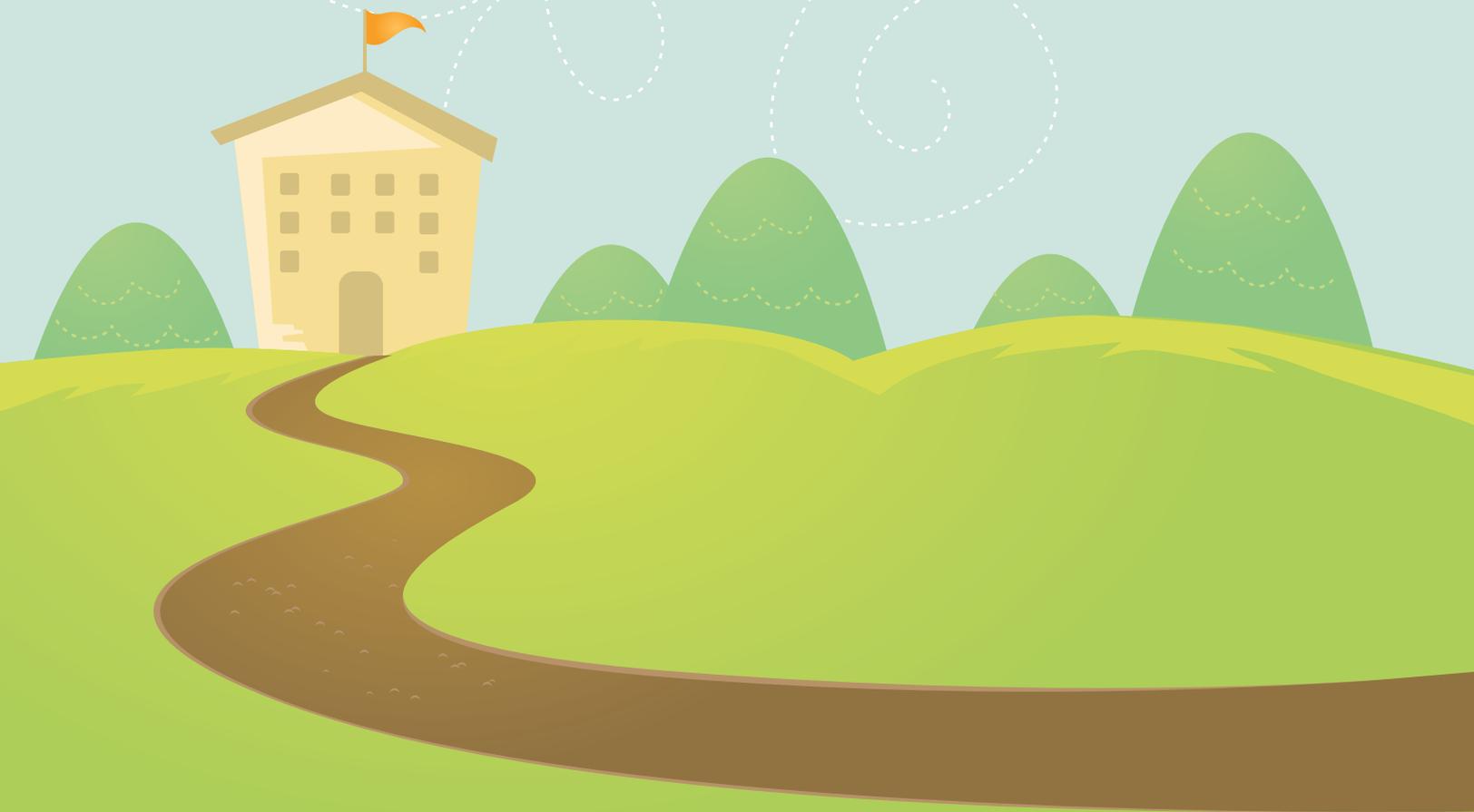
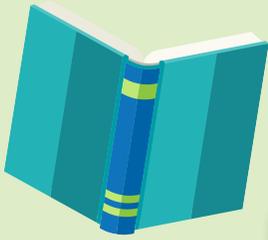


# I'm Off to Kindergarten

A Guide for Kids and Their Families





book

# ABC

letters



paint brushes

Dear Parent/Guardian,

Going off to kindergarten is a new adventure for your family. We know you and your child may be experiencing many emotions at the same time, which is very normal. Your job is to make sure that you provide reassurance and convey what an exciting time this is.

