



WHAT WAS MY CHILD LEARNING IN KINDERGARTEN?

In kindergarten, your child worked on...

- Taking turns and sharing materials and toys
- Recognizing the importance of friendship and identifying strategies for making friends
- Working to solve disagreements with others and to manage emotions during disagreements
- Paying attention to the teacher, following directions, and waiting patiently
- Expressing needs and feelings verbally, and recognizing feelings in others
- Persisting on difficult tasks and transitioning smoothly to new activities

WHAT WILL MY CHILD BE LEARNING IN FIRST GRADE?

In first grade, your child will continue to build upon these skills by working on...

- Comparing and contrasting emotions and how they make people feel
- Identifying and demonstrating ways to express emotions appropriately
- Demonstrating cooperation and responsible behavior when interacting with others
- Explaining the role of listening in building and maintaining friendships
- Valuing honesty and truthfulness in oneself and others
- Recognizing the purpose of rules and practicing self-control
- Accepting responsibility for one's own actions

How can I help my child continue to build their self-regulation and social skills over the summer?

You can help your child practice these skills by providing opportunities to use them in story time and play! Below are a few fun ideas to help you get started:

To practice comparing, contrasting, and expressing emotions, try: Feelings Charades!

On small pieces of paper, write down the names of different feelings or different situations that would make someone feel happy, sad, scared, etc. You may need to read the slips to your child, or to print out images to go along with the words. Place the papers in a bag or container, and have players take turns pulling out a piece to act out while the rest of the players guess the feeling! Together, discuss situations in which a person might feel that way. (Source: PBS Parents; <http://www.pbs.org/parents/adventures-in-learning/2013/10/feelings-charades/>)

To practice friendship and social problem-solving skills, try: Making Up!

Help your child to make a list of positive ways that friends can "make up" when feelings get hurt. Next, read or tell a story to your child that involves a dispute between two friends. Pause before the conflict is resolved and ask your child to create their own ending, using strategies from their list. Finally, finish the original story and have a discussion about how the characters felt, and why their feelings made them act the way they did. This activity can be done one on one, or with siblings and friends! Role-playing is another great option for practicing positive strategies. For additional details and story ideas, check out the link below!

(Source: PBS Parents; http://www.pbs.org/parents/arthur/activities/acts/making_up.html?cat=development)

To practice self-control, try: Red Light, Green Light! The goal of this game is to get from a designated starting line to a designated finish line. When the leader says "Green Light" everyone can walk towards the finish line, but when the leader says "Red Light" children must freeze. If children are still moving when the leader says "Red Light", they must go back to the starting line. The first person to the finish line becomes the new leader! To make things more challenging, try adding "Yellow Light" where children must walk very slowly. Once they get the hang of it, try creating funny names together for new commands requiring players to take tiny steps, big steps, walk in a pattern (like switching from backward to forward every 3 steps), hop, or dance toward the finish line!