

# ON MY WAY

## TO K

WITH



Now with resources for the

first 9-weeks of Kindergarten!



Lakeland  
PBS

**So the child in your life is on the way to kindergarten?**

**CONGRATULATIONS!**

Your whole child is rapidly growing and developing their physical abilities, social relationships, emotional awareness, and intellectual skills such as thinking, reasoning, and understanding. Areas of your child's development are interconnected and often overlap so you may notice how growth in one area supports growth in another.

On My Way to K with PBS KIDS uses this whole-child approach to support caregivers in understanding preschool standards and the key developmental skills needed to be ready for Kindergarten. In this guide, you'll find caregiver-friendly explanations of standards, tips, activities, and resources to support your child in becoming a life-long learner right from the start!

## **STEPS TO TURN SCREEN TIME INTO CO-LEARNING**

Digital media can be an opportunity to bond with your child and show that you value learning together. Follow these simple steps to guide your child in using media as a tool for learning.

1. Together, create a schedule that includes 15 minutes of co-learning screen time.
2. Be intentional about choosing media, making sure it is creative, educational and positive.
3. Preview any media before sharing it with your child. This helps them maintain focus instead of learning to just "click" through.
4. Interact with your child while playing a game or talk about what you are watching together.
5. Connect media experiences to real-life, such as observing plants in the environment after watching a video or playing a game about the parts of a plant.

## **TIPS TO BALANCE MEDIA AT HOME**

1. Be aware of your own screen time. Turn off or mute your phone when you're not using it, like during family meal time and homework time.
2. Avoid screens before school as it may impact your child's attention throughout the day.
3. Create a schedule with your child that includes playtime and screen time.
4. Set a screen-free bedtime routine such as reading a book or simply talking.
5. Keep your car and shopping carts screen-free, using this time to explore your surroundings.

From Your Friends At:



This Kindergarten Readiness Checklist is aligned with the PreK standards and skills children should know or be able to do by the end of preschool. We have designed this checklist, not as an assessment, but as a tool to support what you are already doing to prepare your child. Explore the standards for caregiver tips, activities, games, and apps to co-learn.

## Approaches to Learning PGS 4-7

- Use trial and error to learn from experiences and plan solutions
- Follow two-step directions
- Approach learning with an eager or curious spirit
- Begin to rely on internal motivation to complete or continue working on challenging tasks

## Physical Development PGS 8-11

- Move my body with balance and control
- Cut with scissors and hold my pencil
- Independently use the restroom
- Dress myself (put on a jacket, snap, button, zipper)

## Social and Emotional Development PGS 12-15

- Separate from a grownup to/from home and school
- Use words to ask for help and express needs and feelings
- Calm down and manage my own behavior with some help
- Focus and pay attention for 10-15 minutes at a time

## Language and Literacy PGS 16-21

- Write my first name and some or all of my last name
- Name and recognize 10+ letters and their sounds
- Attempt to invent my own spelling when writing
- Point to the first and last word on a page, and pretend to read from left to right
- Recognize when two words rhyme by listening or looking at pictures



## Mathematical Thinking PGS 22-25

- Recognize a group of up to five objects without counting
- Count up to 31 in order
- Count objects one at a time (up to 10) and tells the last number spoken tells "how many"
- Name and order written numbers 1-10
- Recognize and repeat simple patterns
- Identify and name shapes (circle, square, triangle, and rectangle)
- Organize up to five objects by size or length

## Scientific Inquiry PGS 26-29

- Use inquiry skills like asking essential questions, exploring and reflecting
- Observe and/or manipulate aspects of our surroundings to understand how things work or to identify patterns
- Engage in the process of creating, building and testing to improve designs

## Social Studies PGS 30-33

- Start or join in conversations and share experiences
- Recognize the need to follow rules and how they differ in various settings
- Begin to gain an understanding of varying jobs and social roles, especially those within a school community

## Creative Expression PGS 34-37

- Engage in imaginative and creative play
- Express my thoughts, observations, imaginations, and feelings
- Notice rhythm and pattern of sounds
- Experiment with art materials and manipulate them based on ideas





# 1

## Approaches to Learning

Approaches to learning is “how” your child thinks, behaves, and uses strategies learned from past experiences to help guide their learning as they encounter new challenges.

### HOW I GROW: APPROACHES TO LEARNING

#### Eagerness and Curiosity

Your child is increasingly curious and independently begins to explore the natural and social environment, such as family roles, plants, and animals. This interest helps them make sense of the world, build a rich vocabulary and develop new strategies to solve problems.

#### Persistence

Your child’s increased focus results in an internal motivation to complete or continue working on challenging tasks by trying alternative solutions or seeking help when needed.

#### Creativity and Inventiveness

Your child is approaching daily activities with flexibility of thought, imagination, and a willingness to adapt familiar materials to solve problems.

#### Planning and Reflection

Your child is using trial and error to learn from experiences and begins to plan solutions by thinking through steps with more competence.

### HELP ME GROW: CAREGIVER TIPS

- Ask open-ended questions with no right or wrong answer.
- Think out loud about things you observe or questions you may have.
- Help your child make connections between the current activity and past experiences you have shared together.

Tell me about what you’re doing?	How are these the same/different?
Show me how you...?	What would happen if...?
Do you think...?	How does it feel/look/sound/taste/smell?
How do you know...?	What does it remind you of?



# 1

## Approaches to Learning

### HELP ME GROW: CO-LEARNING ACTIVITIES

Try these simple co-learning activities together and observe “how” your child approaches learning and stretches their curiosity beyond their comfort zone.

#### Daily Weather

Make checking the weather part of a daily routine. Watch the weather on the news together or on a phone app and ask questions about what they may need to wear.

#### Simple Choices

Allow your child to make simple choices like picking a daily snack, clothes to wear, or creating a family menu. Ask questions about their preferences.

#### DIY Nature Art

Go on a nature walk looking for natural items to use in an art project. Ask questions that encourage your child to describe how items look, feel, sound, etc.

### LET'S EXPLORE TOGETHER

#### WATCH



#### PLAY





## ACTIVITY

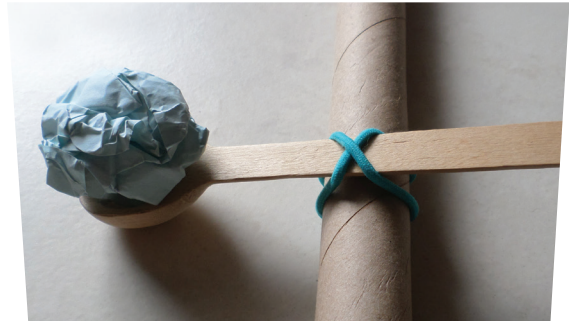
# Make Together: Catapults

There are lots of great engineering projects that can be made together at home as a family. Check out this plan for making catapults!

### MATERIALS

- a) Cardboard tube
- b) Elastic band
- c) Wooden spoon
- d) Small, soft object to launch

Don't have these materials available?  
Design your own plan with materials that you do have!



### BUILDING THE CATAPULTS

- a) Loop the elastic band over the cardboard tube twice to make an X
- b) Insert the wooden spoon handle under the X
- c) Place the soft object on the end of the spoon
- d) Stomp on the spoon handle to launch!

Try moving the handle up or down to see how it changes how your catapult launches. Try launching things of different weights and sizes to see how that affects how far or how high objects go.



### MAKE IT A GAME

Set up buckets or other containers at different distances and give them point values. See who can get the most points by launching their soft objects into the buckets!

You can find other ideas for fun engineering projects that use household objects by searching [pbslearningmedia.org](https://www.pbslearningmedia.org) for 'simple engineering ideas/projects.'





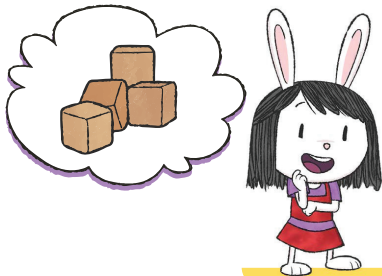
## ACTIVITY

# Build a Bigger Clubhouse

**Materials:** cardboard boxes, fabric or blankets, stuffed animal or dolls, paper to sketch design

Ask questions and encourage vocabulary such as design, improve, test, bigger, many, more

- What materials will you use to build?
- How will those materials help?
- How will you design your clubhouse to fit more friends, stuffed animals or toys?
- Can you test if the clubhouse is big enough?
- Does everyone fit?
- How could you improve your design?



