

WHAT WAS MY CHILD LEARNING IN KINDERGARTEN?

- ☒ Counting verbally by 1s and 10s up to 100
- ☒ Counting and comparing quantities of two groups of objects using words like “more” and “fewer”
- ☒ Using concrete objects to solve word problems with sums up to 10 and difference within 10
- ☒ Recognizing common shapes and identifying their attributes (e.g., rectangles have four sides and four angles)
- ☒ Identifying, creating, and extending repeating patterns

WHAT ARE SOME THINGS MY CHILD WILL BE LEARNING IN FIRST GRADE?

- ☒ Counting forward by 1s, 5s, and 10s to 120
- ☒ Counting backward by 1s when given any number between 1 and 30
- ☒ Grouping a collection into tens and ones and counting to determine the total
- ☒ Solve addition and subtraction problems within 20 using various strategies
- ☒ Identifying, describing, and sorting shapes according to number of sides, vertices, and angles
- ☒ Determining the value of a collection of like coins (pennies, nickels, or dimes) whose value is 100 cents or less

How can I help my child continue to build their mathematics skills over the summer?

You can help your child practice their mathematics skills by providing opportunities to apply them in real life situations. Below are just a few fun ways that you can do this:

Math on the Beach or in the Backyard: Write the numbers 1 to 10 on a beach ball or other large ball. Toss the ball back and forth, and then add or subtract the two numbers the player’s hands are touching. For example, if your child’s hands are touching 10 and 6, ask them to add together 10 plus 6. For more challenge, ask them to subtract 10 minus 6, too!

(Source: Today’s Parent; <https://www.todaysparent.com/kids/school-age/summer-math-games/>)

Skip Counting Hopscotch: Draw a large hopscotch board using sidewalk chalk. Write numbers in the squares, but instead of going to 10, like regular hopscotch, extend the numbers to 20, 30, and beyond. You can ask your child to skip count to where their stone lands on the board by 2s, 5s, or 10s.

(Source: Math Geek Mama; <https://mathgeekmama.com/skip-counting-hopscotch/>)

Go on a Scavenger Hunt: Have your child gather items they find in nature, at the park, at the beach, or in your backyard. Encourage your child to sort their items by two attributes or characteristics, such as shape *and* color or texture *and* size.

(Source: PBS Parents; <http://www.pbs.org/parents/education/math/math-tips-for-parents/summer-math/>)

Rainy Day Baking: Baking with your child is a great way to practice many mathematics skills. When measuring out different ingredients, ask your child which is more or less. Have them explain how they can tell if it is more or less. When finished, encourage them to share the baked goodies fairly among family and friends. For example, “We have 12 cookies. There are 4 of us, and everyone needs to have the same number. Can you share them fairly?”

Supermarket Fun: The next time you’re at the grocery store and your child picks out a special, low-cost treat (such as a lollipop that costs 75 cents), ask them to count out the change using pennies, nickels, or dimes.

Visit our website at <https://vkrponline.org/virginia-kindergarten-readiness-program-2/resources/for-supporting-readiness-skills/> for more ideas on supporting your child’s mathematics skills.



WHAT WAS MY CHILD LEARNING IN KINDERGARTEN?

In kindergarten, your child worked on:

- ☒ Directing attention, following directions, and managing behaviors to cope with the demands of the classroom
- ☒ Identifying, expressing, and working through emotions
- ☒ Establishing healthy physical boundaries and respecting the personal space of others
- ☒ Staying engaged with difficult tasks and transitioning smoothly to new activities
- ☒ Connecting actions to consequences
- ☒ Taking turns and making compromises



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
- ☒ Recognizing and describing emotions, as well as choosing how to respond
- ☒ Identifying ways to cope with new and difficult emotions
- ☒ Showing patience, being flexible, and listening to others
- ☒ Taking responsibility for one's own actions

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

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

Compare, Contrast, and Express Emotions:

Try playing "Feelings Charades" together! 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 them to your child or 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/>)

Deep Breathing and Shared Readings to Manage Emotions:

One fun and easy way for children to learn and remember to take deep, calming breaths when they are experiencing difficult emotions is blowing bubbles! Start by talking with your child about taking deep breaths while blowing real bubbles, reminding them to fill their lungs with lots of air before taking a slow, careful breath out while directing their breath through the bubble wand so that the bubble grows big and doesn't pop. When they need help calming down, have them pretend they are blowing five big bubbles. For more creative and engaging ways to teach coping skills, check out these books: *Breathe Like a Bear* by Kira Willey, *When I Feel Angry* and *When I Feel Worried* by Cornelia Maude Spelman, and *The Most Magnificent Thing* by Ashley Spires.

Play Games:

To practice self-control, try playing a game like "Red Light, Green Light." The goal of this game is to get from a designated starting line to a designated finish line. When the selected leader says, "Green light," everyone walks towards the finish line, but when the leader says, "Red light," children must freeze in the same spot. 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 that require 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!

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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 working through emotions during disagreements
- ☒ Recognizing feelings in others
- ☒ Thinking about how their own behavior may affect others
- ☒ Demonstrating respect and appreciation for others



WHAT WILL MY CHILD BE LEARNING IN FIRST GRADE?

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

- ☒ Demonstrating cooperation when interacting with others
- ☒ Explaining the role of listening in building and maintaining friendships
- ☒ Valuing honesty and truthfulness in oneself and others
- ☒ Recognizing the unique characteristics, likes, and dislikes of others
- ☒ Collaborating, compromising, and engaging in fair play
- ☒ Understanding the importance of helping others

How can I help my child continue to build their 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:

Shared Artwork and Storytelling:

Work with your child on a shared art project, create a story together, or help facilitate shared work between them and a sibling or friend. Each person involved should contribute equally to the drawing or storytelling. One strategy that often results in lots of laughs is starting with a small doodle and passing the paper back and forth, each adding your own twist to the drawing. The same can be done with storytelling. Try starting with one line of a story and allowing others to decide what happens next!

Brainstorming and Role-playing:


One way to practice friendships and social problem-solving skills is by helping your child make a list of positive ways 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 discuss with your child 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)

Notes of Kindness to Show Appreciation and Recognizing Individual Traits of Others:

Encourage your child to write notes or create small crafts for friends, family members, or other significant adults in their lives to show and tell them things they appreciate about them. As they brainstorm, help them consider the interests of the person they are creating the token of appreciation for and incorporate them in some small way, such as including favorite colors, animals, or activities.

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 Information regarding Virginia Literacy Partnerships' (VLP) Virginia Language & Literacy Screener (VALLS: K) and activities to support literacy development are located on VLP website (<https://literacy.virginia.edu/resources-families>).

