abilities.
- Children will be more creative with materials that don't have a single purpose. Help your child pretend that a box is a car or bus, or use a blanket over a table to make a fort or house.
- Give your child lots of plain paper for drawing or painting. When children create their own designs, they feel good about themselves and their abilities.
- Help your child play and ask questions, like, "Oh, you're a server. What are your specials today?"
- Have fun! Be silly and stretch your imagination. Children will follow a good example.



### Me Book

Ask your child to cut out pictures from magazines or newspaper flyers that represent their favorite color.

Help your child glue them to paper and label them. Label the page, "My Favorite Color."  
Date it and save.



Color or Trace the Shape!





# A Week of Activities



Make bubbles! Mix together liquid dish soap and water. Put the mixture in a cup and show your child how to blow into it with straws to make more bubbles. Dip in a slotted spoon or other objects and wave them around the room to make bubbles.



Clean and save eggshells. Break them into small pieces and give them to your child to glue onto paper.



Collect lids of different sizes from containers. Ask your child to put them in order from smallest to biggest.



Collect different kinds of things around the house your child can use to build with. Use objects like pillows, shoe boxes, empty cereal boxes, cans, etc.



Approaches to Learning Through Play



Creative Thinking and Expression



Language and Literacy Development



Mathematical Thinking and Expression



Social and Emotional Development



Health, Wellness and Physical Development



Scientific Thinking and Technology



Social Studies Thinking



# A Week of Activities



Make number cards by putting the number 1-5 on pieces of paper. Ask your child to put the correct number of beans, stickers, or other small objects on each card.



Encourage your child to ask the librarian for a book to read. Talk beforehand about what type of book they'd like.



Help your child draw straight, curvy, wavy, or zigzag lines across a piece of paper. Give child-safe scissors for them to practice cutting.



At bedtime, use a flashlight to make shapes or letters on the ceiling. Ask your child to guess what you're making.

# A Week of Activities



Draw together on different types of paper, like newspaper, wrapping paper, sandpaper, or foil.



Sit on the steps outside their home. Encourage your child to close their eyes and listen. What sounds do they hear? Talk about the sounds and what they represent.



Ask your child to sit on the floor in the middle of a towel or blanket and hold on. Pull the towel across the floor. Next, see if your child can pull you or a heavy object.



Sort laundry together. Sort by color, by types of items (all the shirts together) and by family member.

# A Week of Activities



Help your child make a list of "Things I Can Do Myself." Ask your child what special things they can do alone. List their responses and post it on the refrigerator.



Go to the library to check out books about life cycles. Look for books that show how caterpillars turn into butterflies, or how tadpoles turn into frogs.



Ask your child to write a letter to a friend or relative. Take it to the post office to mail. Talk about the things and people that are inside a post office, such as the mail carriers, the stamps, the packages, etc.



Recite nursery rhymes together. Leave out the final rhyming words and encourage your child to fill in the blank. "Humpty Dumpty sat on the wall...Humpty Dumpty had a great\_\_(fall)".



# April



## Health

**There is nothing more important than a child's health. Be aware of common childhood illnesses and preventive measures to keep children healthy.**



- Keep your child's immunizations up to date. Check with your child's health care professional about what is needed. Your child's immunizations will need to be current for them to enter Kindergarten.
- Physical activity helps keep children healthy and maintain a healthy weight. The Centers for Disease Control and Prevention recommend children get at least 60 minutes of physical activity a day. Remember, being active with your children is a great way to show them how important it is.
- Encourage your children to eat nutritious foods. Fruits, vegetables, meats, dairy products, and grains are important foods for your children. Try new foods together and work to eat a rainbow of colors every day. Sweets, juices, and fatty foods should be limited for all children.
- Take your child for a regular wellness check. Speak with the healthcare professional about any concerns you may have about your child.
- While all children grow and change at their own rate, some children can experience delays in development. If you have concerns, contact your local Intermediate Unit or call CONNECT Information Service, 800-692-7288.
- Children should brush their teeth regularly and receive a dental exam every six months. Families can clean their child's mouth until they are able to brush independently. Make sure your child is getting the appropriate fluoride supplements and set a good example by practicing good dental hygiene.
- Check with your child's healthcare professional about having your child tested for lead. This is especially important if your child lives in an older house or apartment.
- Don't expose your child to tobacco or vape smoke. Second hand smoke is not healthy for your child.

## Me Book

Write down the words to your child's favorite song. Have them draw a picture to go along with it.

Label the page, "My Favorite Song." Date it and save!



## Color or Trace the Shape!



# A Week of Activities

## Check Out These Books!

*This Rocket* by Paul Collicutt  
*How Do Dinosaurs Get Well* by Jane Yolen  
*Caps for Sale* by Esphyr Slobodkin

# A Week of Activities



Talk about different ways to get from one place to another (transportation) such as car, bike, airplane, taxi, walking, bus, etc. Which ones would your family use to go to places that are near or far?



Talk to your child about things that make them nervous, scared, excited, sad, and happy. Tell your child things that make you feel those ways too.



Take a walk to look for flowers. Talk about the way they look or smell. How many colors do they see?



Write a large letter of the alphabet on a piece of paper. Have your child trace the letter with glue and put small objects that begin with the letter on the glue. For example, cotton balls on the letter C or beans on the letter B.



Help your child make a musical instrument with items found around the house. Put rice or beans inside a plastic bottle to make a shaker or cut a hole in a shoe box lid and wrap rubber bands around the lid to make a guitar.



Encourage your child to use tongs or tweezers to pick up objects from one bowl and transfer them into another. Cotton balls or ice are good, safe objects for your child to use.



Help your child begin to identify coins by sorting them according to size or color. Talk about how they are alike or different. Tell your child the names.



Find a secret item and put it in a bag or box. Ask your child to guess what is in there. Give clues, one at a time, until they have guessed correctly. Next, ask your child to find a secret item and you guess from their clues.



Approaches to Learning Through Play

Creative Thinking and Expression



Language and Literacy Development



Mathematical Thinking and Expression



Social and Emotional Development



Health, Wellness and Physical Development



Scientific Thinking and Technology



Social Studies Thinking

# A Week of Activities

# A Week of Activities



Help your child pack away winter clothes and bring out lighter, cooler clothes. Make a place where your child can reach their own jacket or sweater.



