

EARLY LEARNING AT HOME

Getting Ready for Kindergarten: Physical

Children need opportunities to increase their ability to regulate their body movements and develop their muscles.



PRESCHOOLERS | ages 3-5 years

Children need opportunities to increase their ability to regulate their body movements and develop their muscles. This includes whole body movements such as jumping and balancing, as well as movements that develop the small muscles in the hands and fingers, which are needed to write. All physical development can be made into games so children do not even realize they are working on important skills they need to be ready for kindergarten. Today you had the opportunity to make an “Animal Dice” with your child! The purpose of this dice is to encourage your child to move in different ways.

Make an Animal Dice:

Tape a square box together, also taping the lid shut. Cut out 6 animal clipart pictures and glue to each side of the box.

Have your child roll the dice and move like that animal moves. For example, if they rolled an elephant your child may stomp their feet when they walk or swing their arm like an elephant's trunk. Roll the dice and play again!

Further Activities at Home:

- Make another dice with different animals using clipart, pictures, or drawings.
- Use the dice to help children transition to different activities. For example, “It’s time to go! Can you get to the car like a _____?”
- Sing actions to the tune of “Here We Go Round the Mulberry Bush” substituting different animals and the movement they make.

*This is the way we jump like a frog
Jump like a frog
Jump like a frog
This is the way we jump like a frog
So early in the morning!*

Questions to ask:

Can you think of other movements for the animals? Do the baby animals move differently than the parent? Can you make the animal's sound as you move? Can you make just your fingers move the way an animal moves?

CHECK OUT THESE BOOKS ABOUT MOVEMENT:

You Are a Lion! And Other Fun Yoga Poses by Taeun Yoo
From Head to Toe by Eric Carle
Run, Jump, Wiz, Splash by Vera Rosenberry
Hop, Hop, Jump! by Lauren Thompson
Stretch by Doreen Cronin