

WHAT WAS MY CHILD LEARNING IN PRE-KINDERGARTEN?

- Counting verbally up to 20 and backward from 5
- Counting items and knowing the last number counted is how many there are altogether
- Recognizing common shapes and describing how they are similar and different
- Using ordinal numbers (first through fifth) when describing the position of objects in a sequence
- Identifying and exploring simple patterns

WHAT ARE SOME THINGS MY CHILD WILL BE LEARNING IN KINDERGARTEN?

- Counting verbally by 1s and 10s up to 100
- Counting and comparing quantities of two groups of objects using words like “more and “fewer”
- Solving word problems with sums to 10 and difference within 10, using concrete objects
- Writing numerals to represent quantities
- Dividing objects into even groups between two sharers
- Recognizing common shapes and describing them (e.g. triangles have 3 sides and 3 angles)
- Identifying, creating, and extending patterns

How can I help my child continue to build their math skills over the summer?

You can help your child develop these math skills by providing opportunities to apply them in real life situations. Below are a few fun ways that you can do this with your child over the break!

Cook Something Together: Cooking is an activity that naturally allows children (and parents!) to use math skills, like counting, combining, and sharing fairly. For example, when making chocolate chip cookies, create a group of chocolate chips and ask your child to count them out loud and tell you how many there are in the group. Extend this activity by then asking your child to put two groups of chocolate chips together and count how many there are altogether. You can also practice sharing fairly while baking by putting a pile of chocolate chips in front of your child and asking them to share them fairly (meaning each of you has the same amount) between the two of you.

Play “I Spy” with Shapes: Expand your child’s ability to identify and describe shapes and by playing the game, “I Spy” using shape properties. For example, “*I spy something with four sides.*” “*Good, and what shape has four sides?*” “*Great Job, a rectangle has 4 sides!*” Take turns being the clue giver and the shape finder.

Math in the Bath: Children love to play in the bath, and it is a great time to explore math concepts, especially comparing and measuring. Give your child different types of containers of all shapes and sizes and let them explore with water. Ask your child to compare how many scoops of water it takes to fill up two containers. Ask questions like, “*How many scoops of water did it take to fill this container? What about this one? Which one held more water? Which one held less?*”

Counting Colors: Young children are excited to learn to count, and they are eager to show adults how high they can count. Counting colors around the house is an easy and fun way to encourage your child to count. Ask your child their favorite color, and then ask them to count all of the objects they can find in the house that are that color.

Visit our website at www.vkrponline.org for more ideas on supporting your child’s math skills.

WHAT WAS MY CHILD LEARNING IN PRE-KINDERGARTEN?

In pre-kindergarten, your child worked on...

- Waiting patiently and directing attention for longer periods of time
- Completing an activity or task independently, trying more than one strategy before getting help
- Remembering classroom rules and routines and contributing to them
- Choosing how to respond to challenges, emotions, and reactions
- Transitioning smoothly from one activity to the next

WHAT WILL MY CHILD BE LEARNING IN KINDERGARTEN?

In kindergarten, your child will continue to build upon these skills by working on...

- Directing attention, following directions and managing behaviors to cope with the demands of the classroom
- Identifying, expressing, and working through emotions
- Establishing healthy physical boundaries and respecting personal space of others
- Staying engaged with difficult tasks and transitioning smoothly to new activities
- Connecting actions to consequences

How can I help my child continue to build their self-regulation skills over the summer?

You can help your child build their self-regulation skills by using strategies during daily activities.

Body Feelings Check in: As children learn how to identify and work through emotions, helping them identify how their bodies are feeling can be beneficial for them. As their caregiver, you can provide supports to help them tune into and work through big emotions in the moment. A “body feelings” drawing is a fun and interactive way to help children connect emotions to feelings they have in their bodies.

- Start a “body feelings” drawing by getting a piece of blank paper – or, if you have it, large poster paper. Have your child draw an outline of a body or even trace their own body on the poster sheet. Then, using different markers, crayons or colored pencils, have your child color in parts of the body where they feel different emotions. For example, a child might color their tummy green or draw butterflies in their tummy to identify when they are worried.

Practice Ways to Relax: As children get older, they are better able to use strategies in the moment to help them relax and calm down. It is important for children to regularly practice these strategies even when they are calm so using them comes easily when they are needed in a challenging moment.

