

SOCIAL & EMOTIONAL READINESS FOR KINDERGARTEN



Through conversations, visiting the school, arranging play dates, introducing a regular routine, presenting opportunities for your child to meet and greet unfamiliar adults, and directly modeling specific skills at home, you can help your child be prepared socially and emotionally for a great Kindergarten year at BES!



WAYS TO PREPARE YOUR CHILD

TAKING TURNS

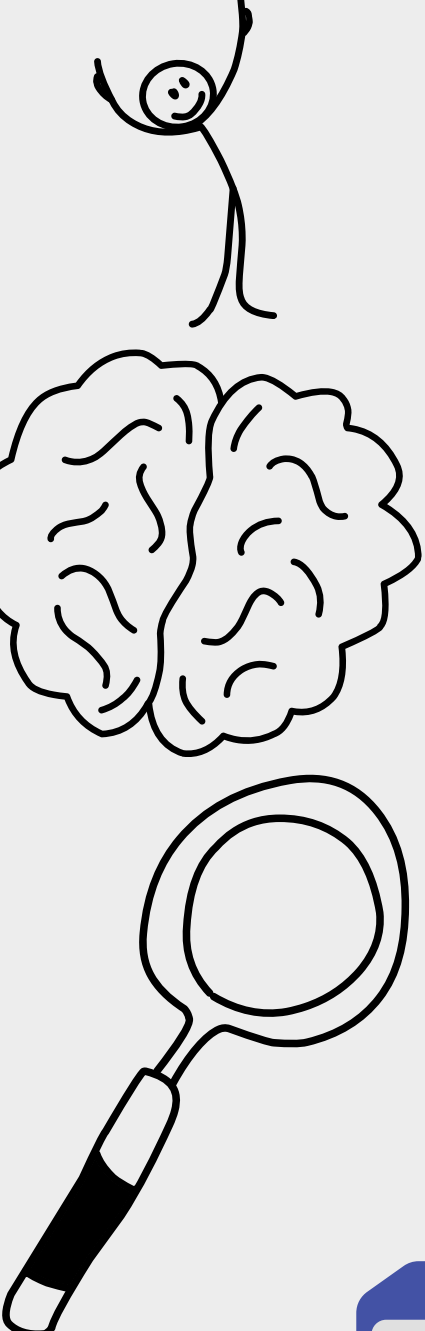
Practice turn taking by using verbal cues (“my turn, your turn”) and timers to show how much time they will have to wait for their turn.



SHARING IS CARING

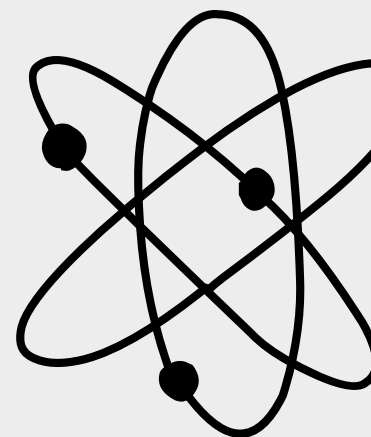
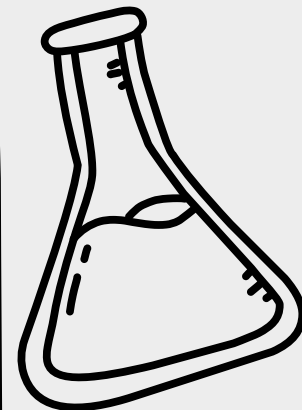
Practice this skill by engaging together in cooperative play, like building a block tower, legos, or painting together using the same materials.





WHOLE-BODY LISTENING

Playing Simon Says is a great way to help your child practice listening and following directions. Try adding each element of whole-body listening into the game (“Simon says… sit criss-cross on the floor, eyes on me, hands in lap,”). You can also challenge them to listen to an entire story without interrupting!



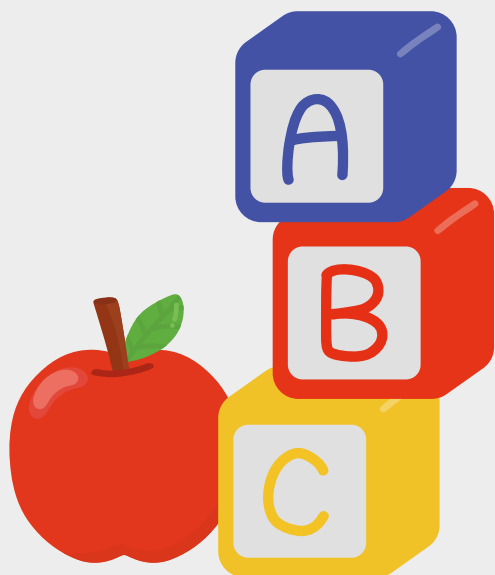
MANAGING BIG FEELINGS

Managing big feelings is a skill that can take lots of practice! The three step strategy “Breathe, Think, Act” can help in tough moments.

INDEPENDENCE

Build confidence with self-care tasks that they will need to do themselves in school.

- Cleaning up after themselves
- Putting on and taking off their own jackets or shoes
- Using a lunch box / holding a lunch tray
- Unpacking / packing up backpack



FOR QUESTIONS
PLEASE CONTACT

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