## Build a Bigger Clubhouse!



**Let's find out:** How can you build a clubhouse for one friend?  
How can you change your clubhouse to fit more friends?



1

Build a clubhouse for one friend to try out.



2

Plan and think about **how you can fit more friends.**



3

Explore and create by building.



4

Test and share your clubhouse with more friends!



**Elinor**  
Wonders Why

# 2

## Physical Development

**Physical development refers to your child's general health and development of physical skills involving large and small muscles.**

### HOW I GROW: PHYSICAL DEVELOPMENT

#### Health and Wellbeing

Your child is demonstrating an interest in following familiar personal hygiene routines and making their own food choices. You may notice a change in their eating habits and willingness to try new foods.

#### Motor Development

Your child is engaging in active play for longer periods of time and with greater intensity, balance, and coordination. Due to the development of **large and small motor muscles**, you may notice an ease in your child's ability to climb, dance, and throw, as well as more hand control with stacking, drawing, cutting, and even brushing their teeth.

### HELP ME GROW: CAREGIVER TIPS

- Give your child the job of opening and ripping up junk mail.
- Let your child fasten buttons, snaps, zippers, and practice lacing their shoes.
- Provide tongs and large spoons for your child to serve dinner.
- Involve your child in everyday tasks such as pushing carts, carrying bags, folding and putting away laundry.
- Give your child opportunities to cut with scissors while you watch. Your child can cut pictures from magazines or shapes for a matching game.



Typical pencil grasp for 2-3 year old.



Typical pencil grasp for 4-5 year old.



# 2

# Physical Development

## HELP ME GROW: CO-LEARNING ACTIVITIES

### Everyday Olympics

Set up empty water bottles like bowling pins, and let your child use a softball to “bowl.” Invite your child to toss rolled-up socks into a basket or a masking tape circle on the floor. Go outside and give your child multi-step directions such as running around the tree, hopping to the flowers, and zig-zag around the grass.

### Make a Nest

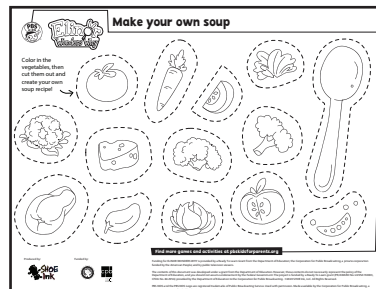
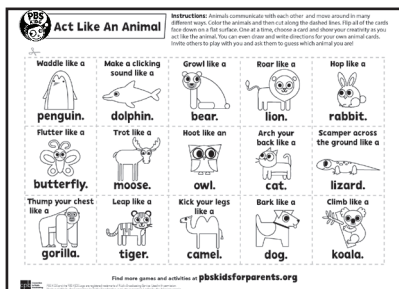
Whip up a batch of dough. Encourage your child to roll small balls to resemble eggs, then roll a large ball and push in the middle to make a nest.



Scan QR code for recipe

### Mealtime Assistant

Invite your child to help with cooking or preparing food. Simple tasks like washing fruits and vegetables, using tongs to serve salad, making their own sandwich, or measuring ingredients for a recipe encourage healthy food choices and small muscle development.



## LET'S EXPLORE TOGETHER

### WATCH



### PLAY





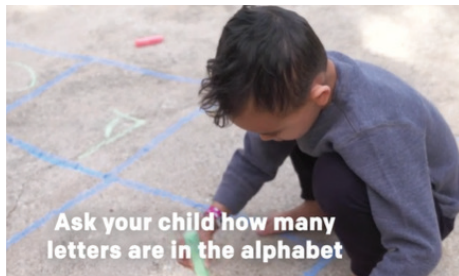
## ACTIVITY

# Make Together: Hopscotch

Get your brain and body moving while you learn the letter names, sounds, and even spell short words like sat, hen, pig, mop, bug.

### CAREGIVER TIP

Help your child write the letters in random order. To build words, and make sure they are not in alphabetical order.





## ACTIVITY

# Trolley Path



## Trolley Path

In the Neighborhood of Make-Believe, **TROLLEY** follows the dotted path to each destination. Encourage an interest in transportation, and have **FUN** creating a unique path for Trolley. **DING, DING!**

Draw and color or paint small dots on a paper plate.  
Or, print and use the template on the next page.  
Some children might prefer to make an orderly line of dots with limited colors—and that's **grr-ific**, too!



Use a pencil to draw the parallel lines of a path, which will be used to create train tracks. For added fun, try creating both curves and straight lines for the course!



Let children practice independently with kid-friendly scissors or assist in cutting the path. For children with sensory considerations, an adult may consider cutting the paper for the child.



Encourage children to glue or tape the pieces independently or work together to create a path with bends, curves, and straights.



Use your favorite small vehicle or toy, the [Daniel Tiger Foldable Trolley Template](#), or the [Daniel Tiger Trolley Favor Box](#) craft activity from PBS KIDS on the path.

# Social Emotional Development

**Social and emotional development refer to your child's feelings, behavior, and relationships.**

## HOW I GROW

### Emotions

Your child is identifying and recognizing their own emotions and “big feelings” using simple feeling words such as “excited” and “scared.” They are still learning about what actions caused them to experience their feelings. At this time your child is also recognizing the emotions of others and demonstrating empathy, care, and concern using words, facial expressions or gestures.

### Managing Emotions

Your child is developing self-control over their feelings and learning to self-calm. They can view situations from another’s perspective and make choices on how to respond, including recognizing bullying behavior and saying “stop” when they see a child hurting another child. This emerging sense of self also builds your child’s confidence and motivation to try new activities.

### Building and Maintaining Relationships with Adults and Peers

Your child is learning to build close social relationships with trusted adults while also learning strategies to separate from these adults. They are also developing relationships with peers by taking turns, compromising, and inviting others to play. You may notice your child negotiating and offering ideas or solutions to solve problems.

### Sense of Identity and Belonging

Your child is beginning to understand themselves as an individual in a community. They are developing a sense of identity by taking an active role in self-care and following predictable routines. If routines must change, they are demonstrating a greater willingness to be flexible.

## HELP ME GROW: CAREGIVER TIPS

Your child is learning to work with others, communicate, resolve conflict, and think critically. They will need these human skills as they continue learning and one day enter the world of work. **Try these tips:**

- Model kind and generous behaviors when interacting with other adults and children. Your child is watching!
- Help your child verbalize their feelings and observations.
- Don't intervene immediately, give your child time to think and problem-solve.
- Act out scenarios and ask, if \_\_\_\_ happens, then what do you think will happen? This helps your child learn about good decisions and consequences.

# 3

# Social Emotional Development

## HELP ME GROW: CO-LEARNING ACTIVITIES

### Calming Resources

Empower your child to manage their emotions by creating a kid-friendly basket filled with items they can use independently. Here are some suggested items:



I Can Cards



Mindfulness Bottle



Stuffed Animal



Puzzle



Books

## LET'S EXPLORE TOGETHER

### WATCH



### PLAY



## ACTIVITY

# Household Chores



## Household Chores for Every Age



Teaching kids how to do household chores is a meaningful part of growing up. They teach practical life and academic skills, as well as foster a sense of responsibility and community. Use this checklist for age-appropriate chores to do with your family.

### 2 to 3

- Pick up toys
- Put dirty clothes in the hamper
- Hang-up jacket and put away shoes
- Help sort clean laundry (e.g. find all the socks!)
- Dust window sills
- Help wipe-up spills

### 4 to 5

- Make the bed
- Set and clear table
- Put away clean silverware
- Put clothes in the washing machine
- Fold towels and socks
- Feed pets and water plants

### 6 to 8

- Keep bedroom organized
- Fold and put away laundry
- Assist with meal preparation
- Load and empty dishwasher
- Sweep and vacuum floors
- Take out garbage and recycling



Find more games and activities at [pbs.org/parents](https://pbs.org/parents)

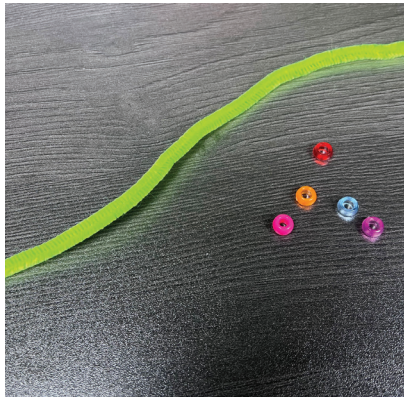
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## ACTIVITY

# Kindness Bracelets

Friendships are special and so are these bracelets.