Put on rain gear on a rainy day and go outside to practice jumping over puddles. Or play this inside by pretending that pillows, paper or other objects are the puddles.



Ask your child to help you plan for a family meal. Together, make a list of the things needed from the store. Let your child help find the items at the store.



Give your child two-step directions during the day. Use directions such as "Get your coat and go to the door." Or "Take off your clothes and get in the bath tub."



How much did it rain? Leave a container or cup outside to measure the rainfall. Show your child how to use a ruler to see how much it rained.



What do families do all day? Talk about jobs family members do and why they are important.



Ask your child where to find objects in their home. Use prepositions such as *under*, *below*, *over*, *above*, *on*, *before*, to describe locations. "Where is the tissue box?" (*on* the table)



Encourage your child to paint with different objects from nature such as sticks, leaves, or rocks.



# May

## Celebrate Your Child's Differences!

**Every child is special and learns in unique ways. Families who value their children's differences and help them develop their own interests and personalities build strong, creative thinkers. Discover your child's style!**

- Learn how your child approaches new things. Some children love new experiences and participate right away. Others are more careful about situations and need time to watch or listen first. Either approach is okay.
- Recognize how your child behaves when their routine is changed. Does your child handle changes easily with flexibility or does a break in an everyday routine upset your child, making the day a difficult one? Be prepared for your child's reaction when a change occurs.
- Some children are more active than others. The child who loves to run and climb is developing just as successfully as the child who is quieter and likes to read or draw.
- Recognize your child's learning style. One child may need to touch and explore objects to learn, while another child may learn best by looking or listening.
- Some children are more active than others. The child who loves to run and climb is developing just as successfully as the child who is quieter and likes to read or draw.
- Recognize your child's learning style. One child may need to touch and explore objects to learn, while another child may learn best by looking or listening.
- Does your child like a lot of activity, or do they prefer quiet settings with soft lights and soft music? A child not in their preferred setting may have difficulty.
- When you understand your child's temperament and style, you can create experiences that support their uniqueness. This helps prepare a child for Kindergarten and future learning experiences.

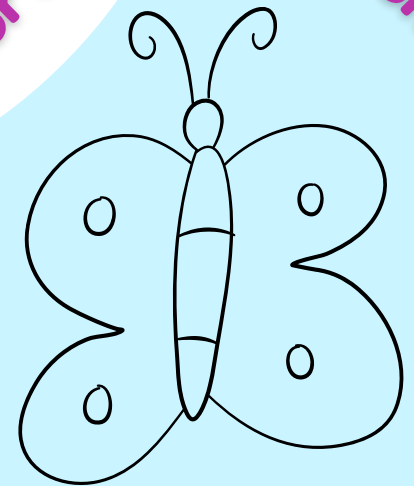
### Me Book

Ask your child to draw a picture about what they might like to do when they grow up. Talk together about your child's ideas and interests including

what kinds of tasks or responsibilities the job might require. Write down their description. Label the page, "When I Grow Up." Date it and save.



### Color or Trace the Shape!



# A Week of Activities



Take a walk down the street with your child. Look at the traffic signs and talk about what they mean. Notice how they are the same or different. Count the signs on your street.



Give your child three photos of themselves at different ages. Together, put them in order from youngest to oldest.



Take a walk around your child's community. Point out different kinds of artwork, such as sculpture or graffiti. Talk about how they were made.



String beads or circle shaped cereal onto a shoe lace or string. Tie the ends together to make a necklace your child can wear.

## Check Out These Books!

*Duck on a Bike* by David Shannon  
*Red-Eyed Tree Frog* by Joy Cowley  
*Detective Larue* by Mark Teague

# A Week of Activities



Together, use words and pictures to make a list of things to be clean and healthy. For example, draw a bar of soap and write soap next to the picture.



Talk to your child about how to care for books. Show how to turn the pages gently and together, find a special place to keep books at their house.



Share a food item with your child. For example, cut a piece of toast in half to share. Talk about who has the bigger piece or who has a smaller piece.



Make a balloon pump by using an empty water or soda bottle. Put the lip of a balloon over the mouth of the bottle. Ask your child to squeeze the empty bottle and watch what happens!

# A Week of Activities



Approaches to Learning Through Play

Creative Thinking and Expression

Language and Literacy Development

Mathematical Thinking and Expression

Social and Emotional Development

Health, Wellness and Physical Development

Scientific Thinking and Technology

Social Studies Thinking

# A Week of Activities



Experience five senses. How do things feel, sound, taste, smell or look?



Play "Red Light, Green Light." Explain that when you say "green light" children can move any way they like...hop, jump, skip, run, etc. But, when you say "red light", they must stop and wait for you to call "green light" again.



Using found objects like small stones or blocks, let your child dip them in paint and make prints on paper.



Ask your child to tell a story. Write down some of the words on a blank piece of paper. Give your child the paper and a crayon and ask them to illustrate it.



What happens when flour, salt and water are mixed together?



Talk about ways to move on land, sky or in the water. "How do birds or people move through the sky?" (in airplanes, birds fly) "How do we move in water?" (swim, boat)



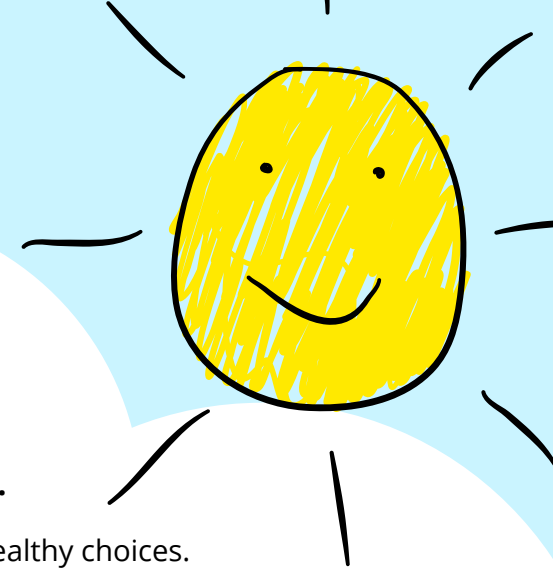
Make a pile of different clothing items such as a hat, pants, bathing suits, pajamas, coat, etc. Ask questions about which item would be needed to do certain activities.



