



Saint Paul **BLAST OFF** TO KINDERGARTEN

January

Get Ready for School

Skills to Practice this Month

- Teach your child positive ways to disagree. Talk to your child about how to cooperate with others and ways to express anger, frustration, or a different opinion without hitting, biting, or other unacceptable behaviors.
- Teach your child to say “please” and “thank you” by using these words yourself. Praise your child for using them.

Activities

- Make “Feelings Puppets” to help your child talk about emotions. Have your child draw or glue pictures of faces on paper plates to express happy, sad, angry, and surprised. Tell a short story and ask your child to hold up the puppet that shows how the people in the story might feel. Then let your child tell the story and you hold up the puppets.
- Ask your child, “What makes you happy?” “What makes you angry?” Write their responses in the blanks and sing the “Feelings Song” to the tune of “Are You Sleeping?” Sing the song several times by including other feelings: grumpy (see me pout), silly (see me wiggle), sad (see me cry).

*I feel happy, I feel happy.
See me smile, see me smile.
Happy, happy, happy,
_____ makes me happy.
See me smile, see me smile.*

*I feel angry, I feel angry.
See me frown, see me frown.
Angry, angry, angry.
_____ makes me angry.
See me frown, see me frown.*

Books for Children Further listings available at www.blastofftok.org

- *Feelings* by Alike
- *My Many Colored Days* by Dr. Seuss
- *Today I Feel Silly and Other Moods that Make My Day* by Jamie Lee Curtis
- *Things that Make You Feel Good/Things that Make You Feel Bad* by Todd Parr

Books for Parents Further listings available at www.blastofftok.org

- *Bringing Up a Moral Child: A New Approach for Teaching Your Child to Be Kind, Just, and Responsible* by Michael Schulman

Get Ready to Read

Skills to Practice this Month

- Provide pencils, markers, and paper and encourage your child to draw and scribble or write. Pretending to write and read is an important step toward becoming a good reader and writer!
- Help your child improve his small motor skills by allowing him to use crayons, pencils, and scissors. Keep scrap paper and pencils available at different places around the house.

Be Healthy

Skills to Practice this Month

- Your child’s school day will follow a routine, with certain events happening at the same time each day. Create your own daily schedule that includes waking; breakfast, lunch and dinner; time for fun; time for chores and schoolwork; and time to relax; and bedtime. Establish a bedtime that gives your child 11 - 13 hours of sleep at night. Create a bedtime schedule that lets your child know that it is now time to start getting ready for bed. Talk about your day. Do quiet activities like reading a book or telling a bedtime story.

Visit www.blastofftok.org for more information.

Blast Off to K is joint project of the Saint Paul Public Libraries, Saint Paul Public Schools, the City of Saint Paul Mayor’s Office, and the United Way.