Choose 1 pipe cleaner and some beads



Place the beads on the pipe cleaner



Twist the ends of the pipe cleaner together



Place the bracelet on your wrist



# 4

## Language and Literacy

**Language and literacy refer to your child’s ability to understand words and learn to listen, speak, and read.**

### HOW I GROW

#### Listening and Understanding

Your child is developing listening skills with greater attention for longer periods of time. They demonstrate understanding by asking and answering questions, making predictions, and connecting what is being said to their own experiences.

#### Speaking and Vocabulary

Your child is developing an understanding of new vocabulary words and their meaning and uses the new words to describe objects, actions, and events.

#### Sentences and Conversation

In conversations, your child uses more complex sentences to build and connect ideas. This includes asking and responding to questions, expressing needs and feelings, and sharing experiences.

#### Emergent Reading and Critical Skills

Your child is more observant of print in their environment and begins to understand that reading communicates information. They are learning to appreciate reading by listening to and “pretending to read” as well as making connections to real-life experiences and increasing awareness of familiar words.

**Phonological awareness** is a group of skills that includes your child’s ability to hear, recognize, and play with **sounds in the spoken language** (see page 17 for more).

**Alphabetic and Print Knowledge** is the relationship between written letters and their spoken sounds. Your child is using this knowledge to identify print in their environment.

#### Emergent Writing

As your child develops the understanding that print conveys meaning, they become motivated to express themselves in writing. This includes intentional letter-like shapes, their name, and that of others, as well as letters and words in books and everyday objects.

### HELP ME GROW: CAREGIVER TIPS

- Create a cozy storytime corner with a lamp, pillows, stuffed animals, and a book box.
- Show your child that you enjoy reading by reading near him/her.
- Take your child to get their own library card and allow them to choose their own books. You’ll notice their topics of interest change as they grow and have more experience.
- Set aside a special time each day to read with your child, encouraging them to listen and use language to express ideas about the story events and characters.
- Read more than books—read labels, signs, newspapers, etc.
- Model writing for your child and help them label their pictures.





# 4

## Language and Literacy

### HELP ME GROW: CO-LEARNING ACTIVITIES

#### **Name Hide and Seek**

Make several name cards for each member of the family. Play hide and seek by displaying the name cards around your house. Have your child count to ten and find their name. Talk about how they know it is their name and encourage naming the letters.

#### **Make Your Own Word Wall**

Buy inexpensive ABC cards at your dollar store or make your own. Place the cards on the wall in ABC order. Each time your child gets a new sight word, write it on paper and place it under the correct letter.

#### **Watch and Retell**

Watch a PBS KIDS show together and retell the story, then act out your favorite part. For more fun: listen for sight words as you watch the show.

### CRITICAL PHONOLOGICAL AWARENESS SKILLS

Counting individual spoken words in a sentence.

- Say a short sentence, the child repeats it, then uses fingers to count each spoken word.

Combining spoken words to make compound words. (e.g., foot + ball = football)

- More: rain + bow = rainbow; class + room = classroom; pan + cake = pancake

Deleting a spoken word from a compound word. (e.g., starfish - star = fish)

- More: birdhouse - bird = house; popcorn - pop = corn; mailbox - mail = box

Combining spoken syllables into words. (e.g., sis + ter = sister)

- More: walk + ing = walking; pump + kin = pumpkin; nap + kin = napkin

Deleting a spoken syllable from a word. (e.g., sweetest - est = sweet)

- More: careful - ful = care; warmer - er = warm; melted - ed = melt

Combining the first sound of a spoken word to the rest of the word to form a familiar word.

- More: /c/ + /at/ = cat; /b/ + /ug/ = bug; /f/ + /in/ = fin

Identifying the beginning sound of a spoken word or picture. (e.g., door begins with /d/)



## ACTIVITY

# Sight Words

(often called High-Frequency Words)

### What are sight words/high-frequency words?

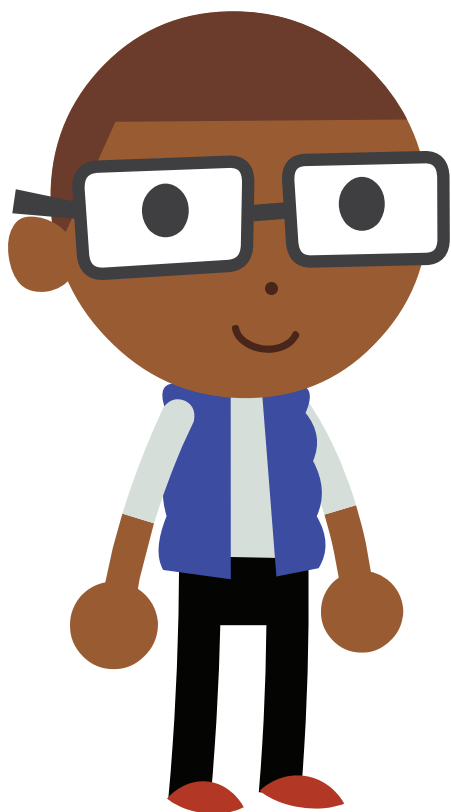
- Sight words are a list of words your child will learn to recognize instantly.
- Created by researcher Edward William Dolch, the list contains words that make up a high percentage of the words used in children's books.

### Why are sight words so important in learning to read?

- Many sight words cannot be sounded out and must be memorized.
- Being able to read high-frequency or sight words without hesitation will help your child better understand what is being read and allow them to focus on more important words.

Dolch Preschool Sight Words

the	to	and	a
I	you	it	in
said	for	up	look
is	go	we	little
down	can	see	not
one	my	me	big
come	blue	red	where
jump	away	here	help
make	yellow	two	play
run	find	three	funny



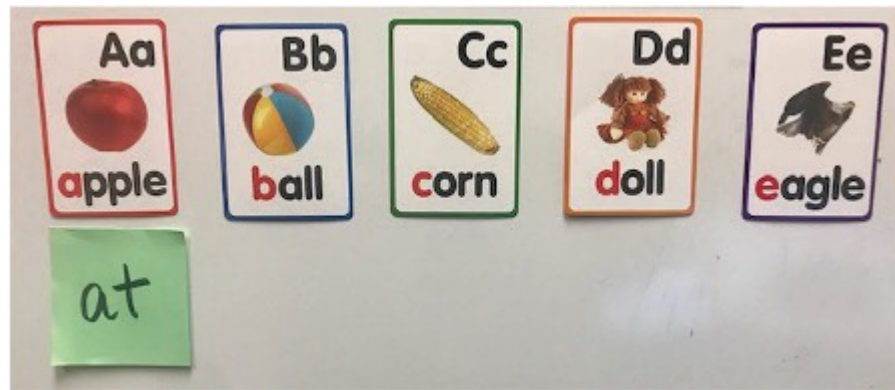


## ACTIVITY

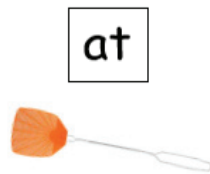
# Sight Word Games

### My Personal Word Wall

Tape alphabet cards in ABC order onto a large piece of cardboard or your wall space. As you learn a new sight word, write it on a piece of paper or sticky note and add it to your word wall.



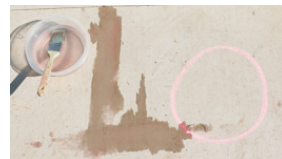
**Whack-a-Word:** Say a sight word and have your child find it on the word wall and whack it with a fly swatter.



**Flip It:** Make cookie or egg shaped cards for each sight word. Use a spatula to say the word and flip it over!



**Water Words:** On the pavement, use a paintbrush and water to write words. Watch how they evaporate and do it again!



**Sight Word Tower:** Write sight words on recycled cups, then practice the words as you build your tower.



**I Spy Sight Words:** Use a magnifying glass or phone camera to find sight words in this book!



**Tactile Sight Words:** Add salt, sand, or rice to a cookie sheet and practice writing your words. How about using play dough too!