You may have questions as to how kindergarten will be the same or different from your child's prior experiences with school. This book has been created to guide you as you work to answer some of these questions. Please use the LET'S TALK box to engage your child in conversation. Exploring this book together will help to ease your child's transition.

Throughout the school year, your child may come to you with questions about school. Look for books on these topics at your local library as things present themselves. We also recommend rereading this book with your child. Best wishes for a successful transition to kindergarten!



pencils



glue



backpack



scissors



globe

# Transportation

You might ride a bus to and from school. This means you will wait at a bus stop to get picked up by a school bus.

You might be a car rider. This means someone will drive you to and from school.

You might be a walker. This means you may walk to school with a safe adult.



## LET'S TALK!



- How can you be safe traveling to and from school?

*Discuss how your child will get to and from school. This will help ease anxiety and prepare your child for separating from you.*

- Listen to the people who help you get to school safely.



# Who is in the school?

All of the people in the building work as a team to make sure students are safe and learning.

There are many adults who can help you. It is like a school family.

## LET'S TALK!



- Who is in our family?
- Can you identify anybody in the photo? What do you think the people in the pictures do at school?
- Point to the teacher.

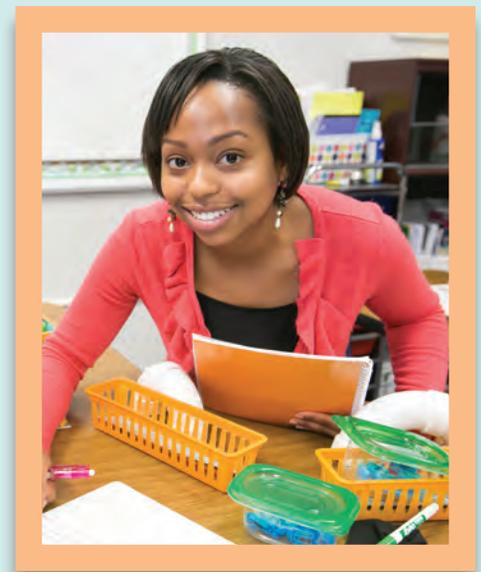
principal



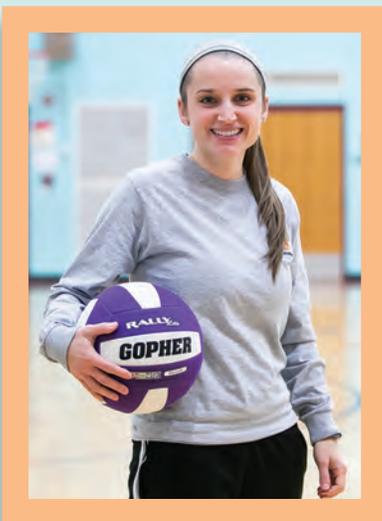
custodian



teacher



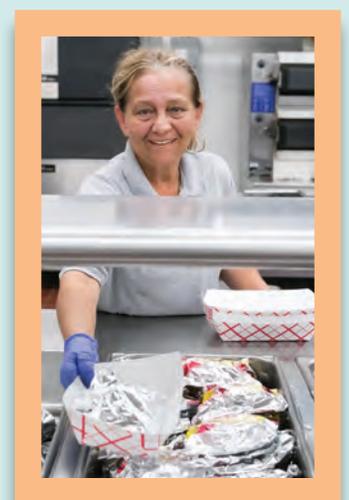
PE teacher



secretary



cafeteria worker



# The Classroom

These are some things you might see in your new kindergarten classroom. You may have seen these things before.

Sometimes you will work alone, with a friend, or in groups.

play kitchen



sand table

## LET'S TALK!



- Point to something you see in the classroom and name it.

*Naming items in a new environment helps ease anxiety and build vocabulary.*

- How are things the same and different at home and school?