Play a guessing game together. Ask, "How many ice cubes will fit in this cup?" After your child guesses a number, find out by testing your prediction.



# June



## Healthy Eating Habits

**Help your child to eat well by starting each day with a healthy breakfast.**

- Provide foods from each of the food groups. Include all the colors in the rainbow to help make healthy choices.
- Children need to try new foods many times before they learn to like them. Introduce something new in small amounts so your child will be more willing to try it.
- Talk about the texture (rough, smooth, bumpy), color, smell (sweet, tart), and taste (salty, sweet, sour) of foods.
- Have regularly scheduled meal times, eating together as a family whenever possible. Avoid eating in front of a screen, as eating together provides opportunity to learn about each others' day
- Avoid using food to punish or reward behavior.
- Use the right portion sizes for your child. Your healthcare provider can help determine how much your child should eat at one sitting.
- Try to plan healthy snacks. Younger children need to eat frequently, so snacks are part of their nutrition. Call your county Cooperative Extension office to get recipe ideas and nutrition information.



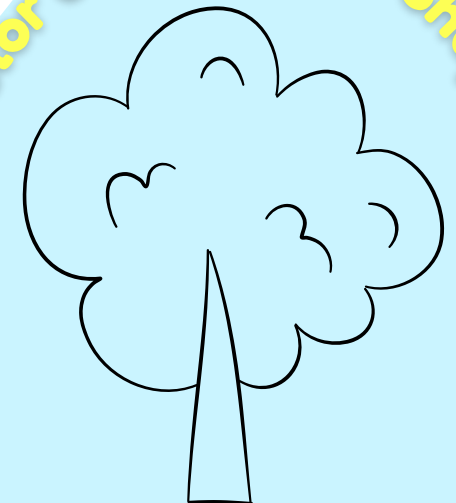
### Me Book

Ask your child to tell a make believe or pretend story. Write the story at the bottom of the paper and have them draw a picture about it.

Together, make up a title. Add it to the top of the page. Date it and save.



### Color or Trace the Shape!





# A Week of Activities

## Check Out These Books!

*Let's Try It Out in the Water*  
by Seymour Simon  
*Gregory the Terrible Eater*  
by Marjorie Sharmat  
*Diary of a Worm* by Doreen Cronin

# A Week of Activities



Find an object around the house and ask your child to think of words that rhyme or sound the same. Nonsense words are acceptable, too. Example: bed—head; tub—blub.



Pretend to be the teacher in an exercise class. Ask your child to run in place, bend, stretch, or hop. Let your child be the instructor who tells you what kinds of exercise to do.



Make a road map by using blocks and small toys to represent buildings and streets in the community. Ask your child to move small toy cars around the map.



Help your child plant bean or flower seeds in a small can or cup. Put the container in a sunny place. Water it with your child. Watch what happens!



Imitate sounds heard in the neighborhood such as cars, fire trucks, birds or airplanes. Ask your child to guess what they are.



Play a counting game. Ask your child to find specific amounts of different items you describe. For example, three pencils, five pennies, etc.



Give your child various throw away items that are found in your house, such as toilet paper rolls, old mail, lids, etc. Ask them to arrange the items into a sculpture or to create a masterpiece. Encourage them to describe what they made.



Dance with your child using props, such as musical instruments, scarves, ribbons, etc.

# A Week of Activities



Approaches to Learning Through Play



Creative Thinking and Expression



Language and Literacy Development



Mathematical Thinking and Expression



Social and Emotional Development



Health, Wellness and Physical Development



Scientific Thinking and Technology



Social Studies Thinking

# A Week of Activities



Make stencils by cutting shapes out of plastic lids (like a lid from a butter tub). Show your child how to lay the stencil on paper and use a marker, crayon, or pencil to draw around the outside.



While outside, throw different kinds of balls into the air. Talk about which one goes higher, faster, and further.



Create sound patterns using your hands or mouths. Ask your child to repeat them. (Clap, clap, tap; finger snap, tongue click, finger snap)



Talk about favorite things. Ask questions like, "What do you like to do when you're outside?" Talk about whether those activities can be done year-round or if they change with the seasons.



Use sidewalk chalk together when outside to create a picture on the sidewalk or driveway.



Help your child write a letter to a family member or a friend. Together, address the envelope, put on a stamp, and take it to the mailbox to mail.

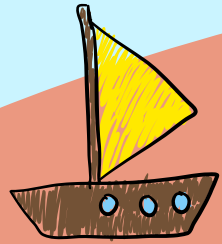


Help your child get ready to play with a friend. Talk about the kinds of things they will do together.

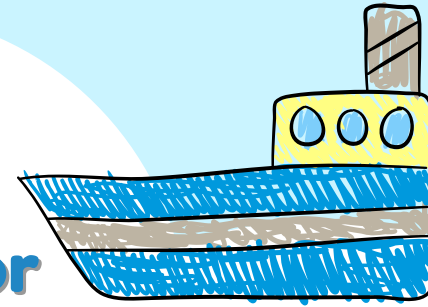


Say a word and see if your child can say the opposite. Like: Happy-sad. Sit-stand.





