

# Jump Start

Family  
Activities  
to Prepare  
for School

*into* Kindergarten



THE FOUNDATION  
FOR ENHANCING  
COMMUNITIES

# Welcome!

## DEAR CAREGIVERS,

You are your child's first and best teacher. They will learn the most about the world from you. Did you know that ninety percent of brain growth happens before kindergarten? Beginning from birth, young brains develop like little muscles. They get bigger and stronger the more you and your family interact with your child. This calendar was created to provide you with an activity to try with your child every day. These activities do not require a lot of time, materials or preparation so you can fit them into your daily routine.

Many of the activities are rooted in what is called The Basics. The Basics are five simple and powerful ways to help all children aged 0–5 grow to be happy and smart. They include:



**Maximize Love, Manage Stress**



**Talk, Sing, and Point**



**Count, Group, and Compare**



**Explore Through Movement and Play**



**Read and Discuss Stories**

The activities in the calendar also align with the Pennsylvania Learning Standards and help to promote development in the following areas:

- **Communication: the language they understand and express**
- **Gross motor skills: how they move their bodies**
- **Fine motor skills: how they use their hands**
- **Self help skills and independence**
- **Social skills**
- **Problem solving: focus on auditory and visual attention and memory skills**

Please supervise your child while doing the activities at all times. They were created for you to do together! Take time to play with your child. Your impact on their overall development will be significant and it will last a lifetime. The best gift to give your child is your time!



# WHAT ARE THE *Basics Principles?*

Science shows that 80% of brain growth happens by the age of three! Beginning from birth, young brains develop like little muscles, getting bigger and stronger the more you and your family interacts with your child.

The Basics Principles are five fun, simple and powerful ways to help all our children aged 0–5 grow to be happy and smart.

**Do all five principles every day to help your child become the amazing person you know they can be.**



## **MAXIMIZE LOVE, MANAGE STRESS**

Children thrive when their world feels loving, safe and predictable. Respond with smiles, words and touch to help them see, hear and feel your love. You will help them develop a sense of security and self-control.



## **TALK, SING, AND POINT**

Children learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and a loving tone of voice, while pointing to help them know what you are talking about.



## **COUNT, GROUP, AND COMPARE**

Every child's brain is wired for math. Talk about numbers, shapes, patterns and comparisons as you go about your routines together. Watch your child learn to love math.



## **EXPLORE THROUGH MOVEMENT AND PLAY**

Children are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



## **READ AND DISCUSS STORIES**

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. With infants, point at the pictures and speak with excitement. With toddlers and preschoolers, just make it fun.

For more information on The Basics visit [www.thebasics.org](http://www.thebasics.org).

# *Libraries* AND *United Ways*

## LIBRARIES

The number ONE activity you can do with your child to help them get ready for school is to read to them. Visit your local library for a host of free resources.

Cumberland County Library System: [cumberlandcountylibraries.org](http://cumberlandcountylibraries.org)

Dauphin County Library System: [dcls.org](http://dcls.org)

Franklin County Library System: [fclspa.org](http://fclspa.org)

Lebanon County Library System: [lclibs.org](http://lclibs.org)

Perry County Library System: [pecoinfo.org](http://pecoinfo.org)