- Try bubble breathing! Using bubbles is a fun and easy way to practice belly breathing with your child. Have your child take a deep breath in through their nose and then slowly blow into a bubble wand through their mouth. Challenge your child to see who can breathe out slowly and steadily and create the biggest bubble.
- Practice Yoga together. There are many great resources available online for free.
 - <https://www.yogacalm.org/teaching-yoga-to-preschoolers-what-works-best/>

Read Books Together: Books are a great way for you and your child to learn about different emotions and ways to keep their bodies calm. It is also important for children to see adults use different strategies to keep their bodies calm, so as you read books with your child, don’t forget to model these techniques! Some suggestions are provided below:

- Glad Monster, Sad Monster by Ed Emberley
- The Pigeon Has Feelings, Too! by Mo Willems

Visit our website at www.vkrponline.org for more ideas on supporting your child’s self-regulation skills.



WHAT WAS MY CHILD LEARNING IN PRE-KINDERGARTEN?

- Initiating conversations, interactions, friendships, and play experiences
- Learning how to share and take turns
- Telling others about their needs and feelings verbally
- Working to solve disagreements with other children and adults



WHAT WILL MY CHILD BE LEARNING IN KINDERGARTEN?

In kindergarten, your child will continue to build upon these skills by working on...

- Taking turns and sharing materials and toys
- Recognizing the importance of friendship and identifying strategies for making friends
- Thinking about how their own behavior may affect others
- Working to solve disagreements with others and working through emotions during disagreements
- Recognizing feelings in others
- Participating in group activities

How can I help my child continue to build their social skills over the summer?

You can help your child build their social skills every day. Talk with them about feelings, friendships, and how to figure out what to do when things don't go their way.

Identify Emotions and Talk about Emotions in Others: Expand your child's identification of emotions within themselves to identification of emotions in their friends and family members. When you notice your child starting to feel a certain way (happy, sad, angry, excited, nervous, frustrated), name the feeling AND point out these emotions in others, too. For example, you can say, "I also feel frustrated when something of mine breaks."

- A fun activity is to have you, your child, and other family members use their faces to make different feelings and take pictures! Then, you and your child can play a guessing game when family members are experiencing different feelings by pointing to the picture that shows the emotion that a person is feeling.
- You can expand this activity by asking follow-up questions when your child notices feelings in others. For example, you could say, "You said Sarah looks sad. Why do you think she feels sad? Is there something we could do to help her?"

Play Games: Playing board or card games with your child is fun way to help your child learn important social skills such as how to handle losing or negotiating rules in a safe and supportive environment. Make sure your child is not always the "winner," and talk about how to handle disappointment or frustration. You can also talk with your child about playing fairly and can come up with rules together. You can support emotion identification by adding feeling words while you play your game (e.g., mad, sad, embarrassed, etc.).

Practice Social Communication Skills: Children best learn skills through their interactions with friends, both in-person and virtually through platforms like FaceTime and Zoom.

- *Before the play date or virtual meeting*, brainstorm with your child topics for conversation, such as what their friends have been doing or games they have been playing.
- *During the play-date*, you can help coach your child on turn-taking and listening.

Visit our website at www.vkrponline.org for more ideas on supporting your child's social skills.



Information regarding activities to support literacy development are on the “FOR FAMILIES” tab of the PALS website (<https://pals.virginia.edu/>).



The screenshot shows the PALS website navigation menu with the following items: EIRI, ASSESSMENTS, RESEARCH & DEVELOPMENT, **FOR FAMILIES** (highlighted with a black arrow), and LOGIN / ENTER SCORES & VIEW REPORTS. A dropdown menu under 'FOR FAMILIES' contains 'LEARN ABOUT PALS' and 'RESOURCES'. The main content area features the 'pals' logo (with a pencil tip on the 'a') and the text 'PHONOLOGICAL AWARENESS LITERACY SCREENING'. Below this is a large image of a young girl with braids, smiling and writing on a piece of paper with a pencil. To the left of the image, the text reads: **PALS FALL 2020 FINDINGS**, followed by a paragraph: 'This data brief provides a snapshot of key findings from the Fall 2020 PALS assessment period. A report is in progress and will provide additional analyses and context to support interpreting these findings, as well as offer a technical appendix discussing data analysis methodology.' Below the paragraph is the text 'PALS UPDATE 2019-2020'. The footer contains the University of Virginia logo and 'SCHOOL of EDUCATION and HUMAN DEVELOPMENT', along with navigation links: 'CONTACT PALS', 'MEET OUR STAFF', and 'DATA PRIVACY STATEMENT'. A copyright notice at the bottom right states: 'Copyright © 2003, 2021 by the University of Virginia Licensing & Ventures Group.'