

## Have fun with this list!

Choose a skill and make it into a game where you challenge & reward your child.

Watch how excited & proud they become when they master each skill.



Take turns.  
Share ideas.

Practice sharing toys.

Practice taking turns.

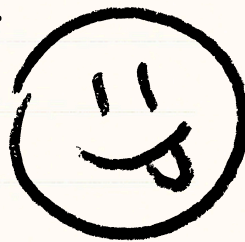
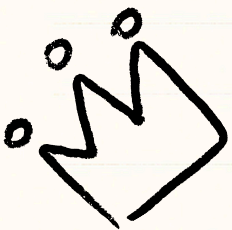
Practice losing a game.



Be able to solve minor friendship problems independently.

Start to practice how to compromise,

e.g. what do you want to play?



Be able to identify simple feelings of others, understand and practice empathy.

Practice following an adult request.

i.e. Please put away your toy.



Practice looking at books both independently & with others.

Count everything!!

Play with dice, cards, puzzles and board games.





# Ways to support your child's journey to **KINDERGARTEN**

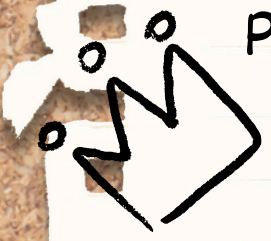


Practice putting on  
and taking off their  
shoes and jackets.

Before starting Kindergarten,  
it's helpful for children to  
practice these key skills to build  
their confidence and  
independence.



Practice washing their hands  
Practice going to the  
washroom independently.  
Practice blowing their nose  
independently.



Practice drawing and  
colouring using different  
felts, pencils, etc.

Practice using scissors.

Practice carrying  
their  
own  
backpack &  
belongings.



Practice eating from a lunch kit. This  
could include practicing opening  
containers and eating a variety of  
items.



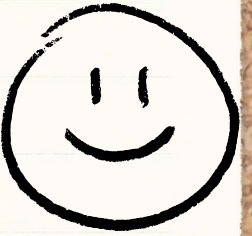


Develop and follow bedtime and morning routines.. consider creating a poster to help your child with the routine.



Have fun exploring local parks and playgrounds.

Playdates with similar-aged peers help young children develop social skills, build friendships, and practice communication, cooperation, and problem-solving in a fun, familiar setting.



Singing songs and reciting poems together support early literacy skills by building phonological awareness, rhythm, vocabulary, and memory.



Give your child responsibilities like tidying up toys, making their bed, or setting the table to help build independence and teamwork.

SD44 District  
SEL/MH Team  
Nov. 2024