## UNITED WAYS

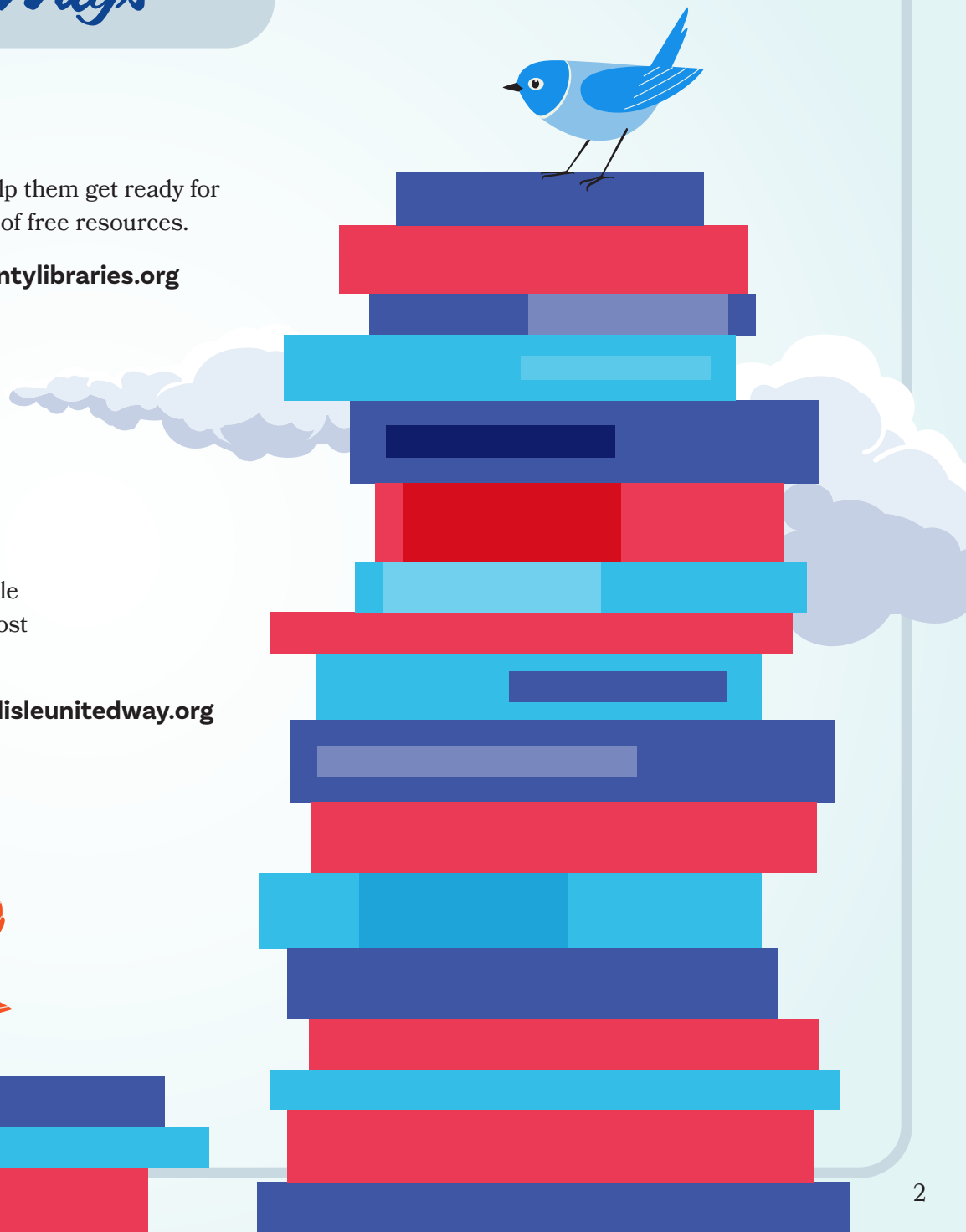
United Way brings people together to build strong, equitable communities where everyone can thrive. They provide a host of resources for children and families.

United Way of Carlisle and Cumberland Counties: [carlisleunitedway.org](http://carlisleunitedway.org)

United Way of the Capital Region: [uwcr.org](http://uwcr.org)

United Way of Franklin County: [uwfcpa.org](http://uwfcpa.org)

United Way of Lebanon County: [unitedwaylebco.org](http://unitedwaylebco.org)



# September



## FORK PRINT *Sunflower*

### YOU WILL NEED:

Yellow, orange, brown  
and green paint  
(paint recipe on page 27)

Fork

Paper

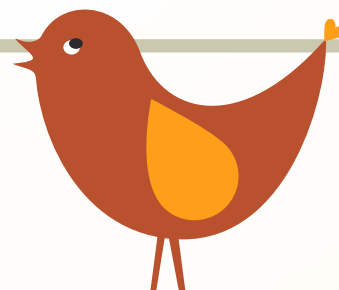
Paintbrush or Q-tips

### DIRECTIONS:

1. Start by dipping the bottom of your fork into yellow paint and make a circle shape brushing outwards.
2. Put a small amount of orange on the fork after and make a smaller circle inside the sunflower. Use your fingerprints or Q-tips to make brown dots in the center of the flower.
3. Finish off by painting a green stem and leaf.



## HOMEMADE *Birdfeeder*



### YOU WILL NEED:

Toilet paper roll

Peanut butter

Bird seed

String (optional)

### DIRECTIONS:

1. Spread peanut butter on toilet paper roll (adult supervision suggested).
2. Spread seed onto a plate and then roll the peanut butter in the seed.
3. Pat to help it stick.
4. Hang it on a tree.
5. The other option is to put a string through the hole and hang it on a branch.





