

Let's start school together

A B C

Getting Ready for Kindergarten Think about...

Getting to school

- Walking
- Riding a bus

In the classroom

- Sitting in a chair
- Sitting on the floor
- Changing activities

In the cloakroom

- Getting undressed
- Dressing for recess

At circle time

- Sharing news
- Sitting quietly
- Listening to the teacher
- Following directions
- Taking turns
- Singing songs

Going to the washroom

- Walking through the hallways
- Using the washroom
- Hand washing

At snack time and lunch

- Eating food
- Drinking
- Cleaning up
- Opening containers

In the gym

- Moving around
- Using the equipment
- Playing sports
- Following rules

3 4 5

	Fine Motor Skills	Gross Motor Skills
3 Years Old	<p>Using the hands and fingers in a co-ordinated way to draw, write, cut, eat, or play.</p> <ul style="list-style-type: none"> • Assembles simple puzzles. • Manipulates clay, finger paints. • Copies simple shapes: horizontal and vertical lines and a circle. • Stacks blocks up to eight high. • Uses a spoon with little spilling. • Provide lots of sensory experiences for learning and developing coordination — sand, mud, finger paints, puzzles. 	<p>Using large body muscles for movement in a balanced way such as running, walking, and playing ball.</p> <ul style="list-style-type: none"> • Jumps in place on two feet. • Walks/steps with alternating feet. • Runs around obstacles. • Catches large balls and throws overhead. • Kicks a ball. • Climbs ladders and uses a slide independently. • Rides a tricycle. • Can walk backwards.
4 Years Old	<ul style="list-style-type: none"> • Copies some letters and shapes (crosses, squares). • Uses table utensils skillfully. • Cuts on a line. • Draws a person with three parts. • Can brush teeth, comb hair, wash, and dress with little assistance. • Can stack ten blocks. 	<ul style="list-style-type: none"> • Running is more controlled; can start, stop, and turn. • Can hop and jump on one foot. • Able to gallop. • Can easily catch, throw, and bounce a ball. • Rides a tricycle or bicycle with training wheels. • Climbs stairs with alternating feet.
5 Years Old	<ul style="list-style-type: none"> • Hand preference is usually established. • Grasps pencil like an adult. • Colors within lines. • Cuts and pastes simple shapes. • Draws a person with six parts. • Prints some letters. 	<ul style="list-style-type: none"> • Runs in an adult manner and is able to run around corners and able to stop voluntarily. • Walks on tiptoe and on a balance beam. • May be able to skip.
Helpful Tips	<p>Provide the child with pencils, crayons, scissors, blocks, and utensils. Encourage the child to feed self and dress self (zippers, buttons).</p>	<p>Take your child outside and let them run around, throw balls, and play on the swing set.</p>

Fine Motor Skills

Fine motor skills involve using the small muscles of the hand to manipulate small toys and objects. They are critical when learning how to draw and cut. Below are fun activities to strengthen fine motor skills:

- Cutting pictures out of newspapers or magazines.
- Gluing pasta or beans to make a picture.
- Stringing small beads, fruit loops, cheerios, popcorn, etc.
- Playing with interlocking blocks and puzzles.
- Kneading and building with plasticene or clay.
- Playing pegboard games.
- Finger painting with jello or pudding.
- Finding hidden objects in the dough (try using tweezers to get the object out).
- Using tweezers to pick up small household objects (marshmallows/ small beans/candies) and place them in a container.
- Playing with toys that involve manipulation of small pieces.
- Squirting water bottles outdoors on the sidewalk, or on the snow (use food colouring in the water).
- Threading small marshmallows onto toothpicks – good for counting or creating a colour pattern.
- Creating a design on paper with a hole punch.
- Playing tug-of-war with a coffee stirstick, holding it only with the thumb and index finger.
- Drawing on mirror/ bath tub tiles with foam soap or shaving cream.
- Drawing in the sand or using sidewalk chalk.
- Cooking activities – i.e. stirring and decorating cookies.
- Using a meat baster or eye dropper in the bath tub to fill up a container.
- Practising with buttons and zippers (dressing).
- Using an egg timer, when asking your child to dress or undress.



Getting Ready For School

Gross Motor Skills

Gross motor skills encompass the abilities required to control the large muscles of the body for walking, running, sitting, crawling and other activities.

- Opportunities for skipping, hopping, galloping, crabwalk (forward and backward).
- Drawing or painting on an upright surface – easel or vertical surface.
- Riding a tricycle or bicycle with training wheels.
- Climbing a ladder, swinging, monkey bars, with assistance (park activities).
- Throwing, catching and kicking (ball activities).
- Climbing stairs with alternating feet.
- Creating an obstacle course with a few directions – i.e. jump on two feet, walk around four pylons, walk backwards ten steps.
- Walking on a narrow chalk line.