# July



## Saying Good-bye at the School Door

**A little bit of preparation during the summer will make your child's first days of Kindergarten comfortable ones.**



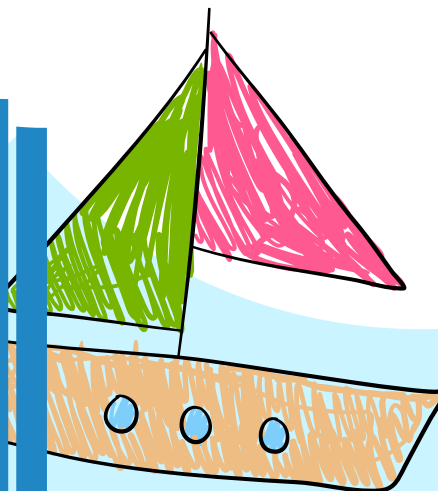
- Leave your child for short periods of time with other adults. When you return, tell your child how proud you are they stayed there without you. Talk about what they did and explain how this will be like Kindergarten.
- Visit your child's school before school starts. Talk about things seen, such as the playground or the size of the building. Tell your child how excited you'll be to hear about school each day when they come home.
- Decide together, how to say goodbye to each other. Create a ritual that can be done together every day. It might include kisses, hugs, or waves.
- Ask your child's teacher how children who miss their families are comforted during the day. Talk with your child about how they can find comfort. Give your child a family picture that can be kept in the backpack, or think of something special they can remember to tell you at the end of the day.
- Read books to your child that talk about starting Kindergarten.
- Take your child to Kindergarten Orientation, if offered. Some schools offer this opportunity to meet the teacher, see the classroom, and possibly experience a ride on the school bus.
- Identify other children who will be in your child's kindergarten class and try to arrange for them to play together throughout the summer months.
- Start a school routine. Practice going to bed early, waking up early, and eating a healthy breakfast. Lay out clothes and pack the backpack the night before to avoid conflicts before school.



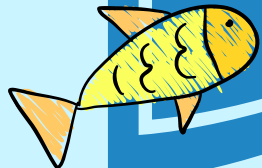
### Me Book

Ask your child to try to write their name on the paper and then decorate the page around it.

Label the page, "My Name." Date it and save.





### Color or Trace the Shape!







# A Week of Activities

 Give your child household props to play grocery store or doctor's office.

 Invite one of your child's friends to visit. Let them play store using play money and some safe items in the home, such as empty boxes, books, magazines, or videos.


 Help your child learn their phone number and address. Make the words into a song or poem so it is easier to learn.


 Look for insects in the yard or playground. Use a clear container to make a bug house and put the insects inside, along with small pieces of grass and sticks. Talk about how the bugs look and what they might eat.


## Check Out These Books!


*Hot City* by Barbara Joose  
*Pop! A Book About Bubbles*  
by Kimberly Brubaker Bradley  
*Fire Truck* by Peter Sis

# A Week of Activities


 Sort toys and objects with your child by the beginning letter. Tell your child, "Let's put all the things that start with 'C' together...car, candy, can."


 Have your child line up different toys and ask them which is first or second, last, etc.


 Make a sculpture with Play Dough and objects found around the home. Put it somewhere safe to dry.


 Ask your child questions like, "How many ways can you balance yourself besides standing?" "How many different ways can you move your arms? Your head? Your legs?"

# A Week of Activities

 Make a puzzle with your child. Cut a picture (from a magazine or an old calendar or photograph) into 4-6 pieces. Together, put the pieces together.


 Take your child to the park. Encourage them to play on the slide or swings. Then, ask "What did you do first, what did you second?"


 Go outside to look at the building or home in which they live. Ask your child to describe it.


 Choose one of your child's favorite songs and sing it together. Then change the ending to make it silly. Sing again.


 Approaches to Learning Through Play  
 Creative Thinking and Expression  
 Language and Literacy Development  
 Mathematical Thinking and Expression  
 Social and Emotional Development  
 Health, Wellness and Physical Development  
 Scientific Thinking and Technology  
 Social Studies Thinking

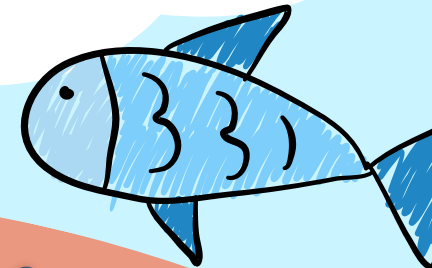
# A Week of Activities

 During your child's healthcare or dentist visit, talk about what these professionals do and explain why it's important to have regular check-ups.

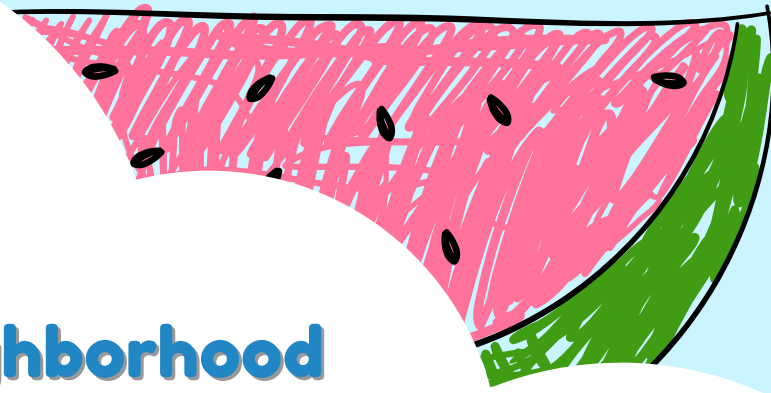
 Select a few of your child's favorite books and put them in a bag. Ask your child to guess which book is in the bag by giving clues about the characters or the story.

 Go outside on a warm night and look at the sky. Talk about things that are found in the daytime or the nighttime sky. (Sun, stars, moon, clouds, birds, airplanes, etc.)

 When your family is experiencing conflict or tempers flare, talk with your child about how you might solve these problems.



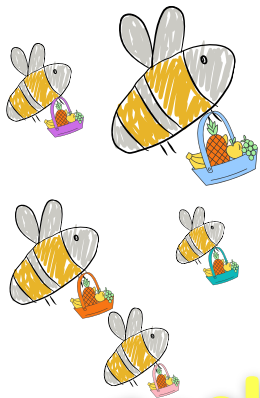
# August



## Learning in Your Neighborhood

**Help your child become familiar with the neighborhood in which they live. Learning can take place at the grocery store, at the park, at the police station, or when visiting next door.**

- Name letters and numbers seen during your daily travels in their neighborhood. P for Post Office; the number 4 on a license plate, etc.
- At the grocery store, talk about the colors and shapes of the fruits and vegetables.
- A trip to the local park or playground will build your child's muscles and develop social skills as they play with other children.
- On a walk, your child can learn about the street they live on by looking at street signs, house numbers or mailboxes.
- Visit the local fire station to help your child learn about fire safety.
- Children can learn new languages by visiting neighborhood people with different cultural backgrounds.
- Take your child to festivals, carnivals, and fairs to provide an opportunity for new experiences.
- Children can learn about cultures, history, art, music, or science at a local museum or library.