# ACTIVITY

# Purposeful Writing Activities for Young Authors

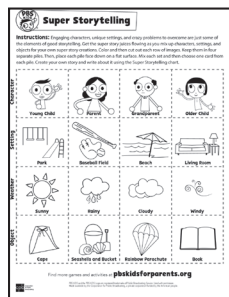


Write a grocery list or a list of items to buy for a party.

Draw the characters in the story, using invented spelling to label them with the letters you hear!



More fun ideas: Write labels for items around your house!





# ACTIVITY

## Conversation Cards to Build Critical Thinking Skills

Does your child have a favorite PBS Kids show? Why not be deliberate and invite your child to watch together? Use conversation cards to help add meaningful adult-led conversation and easy activities to your discussion.

**“Let’s Talk” & “Let’s Do” Cards**

**Instructions:** Cut out these learning cards for quick, adult-led conversation and activity starters!

**Parent Tips**

- Know the goals of the show: The learning goals for READY JET GO! are: scientific inquiry, space and earth science.
- Keep cards nearby: Print, cut and keep the cards where you can access them quickly and easily.
- View with a purpose: Be deliberate when inviting your child to watch a PBS KIDS show. These cards can help by adding meaningful conversation and easy activities to their experience.
- Together is better: Cards are designed for both individual or group work, with a grownup guiding the conversation.

<p><b>Let’s Talk!</b> What did Jet and his friends explore today? What did you learn?</p>	<p><b>Let’s Talk!</b> Did Jet and his friends stay on Earth or go to space? What tools did they need to explore?</p>	<p><b>Let’s Talk!</b> If you could travel to space with Jet, what would you do?</p>
<p><b>Let’s Do!</b> Explore space or Earth through a book, researching or outside in your neighborhood. Share something you learned with a friend or family member.</p>	<p><b>Let’s Do!</b> Scientists need tools to help them explore our Earth and space. Make a tool from recycled and household materials that you could use to explore your home or a nearby park—such as binoculars, magnifying glass, or a bag to carry discoveries.</p>	<p><b>Let’s Do!</b> Using recycled material and craft supplies—such as cardboard, paper plates, tin foil, etc.—to make your own space saucer and join Jet in space!</p>
<p><b>Let’s Talk!</b> What do you see when you look at the night sky? What surprises you? What do you wonder about?</p>	<p><b>Let’s Talk!</b> How did Sunspot and Jet’s friends or family help? Why is working together so important?</p>	<p><b>Let’s Talk!</b> Jet always helps us discover the beauty of our Earth. What do you love about our “tiny blue dot?”</p>
<p><b>Let’s Do!</b> Make your own constellation light show! Grab a large sheet of dark paper. Cut tiny holes in the paper to create different patterns of “constellations” in a dark place. Shine a flashlight through your paper to see stars appear!</p>	<p><b>Let’s Do!</b> Think of a task—like cleaning a room, making a card for a friend, or setting the table. Invite 1-2 other people to join you in the task. Working together can make the task easier and more fun. Remember to offer to help with their tasks, too!</p>	<p><b>Let’s Do!</b> We can show gratitude for our Earth by taking care of it! Find a place to safely pick up trash, plant some flowers, save water, or create your own Earth-loving art.</p>

Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

## LET’S EXPLORE TOGETHER

### WATCH



### PLAY



# 5

## Mathematical Thinking

**Mathematical thinking refers to your child's ability to think about relationships between objects, numbers, shapes, measurements, and patterns.**

### HOW I GROW

#### Number Sense and Operations

Your child is learning to immediately recognize groups of objects up to 5 without counting. They are counting objects one at a time and understanding that the last number spoken tells how many. This ability allows your child to create sets of objects and compare them to find which has more, less, or equal.

#### Patterns

Your child is starting to identify, duplicate, and create more complex patterns. They are recognizing that patterns can be things that happen or appear in a repeated way. This includes colors, shapes, sounds, dances, and even daily routines.

#### Shapes

Your child is recognizing and naming 2D shapes like circles, squares, triangles, and rectangles of different sizes and orientations. They are describing and sorting shapes by their attributes such as size, sides, and corners as well as recognizing the shapes of objects in the environment, like windows and doors.

#### Spatial Skills

Your child is learning to describe the relationships between objects and their location using vocabulary such as beside, next to, above, below, between, over, and under.

#### Measurement and Data

The world is filled with ways to measure including length, height, weight, capacity, money, temperature, time, and more. Your child is learning that we can use tools to measure and collect information.

### HELP ME GROW: CAREGIVER TIPS

- Encourage your child to use their fingers when counting, adding or taking away quantities, or counting from a certain number. Fingers are a tool your child will always have “on hand” when real-world objects are not available.
- In math, the number system is based on 5's and 10's. Seeing one hand as a set of five allows your child to easily count from five without having to start from one.



# 5

# Mathematical Thinking

## HELP ME GROW: CO-LEARNING ACTIVITIES

### Give Me Five and Subitize

Subitizing is the ability to 'see' the number of things in a set of five or less simply by looking at them and without counting. Play games that include dice to help your child recognize the number patterns of the dots.

### Craft Stick Shapes

Create geometric shapes with craft sticks and describe them by using math vocabulary such as sides and corners (vertices) to compare shapes.

### Sock Sort

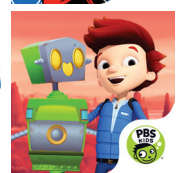
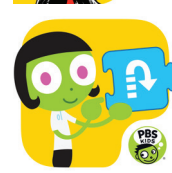
Count how many socks you have then sort them by colors or patterns.

## LET'S EXPLORE TOGETHER

### WATCH



### PLAY



# ACTIVITY

## Making Numbers 1-10


Example:

●	●	●	●	●
●				

Use everyday objects such as beans, beads, or cereal pieces as counters to create numbers up to 10 on the ten-frame.

**peg + cat** **¡Sumando y restando, uno a la vez!** Nombre \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

1 + 1 = 2

*¡Sumando una vez y restando a la vez!*

**Curious George** **Activity Sheet**

**Space Monkey Blast Off!**  
Build a rocket and launch Curious George into space!

- Build a Rocket!**
  - Roll the top of one end of the short wide straw with your fingers. Seal with tape.
  - Cut one end of George's rocket (below) and fold in half.
  - Tap the rocket to the sealed end of the straw.
- Launch It!**
  - Place the open end of George's rocket over the thin straw.
  - Push the rocket against the straw and blow into the bottom of the thin straw. Watch it fly!
  - How do you launch your rocket if you want it to go far? How do you launch it if you want it to go high?
- Test a Different Design**
  - What will happen if you change the design of your rocket? Make a prediction, then test it out.
  - Try launching your rocket with a paperclip attached to the top of it.
  - Then try the rocket without the paperclip.
  - What's design flew furthest? Why do you think that is? What does testing help you discover about your rocket?

**Materials:**  
wide straw, cut into thirds  
shorter straw, full length  
tape  
scissors  
Curious George rocket cut-out, folded in half  
paper clip

For more games and activities, visit [pbskidsforparents.org](http://pbskidsforparents.org)

**peg + cat** **Peg's Pattern Party** Nombre \_\_\_\_\_

Choose two items, color, and cut them out.  
Practice creating a pattern to share at the party.


*¡Use many games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)!*



## ACTIVITY

# Making Numbers 1-10

Use this page to practice counting by ones or tens.



## Numbers 1-100

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

For more resources, visit [pbslearningmedia.org](https://pbslearningmedia.org)

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# 6

## Scientific Inquiry

**Scientific inquiry refers to your child’s curiosity about the world around them and the process they use to explore and test their discoveries.**

### HOW I GROW

#### **Scientific Inquiry Through Exploration and Discovery**

Your child is learning to identify their senses and think like scientists by asking questions, exploring, and reflecting upon what they discover. This includes the use of simple tools such as magnifiers, balance scales, binoculars, and tweezers to investigate objects and make comparisons.

#### **Life Science**

Your child is identifying the characteristics of living things including how they grow and change through a life cycle, their needs and habitats, and their similarities and differences.

#### **Physical Science**

Your child is using inquiry to understand what makes objects move, predicting how to change their speed, testing, and describing what happens. They are also exploring what objects are made of, investigating how water changes, and the relationship of objects, light, and shadows.

#### **Earth and Space Science**

Your child is discovering our planet by exploring the objects naturally found in the environment such as rocks, soil, sand, and mud. This includes observing the movement of clouds, sun, moon, and stars, day and night cycles, and how weather changes impact our daily life.