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*Count the Monkeys* by Mac Barnett  
and Kevin Cornell

**September Featured Activities:**  
**Haley Thomas,**  
**Pre-K Counts Teacher**  
**Waynesboro Day Care Center**  
**waynesborodaycarecenter.com**

Take a walk together and practice stopping at the corner, waiting for the light to turn green, and looking both ways before you cross the street. Talk about rules for outside safety.

Put cotton balls into a bowl. Give your child a clothes pin and ask them to pick up the cotton balls one at a time and transfer them into another bowl using the clothes pin.



Do a sniff test! Dip cotton balls into different scents and put them into a sandwich bag. Use perfume, lemon, coffee, onion, and toothpaste. Can your child tell what each smell represents?

Using the animals you see outside (birds, squirrels, dogs), make up a song about the animals and act out their actions (birds fly, squirrels shake their tails, etc.)



Give your child a pair of child-safe scissors and help them snip small pieces of paper.

Give your child a wet sponge or washcloth to wipe down countertops, tables, etc. Talk about why it is important to keep things in the home clean.

Change the words to a favorite song to make it silly. Can your child make a silly change too? Act out silly songs with your child.



When you're at the grocery store, look at the apples. Talk about the different sizes, shapes, and colors (green, yellow, and red).



Make apple prints! Cut an apple in half. Dip one half in red paint and press it onto paper. Let your child make any design they wish.

Encourage your child to make a fall collage. Glue leaves, twigs, acorns, and other things you can find outside to a heavy piece of paper.

Place uncooked rice into a big pot. Let your child practice scooping, measuring, and feeling the texture.

**Red Month**  
Look for things that are red in your home and when you are out and about this month.

Look at pictures in books or magazines and ask your child how they think the people in the pictures may feel. Focus on facial expressions to help them recognize feelings.



Count the stairs together as you walk up or down them. Skip a number and ask your child which one you left out. "One, two, three, five..."

Use a muffin pan to sort objects around your home (coins, buttons, shells, rocks, pasta, etc.)



Play "Body Identification" with your child. Ask them to point to body parts like knees, ankles, elbows, earlobes, and wrists.

**Make a homemade bird feeder.**

Go outside and look for leaves around your neighborhood or at a local playground. Save the leaves for another activity this week.

Play listening games like Simon Says but use your child's name or your name. "Mommy says stand still." "Sarah says pat your tummy."

Participate in your library's story hour.



Take a walk and see if you can see any signs of fall around you. Enjoy spending time together.



Help your child make a leaf rubbing with the leaves you collected earlier this week. Place a leaf upside down under a piece of paper and rub different crayons over the top of the paper.

Experiment with magnets. Give your child a refrigerator magnet and see where they can make it stick around the house. Talk about what those objects have in common.

Play music and practice walking on your tippy toes and then your heels. Next walk fast, then slow. What other ways can you walk to the music?

Visit the library. Look for books about sunflowers.



**Make fork print sunflowers.**

Gather scrap paper or newspaper. Tell your child to tear them into strips, long or short. This work will help build the muscles for writing.

Talk about favorites. What is your child's favorite food, color, toy, or TV show? What are yours? Talk about things you both like.

**Notes**



LEARN MORE



# October



## Jack-O-Lantern FACES

### YOU WILL NEED:

Green, black, orange construction paper

Writing tool (marker/crayon)

Glue stick

Scissors

Pumpkin pattern

Shape patterns

### DIRECTIONS:

1. Trace/cutout pumpkin, stem, and different shapes for the face.
2. Have each child glue different shapes to the pumpkin cutout to make a face on a jack-o-lantern.
3. Name the different shapes as children glue them to their pumpkins.

**\*\*To make it more difficult for older children, let them design and cut out their own shapes and pumpkin.**



## Five Little Bats

Five little bats came flying in the door, one flew away and left only four.  
Four little bats hiding in a tree, one flew away and that left three.  
Three little bats looking down at you, one flew away and that left two.  
Two little bats hiding from the sun, one flew away and that left just one.  
One little bat hanging all alone, he flew away and then there were none.