### Me Book

Make a cover for your "Me Book". Ask your child to decorate two pieces of paper (one for the front and one for the back)

using different materials. Use a hole punch and string or yarn to bind the pages together. Label the book, "All About Me."



### Color or Trace the Shape!



# A Week of Activities



As the laundry is done, make balls out of socks (by rolling them into each other) and have your child practice throwing them into the laundry basket.



Talk about how the family schedule might change when Kindergarten starts. Discuss the things to do to prepare for school in the morning and what will happen after school.



Help your child practice writing their name on paper. Show them how it starts with a big letter (capital letter) and uses lower case (small letters) for the rest.



Ask your child to imagine what Kindergarten will be like. Then ask them to draw a picture.

## Check Out These Books!

*I Spy School Days*  
by Walter Wick and Jean Marzollo  
*Biscuit* by Alyssa Capucilli  
*Make Way for Ducklings*  
by Robert McCloskey



Find a book at the library about going to school. Read it together and talk about Kindergarten. Ask your child to re-tell it to you.



Encourage your child to paint with water outside on pavements or brick, etc.



Introduce your child to a variety of measurement tools such as a timer, a ruler, measuring cups, and thermometer. Talk about what each one measures or is used for. Practice using them.



Talk about things your child likes to do now. Then ask what they might like to do in the future (next week, next year, when they grow up).

# A Week of Activities



Approaches to Learning Through Play

Creative Thinking and Expression

Language and Literacy Development

Mathematical Thinking and Expression

Social and Emotional Development

Health, Wellness and Physical Development

Scientific Thinking and Technology



Social Studies Thinking

# A Week of Activities



Freeze two containers of water, one small and the other large. Next, place the frozen container outside. Make predictions about what will happen.



Make a family work day where everyone has chores to complete. Sing while you work or celebrate when everyone is finished.



Ask your child to imagine what Kindergarten will be like. Go to the school and look at the building as you both describe what you think a day might be like.



Start a Kindergarten count down. Write 30, 29, 28, etc., all the way to 1 on a piece of paper. Together, cross out one number each day to show how many days are left until school starts.



Tell your child how proud you are they are going into kindergarten. Explain that it's okay to be nervous or scared. Talk about other new experiences you've had together.



Ask your child to draw their new teacher a picture. Write down the child's description and name. Encourage your child to take the picture with them on the first day.



Together, pick out the clothes your child will wear on the first day of school. Keep the clothes in a special place, along with the backpack and other needed items.



Make ramps by propping cardboard on objects of different heights. Roll balls and small cars down the ramps. Talk about which one goes faster and which one goes slower.

# September



A B C D

## Learning at Home



Your home is your children's first learning environment. Develop their skills by using play, everyday items, and daily household tasks.



- **In the kitchen:** Children who help prepare dinner learn science skills, like how to combine foods to make a final product.
- **In the bedroom:** Children who talk about their day before going to sleep build memory skills. Reading a book with your child is a wonderful addition to the bedtime routine.
- **In the living room:** Children who talk with adults are learning vocabulary and other language skills.
- **In the bathroom:** Children who practice pouring in the bathtub develop small muscles that will be used for skills like writing.
- **When doing laundry:** Children who count buttons or sort clothes by size, color or type are learning important math skills.
- **In the hallway:** Children who count the steps as they walk upstairs are developing important math skills.
- **Outside:** Children who run, jump, and climb are building large muscles for coordination.



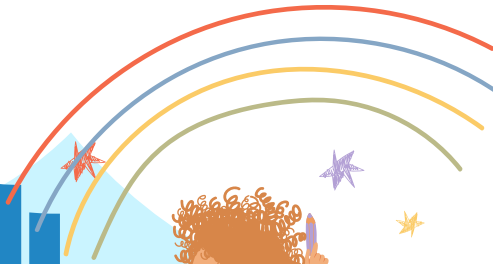
## Me Book

Have your child draw a picture of them self.

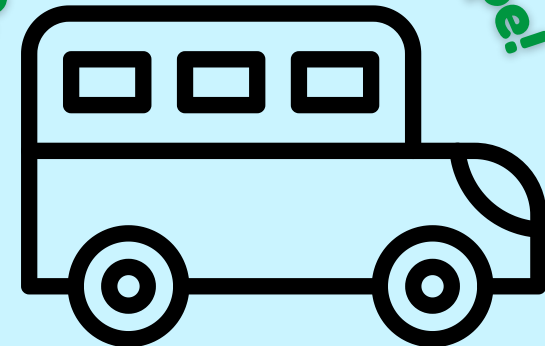
Label the parts of the drawing as your child describes them, such as head or legs.

Put the date at the top.

Put the drawing in a safe place.



Color or Trace the Shape!





# A Week of Activities


## Check Out These Books!


*Inside Mouse, Outside Mouse*  
by Lindsay Barrett George  
*Ten Minutes Till Bedtime* by Peggy Rathman  
*Actual Size* by Steve Jenkins


# A Week of Activities


 Play shape and color hunt with your child. Ask your child to find something in the house that is shaped like a circle. Or to find something that is blue. Do the same thing with other shapes and colors.

 Use stuffed animals or dolls to act out activities your family likes to do together.


 Look through magazines or catalogs with your child for pictures of children doing different things. Talk about each picture and what the child is doing in this picture.

 Take your child to the grocery store. Look at grocery items and talk about the different colors, shapes, and sizes. Use words like *same* and *different*.

 Read a story to your child. Ask questions about the people or animals, where the story takes place, or other details from the story.

 Fill a zip-top bag with five tablespoons cornstarch, 1/2 cup vegetable oil, 1/2 cup water, and two drops each of green and blue food coloring. Seal the bag. Show your child how to touch and knead the bag to make the liquid move. Talk about how it feels and the colors inside.


 Give your child child-friendly scissors and help them snip small pieces of paper.


 Encourage your child to draw a picture of their family.