#### **Engineering and Technology**

Your child is showing interest in how simple tools and machines assist in solving problems. They are using the process of creating, building, and testing to improve designs.

### HELP ME GROW: CAREGIVER TIPS

- Invite curiosity and ask questions out loud about everyday experiences. For example, when seeing a rubber duck floating in the bath, ask “I wonder what else will float?”
- Notice when your child shows interest in something like flowers or the clouds and asks about their observations, then explore the subject further together.
- Remember that exploring science concepts can be messy. Help your child set aside older garments as “scientist” clothes to wear and reassure them it’s ok to get dirty.



# 6

## Scientific Inquiry

### HELP ME GROW: CO-LEARNING ACTIVITIES

#### Re-Grow a Garden

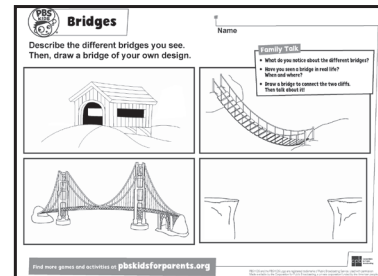
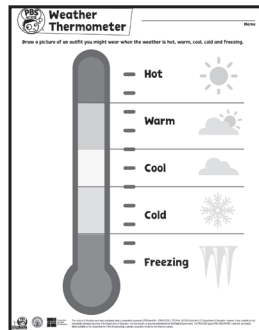
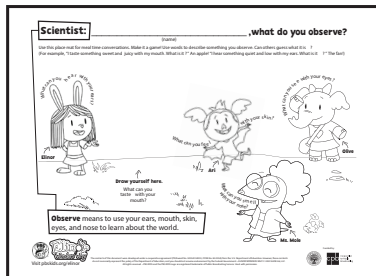
When preparing and chopping veggies, save the leftover scraps such as carrot tops, lettuce base, or bean seeds. Plant them and watch them sprout.

#### Wacky Water

Explore the states of matter by observing what happens to ice. Place a piece of ice on your sidewalk. What happens to the ice after 1 minute, how about 30 minutes? Use a camera phone to take a picture.

#### Ramp Races

What's a ramp and what can it do? A ramp is a surface with one end higher than the other. You can build a ramp at home using a book and a piece of cardboard. Test everyday objects such as a block, a ball, or a toilet paper roll to see if they roll or slide.



### LET'S EXPLORE TOGETHER

#### WATCH



#### PLAY





## ACTIVITY



# Sink or Float

### Predict and discover what sinks or floats!

During a trip to the Buoyant Sea, Sally and Nick test what sinks or floats. They learn that materials and shapes matter. What do you think will float? Test out your predictions using items from around the house and write your results on the Table below.

### INSTRUCTIONS

1. With the help of an adult, gather ten small household items (rubber band, coin, pencil, sticker, etc.) and fill up a sink or bucket.
2. Predict whether the items will sink or float by sorting them into two piles.
3. Test your predictions in the water. Place each item under "Sink" or "Float" on the Table. Were you surprised? Scientists often are!

Sink	Float
	

To PREDICT is to say what you think will happen before you try it out.

I predict you will have a boat-load of fun predicting what sinks and floats!





## ACTIVITY

# Collecting and Sorting

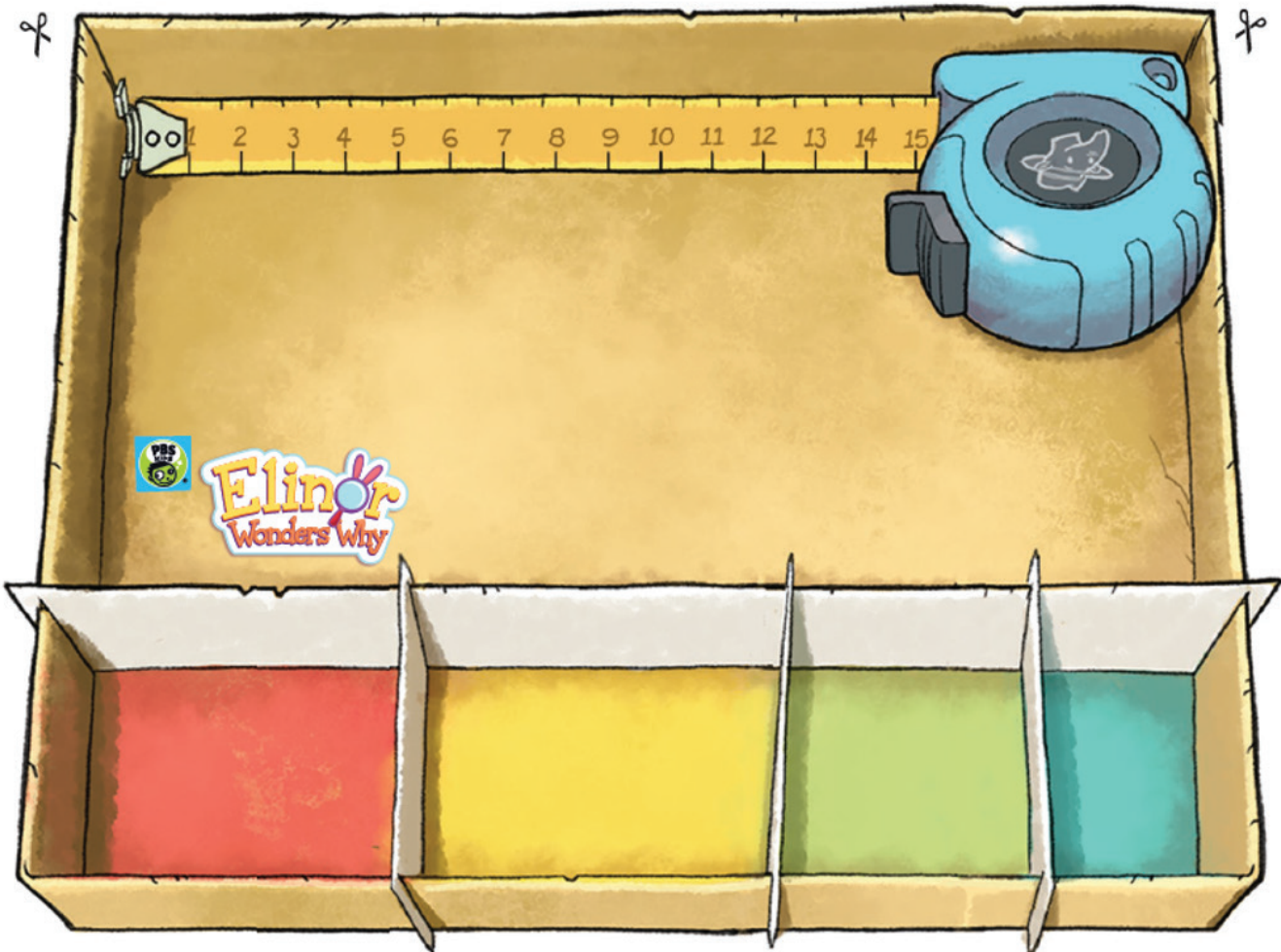
You can nurture curiosity by encouraging your child to collect and sort objects.

### Many Ways to Sort

Now go on an object hunt, either inside or outside. Ask your child to find 10 small objects to sort. Have your child look at the objects and sort them by one property (e.g., color, shape, size) into the smaller compartments. When deciding which ones go together, your child practices another important skill—comparing and contrasting.



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# 7

# Social Studies

**Children’s experiences in social studies begin at birth, as we are social beings who innately interact with others. Part of developing kindergarten readiness includes an awareness of self, family, classroom, and the local community with who they have interactions.**

## HOW I GROW

### **Culture**

Your child is starting to self-identify as a member of a culture, understanding everyone has a culture and comparing/contrasting their culture with those of peers.

### **Individuals and Groups**

Your child is becoming more aware of the similarities and differences between themselves and others. As they encounter a greater variety of people in their community, they develop a better understanding of jobs and social roles.

### **Spaces, Places, and Environments**

Your child is identifying the differences between locations based on the places they like to visit. As your child experiences a variety of environments, they begin to identify ways humans impact the environment (recycling, throwing away trash, etc.).

### **Governance, Civic Ideals, and Practices**

Your child is recognizing the need to follow rules and how they differ in various settings. They are eager to participate in decision-making by exploring basic principles of democracy such as voting.