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*Monsters Love School*  
written and illustrated by Mike Austin

**October Featured Activities:**  
Ms. Abi,  
LutherCare for Kids – Annville  
[luthercareforkids.org/annville](http://luthercareforkids.org/annville)

### Orange Month

Look for things that are orange during the remaining days in October.



During meal times, allow your child to practice pouring from a lipped pitcher or serve themselves from a serving dish using a spoon.

Cut out shapes (circle, triangle, square) and glue them onto a piece of paper with a glue stick.

Take a walk around your house or neighborhood and play "I Spy." Look for signs of fall.



Play laundry basketball. Ask your child to find all of the solid colored clothing and shoot them into the laundry basket.



Go for a litter walk. Take a walk outside with your child and pick up any trash that you see.

Spray shaving cream on a table and spread it out. Have your child draw or write words, such as their name. Afterwards, use a wet rag together to wipe and clean the table at the same time.



Go to the library and check out books about numbers or counting. Read together.

**Practice counting and rhyming with "Five Little Bats."**



Prepare and practice a Family Escape Plan. Make sure all members of your family know what to do if ever faced with a fire in the home.

Show your child how to dial 9-1-1 and discuss when this should be used and what happens when you call this number.

At night, use a flashlight in a dark room to make funny shadows on the wall. You can also hold up objects and make up a story.



Make two sets of cards with the same words. Lay out the cards and mix them up. Ask your child to find the pairs. Use words such as my, can, the, in, etc. Say the word each time your child finds a match.

Think of rhyming words with your child. Tell them a word and have them tell you a word that rhymes. Make a list of the words.

Paint and press pumpkins. Use the paint recipe (see page 27) to make orange paint. Together, spread paint on paper in a circle. Use a plastic grocery bag to press the paint further onto the paper in a design.

When your child takes a bath, place different toys in the water. Talk about whether they sink or float.

Pick a letter of the alphabet and help your child write it on a piece of paper. Draw pictures of words that begin with that letter.

When putting your child to bed, talk about all the things you did that day. What did you like best about your day? What didn't you like?



Sing the "ABC" song while washing your hands together. Talk about the importance of using soap and warm water and to scrub, scrub, scrub until the song is done!

Before shopping, give your child a piece of paper to "write" a list. Ask your child to "read" it as you go through the aisles.

Talk about the shapes of large food like pizza, cake, or pie before you serve them. What happens when you cut it? What shapes are the servings? Triangle? Square? Rectangle?



Cut out a pumpkin shape and some face shapes with your child. Then have them glue the eyes, nose, and mouth onto the pumpkin. Hang it as a decoration.

Talk about fall as a season and have your child draw a picture of a tree.



Make a lacing card out of an old greeting card. Cut a pumpkin shape and then punch holes around the outside. Use a shoelace or yarn and thread it through the holes with your child.

Have an orange day. Wear something orange. Mix yellow and red food coloring and water to make orange. Eat orange foods (oranges, cheese, carrots, etc.)

Have a pumpkin hunt. Cut out 6–7 pumpkin shapes and hide them around a room. When found, talk about where you found them using position words (under, on, on top of, etc.)

**Make jack-o-lantern faces.**



Use your shape picture (from earlier in the month) to practice identifying shapes and/or colors.

Use different sized bowls, spoons, pillows, cups, plates, shoes, etc. and sort them all by small, medium, and large.

Play dress up!



LEARN MORE

# November



## MAKE YOUR OWN *Butter*

### YOU WILL NEED:

Heavy cream

A small jar  
with a lid

A marble

### DIRECTIONS:

1. Put  $\frac{1}{2}$  pint of cold heavy cream in a jar.
2. Put the marble in the jar to help mix and to tell you when it is done.
3. Screw the lid onto the jar.
4. Take turns shaking the jar for 10–20 minutes (while dancing, marching, skipping, etc.).
5. When the marble stops rattling, it is done!
6. Drain any excess liquid on top and stir.
7. Enjoy! Remember to refrigerate your butter!



## *Turkey Trot* (TO THE TUNE OF THE HOKEY POKEY)

You put your right wing in, you put your right wing out.  
You put your right wing in, and you shake it all about.  
You do the turkey trot and turn yourself around.  
That's what it's all about!

Now replace “right wing” with:  
Left wing • Drumsticks  
Stuffing (stomach) • Wattle (head)  
Tail feathers (bottom) • Turkey body





## EARLY EDUCATION INITIATIVE

### Suggested Book: *A Is For Musk Ox* by Erin Cabatingan

On a cookie sheet, sprinkle some flour or cornstarch and with your child practice drawing numbers or letters in the powder.