# A Week of Activities


 Approaches to Learning Through Play  
 Creative Thinking and Expression  
 Language and Literacy Development  
 Mathematical Thinking and Expression  
 Social and Emotional Development  
 Health, Wellness and Physical Development  
 Scientific Thinking and Technology  
 Social Studies Thinking


# A Week of Activities


 Help your child make a leaf rubbing. Place a leaf upside down under a piece of paper and rub different colored crayons over the top of the paper.


 Take your child to the library to get a library card to get their own library card. Visit often!


 Make a height chart with paper. Place paper against the wall or door and ask your child to stand with their back against the chart. Mark your child's height and date it. Try this again in three months and talk about the change.

 Give your child old envelopes from the mail. Help your child to write and mail letters by placing them in a special place.

 Sing simple counting songs and rhymes with your child. Fingers and toes make good counting tools!

 Encourage your child to read a book to you by using the pictures to tell the story.

 Give your child a mirror and ask them to describe their face. Talk about what color are their eyes and hair, and what shape is their nose or cheeks.

 Ask your child to point to body parts like shoulder, knees, ankle, and elbow. Next, ask them to try touch their ear to their knee, or put their head on their hands, etc.

# October

## Safety



### Children and adults should practice basic safety rules.

- Teach your child how to safely cross a street, to wear a helmet when riding a bike or scooter, what to do if a stranger approaches, and how to not touch or play with guns.
- Before your child plays on the playground, check to make sure the equipment is safe. Is it too high for your child? Are there sharp edges? Is there cushion material under it in case of a fall?
- Keep two or more working smoke detectors in your home. Replace the batteries every year. Cover all unused electric outlets in your home.
- Keep the following items out of the reach of children: matches, lighters, candles, cleaning supplies, chemicals, and medicines.
- Follow state laws for the use of child car safety seats.
- Post emergency phone numbers by your phone, like your child's healthcare professional, Poison Control Center, hospital, fire, or local police.
- Teach your child how to interact with family pets to prevent biting injuries.
- Learn basic first aid to help your child in case of an emergency. Contact your local Red Cross for more information.
- Children need protection from too much sun. When your child is outside, provide a hat, sun block, and plenty of water to drink.
- To prevent falling, keep stairs clear of objects, like toys and decorations.

## Me Book

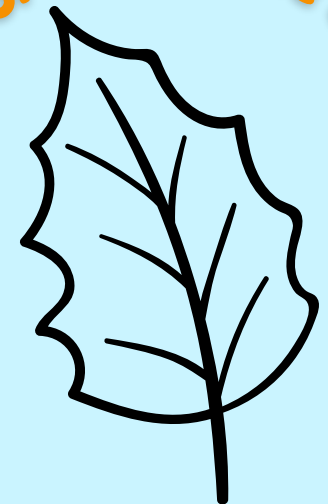
Help your child glue a photograph of them self on a piece of paper. Ask, "What are you doing or thinking in this picture?"

Write the descriptions under the photo. Label the picture, "A Picture of Me."

Date it and save!



## Color or Trace the Shape!





# A Week of Activities


## Check Out These Books!


*One Smart Goose* by Caroline Jayne Church  
*Apples and Pumpkins* by Anne Rockwell  
*Mice and Beans* by Pam Munoz Ryan


# A Week of Activities


 Get together with another child and their family. Let the children tell each other about things their families like to do together.


 Collect pictures familiar to your child from magazines. Put them together in a book and ask your child to read to you.


 Help your child with transitions. Give a warning or heads up about five minutes before they will need to stop playing. "In five minutes, we'll need to stop reading so we can start dinner."

 Encourage your child to make a collage with glue and paper, gluing leaves, twigs, acorns, and other things found outside.

 Encourage your child to count items around the house. Count the stairs, the windows, etc.


 Create a prop box for dress up and pretend play. Fill it with old shoes, clothes, purses, jewelry, etc.


 Talk about favorites. What is your child's favorite food, color, toy, or book? Talk about what your child likes best about each.


 Talk about safety with your child. Look around your house for things that could be dangerous and talk about them together.


-  Approaches to Learning Through Play
-  Creative Thinking and Expression
-  Language and Literacy Development
-  Mathematical Thinking and Expression
-  Social and Emotional Development
-  Health, Wellness and Physical Development
-  Scientific Thinking and Technology
-  Social Studies Thinking

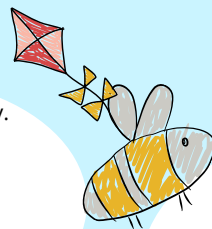
# A Week of Activities

 Name an animal and ask your child to tell you the names of the baby. For example, dog-puppy; cat-kitten.


 Go to the library and check out books about numbers or counting.


 Before you go shopping, give your child a piece of paper to write a list of things you are going to buy at the store. Ask your child to read it as you both go through the store aisles.


 Take newspaper or brown grocery bags and crumple them into balls. Wrap tape around them. These balls can be used to kick, catch, or throw.




# A Week of Activities

 During meal times, allow your child to practice pouring from a lipped pitcher or serve themselves from a serving dish using a spoon.

 When your child takes a bath, place different toys in the water. Talk about whether the items sink or float. Make predictions with your child about the items before they go into the water. See if you're right.

 Look at baby pictures and current pictures with your child. Compare the pictures and talk about the differences and changes you see.

 Give your child materials to imitate you doing daily chores, like cooking or cleaning. Talk about what you are doing.

# November

## Reading, Writing, Listening & Speaking

Important literacy skills are developed during the preschool years through children's experiences with familiar adults in familiar settings.

- Talk, talk and talk some more with your child, describing surroundings, behaviors and objects.
- Say nursery rhymes together. Children who have been exposed to rhymes have greater success learning to read and understanding sounds.
- Look at books or read with your child at least 20 minutes every day.
- Before reading the words in a book, look at and talk about the pictures or illustrations. "This is a very colorful picture. There are bright green trees. What else do you see?" Ask your child to predict what the story might be about, based on the cover pictures.
- While reading a book together, connect the book to your child's personal experiences. "This book is about trains. We see trains when we walk to town. What do you remember about the trains we see?"
- After reading a book, ask your child to act out the story, sing a song or draw pictures related to the story.
- Model good reading habits by reading magazines, books and other things for your own enjoyment.
- Give your child crayons, pencils, and paper to practice writing, creating books or letters.
- Set limits on your child's television, video, or tablet use.