### **Economics and Resources**

Your child is recognizing the differences between needs and wants and that people work to earn money to buy things they need or want.

### **Technology and our World**

Your child shows an awareness of technology and its impact on how people live (computers, phones, cameras, etc.).

## HELP ME GROW: CAREGIVER TIPS

- Talk to your child about your job, the skills you have learned, and continue to learn.
- Model recycling by reusing items, such as planting seeds in used paper cups.
- Make decisions as a family by voting for everyday activities like what to have for dinner.

# 7

# Social Studies

## HELP ME GROW: CO-LEARNING ACTIVITIES

### Long Ago and Today

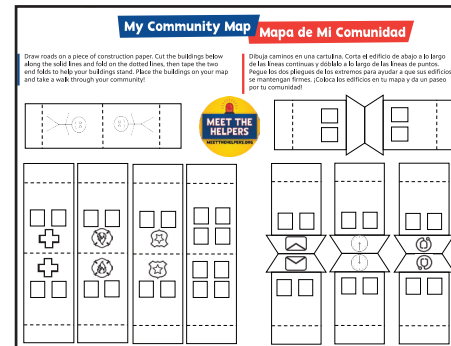
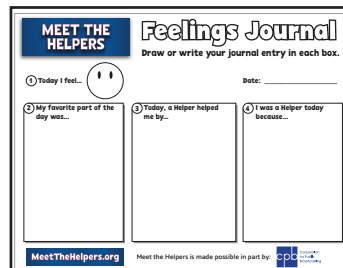
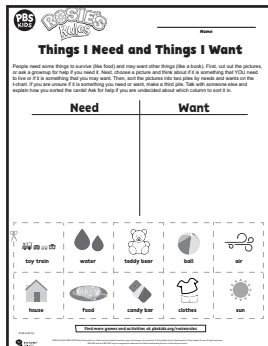
Children love to hear stories about their family members as kids. Look through old photos and compare and contrast how everyday life has changed.

### Let's Vote

When deciding what to make for dinner, take a vote by using tally marks or raising your hands. Talk with your child about ways people make decisions as a group.

### Places We Go

Your child is becoming more aware of the places they visit. Use your phone to take pictures of everyday outings. Print the pictures and create a simple map together.



## LET'S EXPLORE TOGETHER

### WATCH



### PLAY



## ACTIVITY

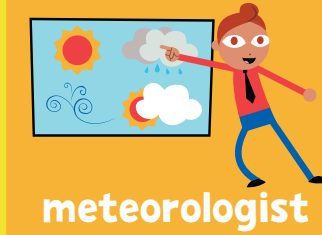
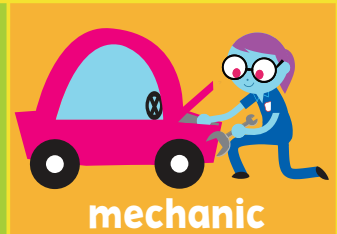
# Community Helpers

### Community Helpers are everywhere!

Use this page and play Helper bingo as you are out and about in your community. Talk about different jobs in the world of work and how we can all contribute in our own ways.

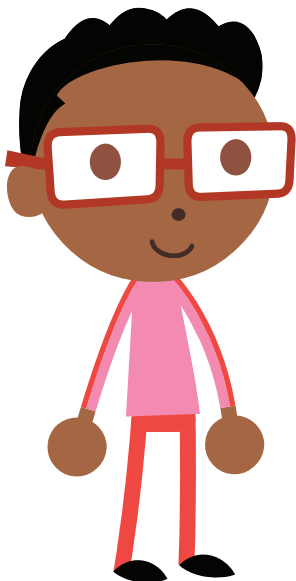


## Community Helpers



For more resources, visit [pbslearningmedia.org](https://pbslearningmedia.org)

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## ACTIVITY

# Meet The Helpers



Meet The Helpers is a public media initiative from WUCF designed to support the wellbeing of young children by introducing them to community helpers and fostering social-emotional growth and career awareness. Introducing your child to community helpers in a safe and fun environment can teach them about career options and prepare them if they ever need help.



Use these videos to talk about the special training and skills helpers have learned to do their job and assist everyone in our community.



Talk with your child about the Helpers you see in your community and the world of work all around you. Everyone has a role to play and can contribute to their community.



View all of the videos by visiting [www.MeetTheHelpers.org](http://www.MeetTheHelpers.org) or scanning the QR code below.



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# Creative Expression

## Through the Arts

**Creative expression refers to your child’s ability to engage in dance, song, music, dramatic play, and art to express ideas and feelings.**

### HOW I GROW

#### **Sensory Art Experience**

Your child is demonstrating a growing interest in experimenting with art materials and investigating their ideas.

#### **Music**

Listening to and making music allows your child to experience the rhythm and patterns of sounds. As they sing and rhyme, they are also enhancing their oral language, vocabulary, and phonemic awareness skills.

#### **Creative Movement**

Your child is engaging and exploring different ways to move their body, independently and in group activities, while further developing their large muscles.

#### **Imaginative and Creative Play**

As your child engages in imaginative and creative play, they are expressing their thoughts, observations, imagination, and feelings. You may notice your child using a variety of objects in their environment to “pretend” and role-play about their experiences.

### HELP ME GROW: CAREGIVER TIPS

- Make a Travel Tub to keep in the car or your travel bag with various crayons, pencils, and paper.
- Start a dress-up box with old costumes, hats, shoes, scarves, and other items.
- Keep recycled items such as paper towel rolls, mail envelopes, empty water bottles, straws, and boxes. Use them to create instruments and props to pretend play.

# Creative Expression

## Through the Arts

### HELP ME GROW: CO-LEARNING ACTIVITIES

#### Art Gallery

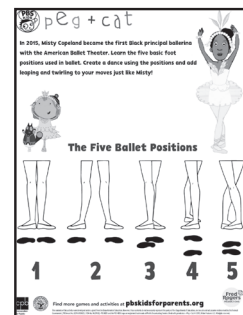
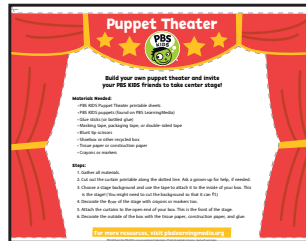
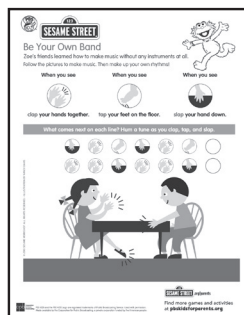
Turn your house into an art gallery for a day and host a show displaying your child's artwork. Ask other families to contribute their child's artwork and incorporate aspects of real galleries. Host an "exhibit" and invite family and friends to the opening!

#### Play Dress Up

Acting out stories and playing pretend are great ways to engage with the arts. Assign roles to family members and video your production.

#### Marker Magic

Don't throw the old markers away! Soak them in a small jar with some warm water overnight. The next day you'll have some watercolors to paint with!



### LET'S EXPLORE TOGETHER

#### WATCH



#### PLAY



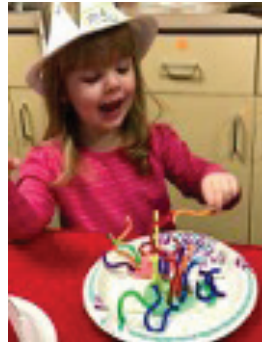


## ACTIVITY

# Creative Expression and the World of Work

Artists, singers, dancers, musicians, and actors are just a few of the jobs held by creative people all over the world. Go online to explore your local art galleries, museums, and watch different types of dancing. Talk with your child about the types of workers that help run galleries, produce shows, write songs, and more! What kind of skills do the workers need to learn or study?

**Try these activities and help your child explore their creative abilities:**



## CHIHULY ART: SCULPTURES

Go online and explore the beautiful glass sculptures of artist Dale Chihuly in museums and gardens around the world. Invite friends to learn about Chihuly and create sculptures together, then host your own “gallery” exhibit.

### Materials:

- Crazy straws cut into pieces
- Dough or clay
- Paper plate



### What to do:

After exploring Chihuly’s sculptures, create your own by inserting the straw pieces into the dough.

## VAN GOGH ART: STARRY, STARRY NIGHT

Go online and explore the paintings of Vincent Van Gogh with your child. Talk about the brushstrokes and try making your own painting.

