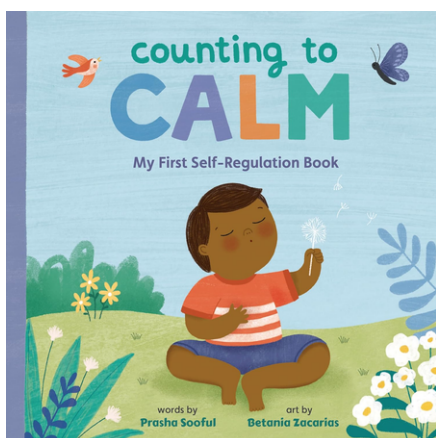


KINDERGARTEN READINESS TIPS



Try this title!

Grown-up tip

Read together! Studies have shown that reading together can boost a child's ability to understand and be in charge of their emotions, especially when a caregiver lets the child choose the book and interacts by asking questions, pointing out pictures, or making predictions.



Push Your Hands on the Wall

(Pretend you are actively holding up the wall like a superhero)

Push your hands on the wall,
on the wall

Push your hands on the wall,
on the wall

Push your hands on the wall
And do not let it fall

Push your hands on the wall,
on the wall

Try this activity when your child might need to feel a little more grounded. Encourage your child to use different parts of their body to “hold up” the wall to extend the activity and build body awareness.

Check out a non-fiction book!



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