

# Going to Kindergarten!



## Care for Personal Needs

- Independently blow nose, cover sneeze, use the bathroom, wash hands
- Independently get dressed- button, zip, snap and zipper own pants, take off and put on coat, tie shoes
- With adult help, select and wear clothing appropriate for indoor and outdoor weather temperatures
- Recognize own items like jacket and lunchbox
- Eat meals at a table with silverware in 20-25 minutes
- Ask for help if needed

## Social

- Follow directions and listen to an adult
- Play and cooperate with other children (without hitting or biting)
- Sit for short periods (15 min.)
- Say 'thank you' and 'please'
- Meet reasonable limits for behaviors set by caregiver
- Practice work habits like effort, initiative and persistence
- Interact frequently, talking and listening with trusted adult
- Talk with a trusted adult about their family, culture and values
- Learn about other cultures in the community

## Academics

- Identify letter names
- Say the sounds of most of the letters
- Read every day with adults, talking about the pictures and the story
- Write first name and know last name
- Hold a book and turn pages correctly
- Sing songs, say rhymes and play rhyming games
- Identify labels and signs
- Tell about an experience
- Tell and retell familiar stories
- Use scissors and draw ideas using crayons or pencils
- Count 10 items
- Explore and play with toys, games and household objects

## Health

- Run, jump, climb, swing and use balls
- Follow a daily routine that includes regular times for meals, outside play time and a bedtime for at least 10 hours of sleep
- Visit the dentist and doctor for regular check-ups and when sick

\*While a strong kindergarten child can do most of what is outlined above, children develop at different rates. Children are ready for kindergarten if they meet age requirements!

# Ready4K

Ready4K sends age appropriate facts and easy tips to families three times a week.



## WHO

**FREE** for Mecklenburg County families with kids ages 0-5 years old.



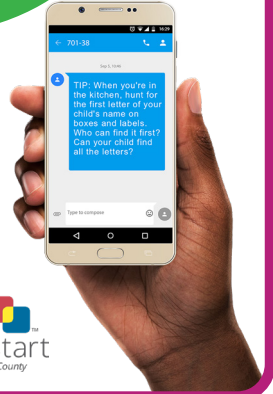
## WHY

Proven to boost learning and prepare kids for success



## HOW

Text SSMC to 70138 to enroll in English or Spanish text messages



Boost your child's learning with **FREE** activities and ideas!

[HOMEREADINGHELPER.ORG](http://HOMEREADINGHELPER.ORG)

Explore the website today!

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All CMS students have ONE Access – the ability to use a school ID number as a Library card and access learning resources based on grade level along with books and materials!

CHARLOTTE MECKLENBURG

**LIBRARY**

[cmlibrary.org/oneaccess](http://cmlibrary.org/oneaccess)

(Select Elementary School)