### Materials:

- Cotton swabs
- Yellow, white, and blue paint
- Black piece of paper

### What to do:

Start by painting several yellow dots on the paper. Using cotton swabs, make yellow, white, and blue circles around the dots to simulate Van Gogh’s art.

## ACTIVITY

# Mini Drum Dance Party

## Tap, Tap, Tap

### Materials:



Any plastic, paper cup, or container  
*Try recycling a cup you have already used.*



Rubber band



Square piece of paper 2 inches larger than the cup opening  
*Try cutting the square out of an old grocery paper bag or envelope*

### How to assemble:

Place the paper on the top  
(opening) of the cup



Wrap the paper around the  
top of the cup



Secure the rubber band



# Transition Tips to Practice Before Starting Kindergarten

Kindergarten is a big life change and all children respond differently. At first, children may show excitement, but become nervous about the change once the day arrives, or vice versa. Getting ready for the changes and practicing what to expect helps your child transition and start kindergarten with more confidence.

## 1. Set Clear Morning and Bedtime Routines

Talk about how and WHY morning and bedtime routines will change when starting kindergarten. Several weeks before school starts, run through the routines and practice waking up on time, getting dressed, and eating breakfast.

## 2. Practice Responsibility

Ask your child to pack and unpack their backpacks, including lunch boxes and jackets. Practice opening and eating their lunch independently.

## 3. Develop Independence

Following directions is a kindergarten expectation. Engage your child in activities that involve two or more step directions such as setting the table, or playing a game.

## 4. Self-Care and Hygiene

Reassure your child it's OK to raise their hand and ask to use the restroom independently.

## 5. Remind your Child of their Strengths

Kindergarten is all about trying new things and working to get better at old things. Remind your child of past successes such as writing their name or brushing their teeth independently.



# SNAPSHOT INTO

# KINDERGARTEN

## Academic skills your child will be assessed on during the first nine weeks of kindergarten.

*Note: Assessments may vary by the school district. Please check with your child's teacher for assessment information.*

### LITERACY

- Identify uppercase and lowercase letters and produce their sounds.
- Write uppercase and lowercase letters.
- Read Kindergarten sight words. (approx. 20 words)
- Read simple sentences with learned sight words and picture clues.
- Identify details in a story such as the characters, setting and events.
- Retell stories by drawing or using invented spelling.
- Repeat and recognize rhyming words.
- Listen and identify the beginning sound of a word.
- Put together and break apart compound words.
- Count syllables in a word.
- Point to and track print to read from left to right.

### MATH

- Orally count numbers in order up to 20.
- Count from a given number (i.e., say 10, the child continues 11, 12, 13...).
- Count a group of objects, one to one, up to 10, and write the number.
- For any number 1-5, show the many ways you can group them (5 can be grouped into 2 and 3, 4 and 1, 0 and 5, and so on.)
- For any number 0-5, find the number that makes 5.
- Recognize and name shapes such as circles, squares, triangles, rectangles, trapezoids, and hexagons.
- Order items using the words first, second, third, fourth, or fifth.
- Compare objects side by side to tell which is shorter or longer.

### WHAT YOU WILL NOTICE IN YOUR CHILD:

- Growing awareness of the environment and how things grow.
- Desire to do things on their own.
- Share opinions and be involved in group decisions.
- An understanding of the order of tasks, what should be done first, next, and so on.
- An awareness of themselves and others as part of a group, using comments such as “My class always goes to the playground after lunch.”
- Inclination toward more privacy during bathroom time and self-care routine.

# Everyday Smart with PBS KIDS

Use the daily prompts with your child for every day inspiration on activities that help grow developmental skills.

<p><b>MATH Smart</b></p> <p>Do you have a collection of something like books or socks? Count them and then write the number. Draw your favorite one!</p>	<p><b>SOCIAL Smart</b></p> <p>Pick out clothes for the next day. Talk about your choice.</p>	<p><b>HOW I LEARN Smart</b></p> <p>Choose a new game on the PBS KIDS app or website and talk about it as you are playing!</p>	<p><b>ART Smart</b></p> <p>Go on a nature walk and collect leaves.</p> <p>Create a design by gluing the leaves on a paper.</p>	<p><b>LITERACY Smart</b></p> <p>Watch a PBS KIDS show and talk about your favorite part. Draw what happened first, next, and last.</p>
<p><b>SCIENCE Smart</b></p> <p>In the morning, draw a picture of what you predict the weather will be like today. At bedtime, discuss your prediction.</p>	<p><b>MATH Smart</b></p> <p>Try sorting toys by color. How about sorting by size? What other things can you sort?</p>	<p><b>LITERACY Smart</b></p> <p>Write your name. Have a grownup write the name of your favorite PBS KIDS show. Circle the letters you find in both names!</p>	<p><b>EMOTIONAL Smart</b></p> <p>Practice tying your shoe.</p>	<p><b>HOW I LEARN Smart</b></p> <p>How can you build a tower using paper cups?</p>
<p><b>SOCIAL Smart</b></p> <p>Share a toy with a friend.</p> <p>Sing the Daniel Tiger song: "You can take a turn, and then I'll get it back."</p>	<p><b>ART Smart</b></p> <p>Make up a song with your name and share it with your friends.</p>	<p><b>MATH Smart</b></p> <p>Use actions to create a pattern and have a grownup follow along.</p> <p>Try: hop, clap, wink</p>	<p><b>SCIENCE Smart</b></p> <p>Plant a seed.</p> <p>Draw a picture of what it looks like each day for 10 days.</p>	<p><b>LITERACY Smart</b></p> <p>Use describing words to talk about your snack.</p> <p>Apples are crunchy, sweet, and hard.</p>
<p><b>BODY Smart</b></p> <p>Look through the grocery ad and cut out pictures of healthy foods.</p>	<p><b>EMOTIONAL Smart</b></p> <p>Look in a mirror and make a happy face. Ask your grownup to guess how you feel. Make other faces such as mad, tired, hurt, embarrassed, and silly!</p>	<p><b>SCIENCE Smart</b></p> <p>Draw a picture of the day sky and the night sky. Compare and contrast.</p>	<p><b>LITERACY Smart</b></p> <p>Write the letters in your name. Pick a letter and find things in your house that begin with that sound!</p>	<p><b>PEOPLE Smart</b></p> <p>Draw a picture of each person in your family on a different paper. Place each paper around the dinner table and invite them to find their seat.</p>
<p><b>LITERACY Smart</b></p> <p>Make up words that rhyme with PBS KIDS characters names.</p> <p>Try: Cat – hat Jet – net Kratt – bat</p>	<p><b>SOCIAL Smart</b></p> <p>Give someone a compliment today. Sing the Daniel Tiger song: "Thank you for everything you do!"</p>	<p><b>MATH Smart</b></p> <p>While taking a walk, talk about what you see in front of, next to, and behind the house. Draw a map.</p>	<p><b>HOW I LEARN Smart</b></p> <p>Make a sock puppet and have a puppet show!</p>	<p><b>BODY Smart</b></p> <p>Balance on one foot. See how long you can do it! Write your time on a paper and try again. Was your second time lower or higher than your first time?</p>
<p><b>MATH Smart</b></p> <p>Help set the table. Can you order the silverware from tallest to smallest?</p>	<p><b>PEOPLE Smart</b></p> <p>Who are the helpers in your neighborhood? Draw a picture for the mail person or garbage collector to thank them.</p>	<p><b>LITERACY Smart</b></p> <p>Visit your public library and check out PBS KIDS books!</p>	<p><b>EMOTIONAL Smart</b></p> <p>Sing the Daniel Tiger song: "Grownups come back!" It will help you feel better when it's hard to leave your grownup.</p>	<p><b>SCIENCE Smart</b></p> <p>Use scissors to cut a piece of paper into zigzags. See if you can put it all back together like a puzzle.</p>





