



Unit 4: Ready For Kindergarten Week 2: It's Okay To Be Nervous!



LENGTH OF AT-HOME ACTIVITY: 10 to 15 minutes
YOU'LL NEED: The book *Look Out Kindergarten, Here I Come!* by Nancy Carlson, and a pencil or crayon [optional: *The Kissing Hand* by Audrey Penn]

ACTIVITY STEPS:

START by reminding your preschooler you're going to read *Look Out Kindergarten, Here I Come!* again. See if your preschooler can remember what you read.

ASK QUESTIONS and wait 3-5 seconds for an answer. Example questions:

Do you remember what this story was about? Tell me about it.

What was your favorite part of this story?

SING this song with your preschooler to the tune of "Twinkle Twinkle Little Star."

Kindergarten, here we come!

We know we'll have lots of fun.

Lots of things to make and do,

Reading, writing, counting too!

Kindergarten here we come!

We know we'll have lots of fun.

READ *Look Out Kindergarten, Here I Come!* with your preschooler. Let your preschooler help you read the parts that he or she remembers (for example, when Henry's mom repeats the phrase, "Not so fast!").

TALK with your preschooler about emotions and feelings. Let your preschooler know that it is okay to feel nervous about Kindergarten and that you and the Kindergarten teacher are there to help him or her feel comfortable! Ask questions like these:

What sorts of feelings does Henry have about school?

How do you feel about kindergarten? Are you excited? Are you nervous? Are you scared?

What can you do if you are nervous or scared about school to make yourself feel better?

LOOK at the pictures together and let your preschooler pretend and tell stories about what's happening in them. Help your child use complete sentences to tell his or her stories.

IDENTIFY familiar letters with your preschooler. Can he or she find all of the *E*'s on the page? Are they uppercase or lowercase?

PRACTICE the beginning sounds of words. Give your preschooler choices like, "Does *breakfast* start with the same sound as *pancake*, or as *bowl*?"

PLAY. Look in the mirror together and try making different types of faces, like a happy face, sad face, silly face, or angry face. Talk with your preschooler about emotions and how a person's body and face can match how they feel.

FOLLOW UP ACTIVITY: Go to the library and read the book *The Kissing Hand* by Audrey Penn to show your preschooler that you love him or her and that you will be thinking about him or her when he or she is at Kindergarten.

WRITING EXTENSION: Help your preschooler write and illustrate how he or she feels about going to Kindergarten. You can also write strategies your preschooler can use if he or she feels sad or scared, such as taking deep breaths, asking the teacher for help, finding a new friend to play with, and more.