### Me Book

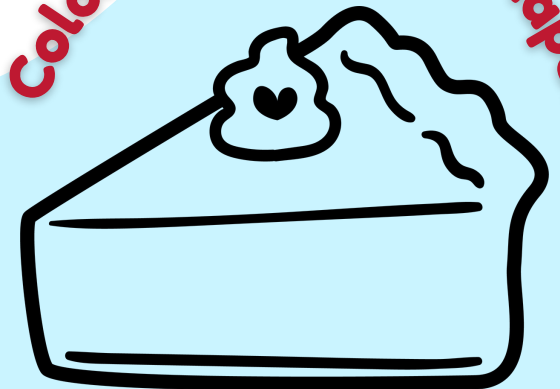
Help your child cut out pictures of their favorite foods from magazines and newspaper flyers. Or ask them to draw

pictures of what they like to eat or drink. Label the pictures and label the page, "My Favorite Foods."

Date it and save!



### Color or Trace the Shape!







# A Week of Activities


# A Week of Activities


## Check Out These Books!


*I Stink* by Katie and Jim McMullan  
*The Relatives Came* by Cynthia Rylant  
*Max Found Two Sticks* by Brian Pinkney


 Finger paint with your child. (See recipes in this Activity Guide!) Be creative. Use hands or feet to paint!


 Take a walk with your child to the playground. Before playing, talk with your child about how to play safely on each piece of equipment.


 Use objects to make patterns with your child. Lay out spoon, spoon, cup and ask your child to make the same pattern. Or try, black sock, white sock, black sock and see if your child can tell you what's next.

 Practice dressing skills like zipping, buttoning, and tying. Let your child pick their own clothes from choices.

 Write your child's name on a piece of paper. Have your child trace over it with their fingers. Remember to capitalize only the first letter.

 Talk to your child about the things to do today, the things done yesterday, and what might they do tomorrow.


 Let your child scribble a design with crayons, markers, or pencils. Have them fill in the empty spaces in the design with different colors or patterns.


 Look through magazines or books to find people's faces. Talk about the expressions and emotions showing on their faces.


# A Week of Activities


# A Week of Activities

 Approaches to Learning Through Play  
 Creative Thinking and Expression  
 Language and Literacy Development  
 Mathematical Thinking and Expression  
 Social and Emotional Development  
 Health, Wellness and Physical Development  
 Scientific Thinking and Technology  
 Social Studies Thinking


 Talk about the sequence of events in daily activities (meal time, bath time, bed time). See if your child can tell you which one comes first during the day, and which come last.

 Use stuffed animals or dolls to retell a story you've read with your child. Use a sock to make a puppet for storytelling.


 Take a walk outside. Investigate trees, leaves, and other fall objects. Collect some in a bag and take home to use for other activities.


 Encourage your child to read familiar names on products, buildings, and businesses. Talk about what the signs say and what service or product the company might provide.



 Use different sized plastic cups and containers to measure water. Talk about which cup holds more or less. Find how many small cups are needed to fill a big cup.

 Explore items in the house. Which ones are hard? Soft? Heavy? Light?

 Ask your child to draw a picture and tell a story about it. Write down their words at the bottom of the picture.

 Put different foods on different plates (nut/seed butter, lemon, cheese, pretzel). Cover your child's eyes. Help them select food to taste and ask, "Which food do you think it is?"

# December

## Developing Positive Relationships

**A positive relationship between a child and their family will encourage the child to feel good about themselves and gives them a healthy model for getting along with others.**

- Look for the positive things your child does and provide praise. This helps children gain a positive self-image and self-esteem.
- Give your child choices where either answer is acceptable. "Which do you want to do first, brush your teeth or get dressed?"
- Give your child the chance to make decisions. This shows confidence in your child's developing independence.
- When your child shows their work, describe what you see and how proud you are of their effort.
- Have a special play time with your child. During this time, let them decide what you will play together. Being in charge is a very positive feeling for children.
- Be aware of your child's strengths and recognize them. Talk about what you see as their strength.
- Let your child know that you love them. Smiles, hugs, "I love you" and special notes all help a child feel special.
- Say what you expect your child to do, not what you don't want them to do. For example, say, "Hold my hand when we cross the street" instead of, "Don't run across the street."

### Me Book

Ask your child to draw or paint a picture of their family. Write the names of the family

members next to each drawing. Label the page, "My Family".

Date it and save!



### Color or Trace the Shape!





# A Week of Activities


## Check Out These Books!


*The Gingerbread Boy* by Richard Egielski  
*The Mitten* by Jan Brett  
*Owl Moon* by Jane Yolen


# A Week of Activities


 Dance to different types of music with your child. Talk about the music. Is it fast or slow, soft or loud, high or low?


 Fill a pan with water and sprinkle baby powder on the top. Place a bar of soap in the center of the pan and watch the powder move away. Talk about what made the powder move.


 Allow your child to go over, under in, on and through different obstacles made from furniture and other safe objects in their home.

 Make a list with your child of things that might be needed for a special event. Think about why each item is needed and where to find them.

 Help your child look through magazines and newspapers to find words that start with the first letter as their name. Use a crayon, pencil, or their finger to mark or trace the letter.


 Ask your child to point to body parts such as wrist, neck, waist, hips, knees, and ankles.


 Find books at the library that are about workers in the community. Talk about each worker's job and its importance.


 Prepare a meal with your child. Show how to measure different ingredients using a measuring cup or spoon. Ask your child to help you read the recipe on the back of a box or in a cookbook.


-  Approaches to Learning Through Play
-  Creative Thinking and Expression
-  Language and Literacy Development
-  Mathematical Thinking and Expression
-  Social and Emotional Development
-  Health, Wellness and Physical Development
-  Scientific Thinking and Technology
-  Social Studies Thinking

# A Week of Activities


 Make a special book area in your home where your child can go to read or look at books. Use pillows, stuffed animals, blankets, and a box or basket for the books.


 Have your child design a card or gift for someone special. Provide markers, paper, crayons, scissors, etc.


 Bake or make food for a family member or a neighbor. Let your child tell the special person how the item was made.