# PBS KIDS® Learning Goals

Alma's Way	PK-1	Emotions, Self-Awareness, & Relationships
Arthur	K-2	Emotions, Self-Awareness & Relationships
City Island	K-2	Social Studies
Clifford the Big Red Dog	PK-K	Literacy & Language, Relationships
Curious George	PK-K	Math, Science & Engineering
Cyberchase	1-2	Math & Science
Daniel Tiger's Neighborhood	PK-K	Emotions, Self-Awareness & Relationships
Design Squad Global	1-2	Science & Engineering
Dinosaur Train	PK-K	Science
Donkey Hodie	PK	Emotions, Self-Awareness & Relationships
Elinor Wonders Why	PK-K	Science & Engineering
Hero Elementary	K-2	Science & Engineering
Jamming on the Job	K-2	Social Studies, Self-Awareness & Relationships
Jelly, Ben & Pogo	PK-K	Self-Awareness, Relationships & The Arts
Keyshawn Solves It	K-2	Emotions, Self-Awareness & Relationships
Let's Go Luna!	K-2	Social Studies
Lyla in the Loop	K-2	Science, Technology, Engineering & Math
Martha Speaks	K-2	Literacy & Language
Mega Wow	K-2	Science & Engineering
Mister Rogers' Neighborhood	PK-K	Emotions, Self-Awareness & Relationships
Molly of Denali	K-2	Literacy & Language
Nature Cat	K-2	Science
Odd Squad	K-2	Math

Oh Noah!	K-2	Spanish & Social Studies
Peg + Cat	PK-K	Math
Pinkalicious & Peterrific	PK-1	The Arts
Ready Jet Go!	K-2	Science & Engineering
Rosie's Rules	PK-K	Social Studies
SciGirls	1-2	Science & Engineering
Scribbles and Ink	K-2	The Arts
Sesame Street	PK-K	Emotions, Self-Awareness, Relationships, Math, Literacy & Language
Sid the Science Kid	PK-K	Science
Splash and Bubbles	PK-K	Science
Super WHY!	PK-K	Literacy & Language
Team Hamster!	K-2	Science & Engineering
The Cat in the Hat Knows a Lot About That!	PK-K	Science & Engineering
The Ruff Ruffman Show	K-2	Science & Engineering
Through the Woods	PK-K	Science
Tiny Time Travel	K-2	Literacy & Language
What Can You Become?	PK-K	Social Studies, Self-Awareness & Relationships
Wild Kratts	K-2	Science
WordGirl	K-2	Literacy & Language
Word World	PK-K	Literacy & Language
Work It Out Wombats!	PK-K	Science, Technology, Engineering & Math
Xavier Riddle and the Secret Museum	K-2	Emotions, Self-Awareness & Relationships





# My Back-to-School Checklist

- I know my school bedtime and how to get myself ready for bed.
- I practiced my morning routine 3 times: clothes on, eat breakfast, brush teeth, put on shoes – then off to school!
- I know how I am getting to school and back home each day.
- I have a special place at home to keep my backpack and supplies.
- I have practiced packing and putting on my backpack.
- I know my teachers' names.
- I know how to be a germ-buster! I wash my hands with soap and water, stay home when I'm feeling sick and put on a mask when I need to.
- I have created a weekly schedule with a grown-up in my family that includes time for play when I finish school!



Find more games and activities at [pbskids.org](https://pbskids.org)

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# BINGO

Let's play Bingo! Here's how: Walk around the room and find a classmate for each fun fact below. As you find friends that match the facts, ask them to mark the box with their initials or a check.

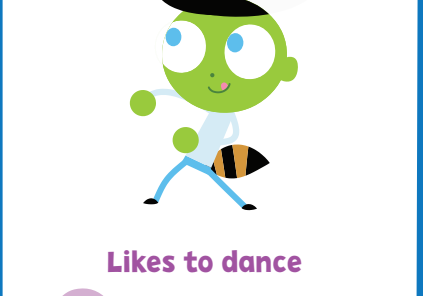
Find a classmate that...



Has a pet



Likes to draw



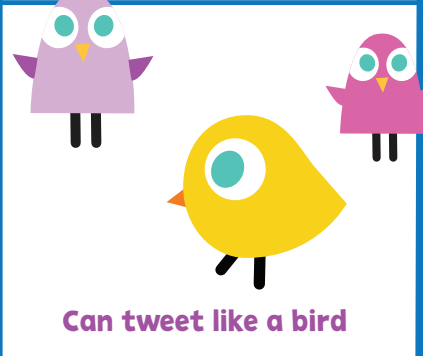
Likes to dance



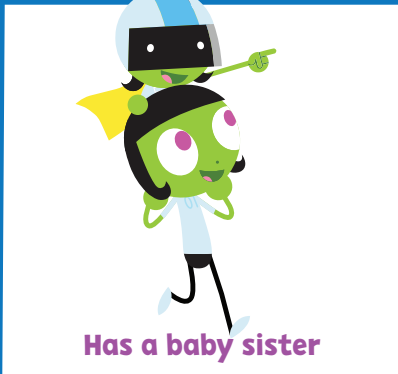
Can roar like a dinosaur



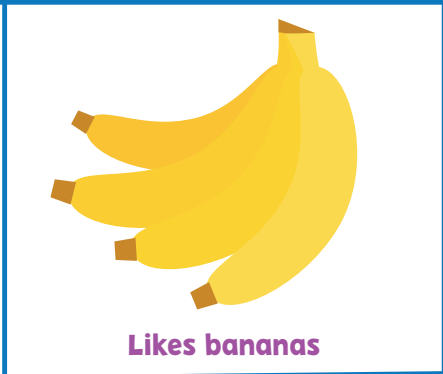
Can hop on one foot



Can tweet like a bird



Has a baby sister



Likes bananas



Plays sports

Find more games and activities at [pbskids.org](http://pbskids.org)

# Community Resources

**Now that you made it to the end of the On My Way to K toolkit, we leave you with a few more resources that are available to families in almost every community.**

## **Public Libraries**

Whether you are checking out free books or attending story time, public libraries are an excellent resource for families.

## **2-1-1**

United Way's 2-1-1 is a free service that connects individuals to critical health and social service resources when they need help the most. From help with a household bill, food assistance, or counseling for suicide prevention, United Way's 2-1-1 help line is open 24 hours a day, 365 days a year.

## **Grocery Store**

It's not just about food! Grocery stores hold so many learning opportunities for families, all in one place that you visit on a regular basis. Use your trip to the local grocery store as a learning opportunity. Count the number of items in your cart to build number sense skills. Look for shapes throughout the store to grow shape recognition. Read labels with your child to reinforce literacy skills.

## **Parks**

Take your outdoor play to the next level by visiting your local park. Nurture science inquiry by exploring nature. Support social emotional development by encouraging children to play with each other and take turns. Build gross motor skills through active play.

## **Your Local PBS Station**

In addition to all the great television programming you know and love from PBS, your local station is engaging the community in many different ways. Events, teacher trainings, community partnerships, and local productions are just a few of the ways you can interact with your PBS station. Visit [www.pbs.org/stations](http://www.pbs.org/stations) to find your station.

## **MeetTheHelpers.org**

Get to more about Helper careers like police officers, firefighters, doctors, and others. Learn about how these Helpers assist in emergency situations. Then, download activity sheets to help your family practice emergency preparedness.

# Meet The Helpers

## Tips for When Something Big or Scary Happens

The world is an ever changing place and sometimes that means big or scary things can happen to our families or in our communities. Use these strategies from Meet The Helpers to talk about big or scary things when they occur in your lives.

### COPING STRATEGIES FOR YOUNG CHILDREN

**Talking** - Help children process events and understand their feelings are normal and manageable.

**Look for the Helpers** - Reassure children that there will always be people willing to help.

**Be a Helper** - Empower children to be Helpers by being kind, donating food/supplies or volunteering.

### CONVERSATION STARTERS FOR YOUNG CHILDREN

To understand your child's perspective of events, ask:

**What do you think about \_\_\_\_\_?**

To learn where you should begin the conversation, ask:

**What do you know about \_\_\_\_\_?**

To hear in your child's own words how they are coping, ask:

**How do you feel when \_\_\_\_\_?**

### WHEN SOMETHING BIG OR SCARY HAPPENS, IT'S OK TO:

#### **Be vulnerable with your children**

Sometimes you can't be the fixer, but you can let them know their feelings are normal and shared.

#### **Admit to your child that you don't know.**

Use it as an opportunity to learn together.

#### **Correct your child when they have misinformation.**

Seek out information together and learn about reliable resources.

For more information about Meet The Helpers including activities and videos about Helper careers visit [www.meetthehelpers.org](http://www.meetthehelpers.org) or scan the QR code.



# ON MY WAY

# TO K

WITH



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