*Connecting things from home and school adds comfort to the school environment.*



cubbies

carpet

work tables

# Making Friends

You will meet many other children who are starting kindergarten just like you. Remember to smile and say hello.

Ask your new classmates to play with you. Ask them to read with you. Try to make a new friend every day and get to know many different people! This is how you make friends!

## LET'S TALK!



● Do you think these kids are friends? How do you know?

● Pretend you see a kid sitting on the playground looking lonely. What could you do? Let's act it out!

*"Friendships are critical to helping children improve their communication, sharing, empathy, problem solving, and creativity"*

- Rachele Theise, Psy.D



See you tomorrow!

Do you want to build with me?



# Recess

Recess is a time to play at school. During recess you have many choices.

You might play inside or outside.  
Recess will be a great time to exercise and practice taking turns!

There will be adults at recess to help keep you safe. Ask an adult for help if you need it.

## LET'S TALK!



● Point to the girl at the top of the slide. Why is she there? Are they playing nicely?

*Recess is a time for children to independently practice social and emotional skills.*

● What are these children wearing outside? Why do you think that?

*Help your child practice putting on his/her coat, hat, and gloves independently.*



# The Cafeteria

You will eat lunch in the cafeteria. You may bring your own lunch from home or get one at school.



You will sit at tables with people in your class. There will be adults to help you open items. If you need help, raise your hand and an adult will come to you.

You may talk quietly to the students sitting near you as you eat your lunch. Some kids might have allergies, so make sure you only eat your own food. We do a lot of sharing in kindergarten, but we don't share our food.

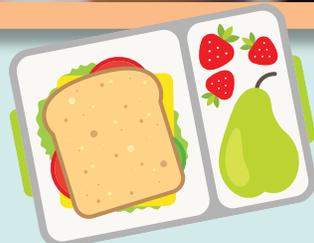
## LET'S TALK!



● There are rules to keep us safe in many places like the library, the movie theater, or at football games. There are also rules at school and in the cafeteria.

● What do you think one of the cafeteria rules might be? Why?

*You can prepare your child by helping them learn to open their lunch items independently.*



# The Bathroom

There will be a bathroom at your school that you can use. The bathroom might be in your classroom or in the hallway. Your teacher will help you find it.

The bathroom is not a place to play! Use the bathroom and remember to wash your hands.



## LET'S TALK!



● How will you let your teacher know that you need to use the bathroom?

● Let's practice washing our hands. Sing the ABC song while we wash. Use soap and water to keep the germs away! It's easy!

*Encourage your child to toilet independently:*

- wipe
- button
- zip



*Sing while washing your hands:*

*A - B - C - D - E - F - G*

*H - I - J - K - L - M - N - O - P*

*Q - R - S - T - U - V,*

*W - X - Y and Z*



*Now I know my ABC's*

*Next time won't you sing with me?*

# Related Arts

You will have teachers for each of these special classes. Each teacher is ready to meet you and to help you learn!

Library/Media



Music

## LET'S TALK!

● Point to the picture that looks the most exciting to you.

● What might you do in each of these classes?

● What do you notice about the children in the picture? What kind of shoes are they wearing?

*Please make sure your child is dressed appropriately for these classes. For instance, sneakers, not flip flops, should be worn for Physical Education class.*

Physical Education (PE)



Art



Technology



# The Health Room

If you are sick or hurt at school, you can go to the health room.

The nurse or health assistant in the health room can give you a band-aid, an ice pack, or a place to rest.



They are there to help keep you safe and healthy.

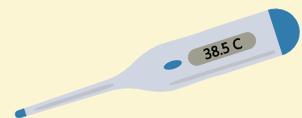
You might even visit the nurse if you lose a tooth at school!



## LET'S TALK!



- How is this picture similar to places you have visited?
- Role-play a visit to the health room. Practice saying your name and the problem.
  - full name
  - address
  - phone number



# What do you want to tell your new teacher?

What do you want your new teacher to know about you? Draw a picture of yourself and a few things you like in the box below.

## LET'S TALK!



● What are some things you do well?

● Your teacher will learn more about you each day. Always try your best!

*Reassure them that they are special and have value.*

Get ready! Be prepared! Your teacher is ready to meet you!

*All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.* – Robert Fulghum