 Talk about good health practices. Remind your child to wash hands after toileting and to use tissues to wipe noses. Talk about germs.

# A Week of Activities

 Talk with your child about family traditions. Talk about how your child celebrates special occasions and talk about how your families' traditions are the same or different from other people they know.

 Play store with your child. Use play money to pay for items. Talk about how much things cost.

 Experiment with magnets. Give your child a refrigerator magnet and see where they can make it stick in the house. Talk about what all the objects have in common.

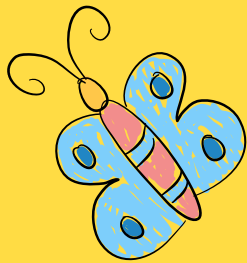
 Help your child save a little money to shop with. Go to the store together. Let them pick out an inexpensive item and pay for it.

# Health



## Immunizations

Families need to check with the school district for a list of mandated immunizations.



## Dental Health

- All children of school age in Pennsylvania upon original entry into school need to be given a dental examination.
- Pennsylvania encourages families and caregivers to have their child examined by the family dentist in lieu of a school dentist.
- The family dentist reports the dental examination on a form approved by the Secretary of Health.
- Teach your child how to brush teeth and encourage brushing after meals or at least twice a day.
- The American Dental Association recommends a yearly checkup and professional cleaning and fluoride treatment.

## Visit the Doctor

- The law states that a child must have a physical examination before entering Kindergarten.
- Schedule a routine physical examination with your child's doctor or healthcare professional.
- The doctor or healthcare professional will check your child's vision, hearing, physical development and immunizations.
- If you have concerns about your child's readiness, please discuss it with your child's doctor or healthcare professional.

## Eye Health

- Visual problems can and do affect the educational, social, and emotional development of children. Early detection of vision problems can help your child in the learning process.
- The purpose of the school vision screening program is to identify students with visual impairment. Vision problems affect one in 20 preschool children.
- The American Optometric Association recommends an eye examination by six months of age, at three years old, before grade one and every two years thereafter.
- If families note conditions such as crossed eyes or cataracts, or if the child is considered to be at risk (family history of eyeglass wear before age three, cerebral palsy, Down syndrome, premature birth, or developmental delays), earlier or more frequent examinations may be necessary.



# Health

## Being Healthy

- Nutrition is recognized as a critical factor in the promotion of health and the prevention of disease.
- Overweight and obesity in children represents one of the most challenging conditions to treat. Nutrition and physical activity play key roles affecting overweight and obesity in children.
- Be a good model and show your child how to eat healthy foods.
- Try to include more fruits and vegetables in their daily diet. Encourage moderation of sweets, juices, and snack foods.
- Encourage fun physical activities.



## Getting Ready for Kindergarten

Contact your local school district to find out the dates for Kindergarten pre-registration. You may need the following items to register your child for public school:

- Your child's Birth Certificate
- Current immunization record
- Proof of residency such as a driver's license or a rental or mortgage agreement
- Health history form completed by parent/guardian (obtain from the school at time of registration)
- Physical and dental exam performed by a health care professional

# Recipes for Fun



## Uncooked Play Dough

1 cup cold water	food coloring
1 cup salt	3 cups flour
2 teaspoons vegetable oil	2 tablespoons cornstarch

Mix water, salt, oil and enough food coloring to make a bright color. Gradually add in flour and cornstarch until the mixture reaches the consistency of bread dough.

## Flour Finger Paint

1 cup flour	1¼ cups hot water
2 tablespoons salt	saucepan
1½ cups cold water	whisk or rotary beater
food coloring	

Put flour and salt into a saucepan. Add cold water and beat with a whisk or rotary beater until smooth. Add hot water and boil until mixture is thick. Beat again until smooth. Keep in refrigerator and color as needed with food coloring.

## Homemade Face Paint



Bowl	½ teaspoon water
1 teaspoon corn starch	food coloring
½ teaspoon cold cream	small paintbrush or Q-tips

In a bowl, stir together corn starch and cold cream until well-blended. Add water and stir. Add food coloring, one drop at a time until you get the color you desire. Paint designs with a small paintbrush or cotton swab. Store paint in a covered plastic container.

## Homemade Paste

½ cup flour	saucepan
cold water	flavoring and/or food coloring

Add some cold water to the flour until it is as thick as cream. Simmer over low heat and stir for five minutes. Add a few drops of flavoring and/or food coloring. This recipe makes a wet, messy paste that takes a while to dry.

## Cooked Play Dough

1 cup water	food coloring
1 cup flour	2 teaspoons cream of tartar
½ cup salt	2 tablespoons vegetable oil

Mix flour, salt and cream of tartar together and put into a small pot. Next, mix the food coloring and cooking oil into the water. Pour slowly into the flour mixture, stirring constantly, cooking over a low heat until the dough pulls away from the sides of the pot. Remove from heat. Knead until smooth. Store in a zip top bag.

# Books We Have Read

List the titles of the books you and your child have read this year. Mark the favorites with a star.  
Re-read them over and over to help your child learn important book handling and reading skills.



# Pennsylvania Resources for Families



**PA's Promise for Children ([www.papromiseforchildren.com](http://www.papromiseforchildren.com)):** Get information, resources, and activities to help your child learn.

**Pennsylvania's CONNECT Helpline (1-800-692-7288):** Get information about your child's development and connecting to Early Intervention Services and Supports in Pennsylvania.

**Early Learning Resource Centers ([raiseyourstar.org](http://raiseyourstar.org)):** A single point-of-contact for families, early childhood education professionals, and communities to get information and access services that support high-quality child care and early learning programs. Your ELRC can help you find an early learning program, apply for Child Care Works (subsidized child care) and answer questions about Pennsylvania's early childhood education programs.

**Pennsylvania COMPASS Child Care Search ([www.findchildcare.pa.gov](http://www.findchildcare.pa.gov)):** Search for certified early learning, before/after school child care, and summer programs in your area.

**Pennsylvania CHIP ([www.dhs.pa.gov/CHIP](http://www.dhs.pa.gov/CHIP)):** Whatever the reason, if your child is uninsured and ineligible for or enrolled in Medical Assistance, the Children's Health Insurance Program — or CHIP — may be able to help.