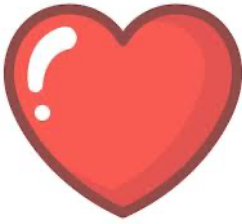


## On The Way To Kindergarten

Practice these skills over the summer to help your child build independence.

### Emotional and Social Development



- An awareness of personal space
  - Give people space when sitting beside them
  - Asking for a hug before giving one
- Help clean up toys after playing without getting upset
- Sharing how they feel
- Handle difficulties with others without being physically aggressive (hitting, biting, kicking, pinching, etc.)
  - Asking for help

### Intellectual Development



- Listening to stories
- Recognize their own name in print
- Recognize alphabet letters in books, posters, signs, etc.
- Count by memory from 1- 10
- Identify common shapes and colours
- Show interest in exploring, creating and building

### Physical Development and Well Being



- Sleep 10-13 hours each night
- Use washroom (includes wiping and doing up pants)
- Wash & dry hands without help
- Put items into a backpack and zip them up without help
- Open and close most snack and lunch items independently
- Blow and wipe nose with a tissue independently
- Dress themselves independently, including putting on their shoes
  - **VELCRO or SLIP ON SHOES ONLY**
  - Zip up jackets
  - Buttons on pants