Use a white candle or crayon to draw a magic message on a white piece of paper. Then have your child paint a thin coat of paint and the message will appear!

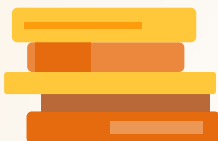
Use stuffed animals or dolls to retell a story you've read together. Use a sock to make a puppet for storytelling.



Ask your child to hold the corners of one end of a sheet while you hold the others. Make the sheet go up and down like a parachute. Give a ball or stuffed animal a ride!



Attend story time or rhyme time at your local library.



Just for fun, try coloring or drawing with your opposite hand. Talk about right and left hands, and how it feels different.

**Brown Month**  
Look for things that are brown during the weeks of November.



Find pictures of brown items in magazines. Glue them to a piece of paper to make a collage.

Paint with corn on the cob! With your child, roll the cob in paint (recipe on page 27), then roll it onto paper. Talk about the design it makes. Use fall colors such as yellow, red, orange, and brown.

Stack blocks or small boxes. Count as you stack and see how high you can build before they topple! Repeat!



Help your child draw straight, curvy, wavy, and zigzag lines across a piece of paper. Give them child-safe scissors to practice cutting while you supervise.

Practice deep breathing with your child, especially at night or when they're angry to help them calm themselves down and settle their emotions.



Send your child on a scavenger hunt to look for items like a black rock, white sock, brown leaf, blue pillow, etc.

With masking tape, make the first letter of your child's name on the floor. Walk or drive along the shape with a toy car.

Plan a play date with a friend. Help your child get ready. Talk about the kinds of things they will do together.

Encourage your child to read a book to you. Choose a book with mostly pictures and have them tell you what is happening on each page.

Color in a coloring book together while listening to music. Color according to the rhythm of the music (fast or slow).



Fill a bag with different items and small toys from around the house. Have your child reach in, grab one item, and guess what it is by feeling it (no peeking) and ask, "What is it?"

Play hide and seek with your child. Encourage them to count to ten or more.

Play "freeze." Play some music and dance together. Then turn off the music and "freeze" or "stop." Turn the music back on and say "go."

**Make your own butter!**



**Do the turkey trot.**



Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn six times, blink once, etc.

Cut out pictures of food from flyers. Talk about how you need to eat a rainbow of food every day. Classify them together into groups: fruits, vegetables, grains, etc.

Make turkey prints. Paint your hand brown, then paint each finger a different color for the "feathers." Carefully press the hand fully onto paper. Add a beak, eyes, and legs.

Together make a list of things you and your child are thankful for this year. Post the list so you can refer to it often.

With your child, recite/sing the days of the week. Make this part of your morning routine.



Help your child make simple books by folding several pieces of paper together. Write down simple sentences and your child can add drawings to illustrate the words.

On paper plates, draw different faces with different emotions (happy, silly, sad, mad, sleepy, etc.). Draw mustaches, eyebrows, eyeglasses, freckles, etc. Talk about the different feelings people may have.

Read a favorite book together. Leave out certain words as you tell the story and see if your child can fill in the blanks.



LEARN MORE

# December

## Toilet Paper Tree Roll

### YOU WILL NEED:

2 toilet paper rolls  
Green and brown paint for the tree  
(paint recipe on page 27)  
Assorted paint colors (for the lights  
if you want your tree to have them)  
Q-tips  
Glue  
Twine or string (optional)

### DIRECTIONS:

1. Cut the toilet paper roles in half, so you have 4 equal pieces.
2. Leave one piece as it is. Holding the pieces horizontal, cut a little off each of the other 3, cutting a little more as you progress through the pieces. The idea is that when you lay them down they progressively get shorter to the top of the tree.
3. Take the piece you cut off the last piece and use it for your tree stump.
4. Lay all the pieces out to form a tree. Use glue to attach them.
5. Paint the tree green and the stem brown and allow to dry.
6. Once dry, take Q-tips and paint lights on the tree with various colors of paint.
7. You may tie a piece of twine or string onto your tree to hang or use for a decoration.

## BUILD YOUR OWN *Snow Gauge*

### YOU WILL NEED:

Paint stir stick (free at most hardware stores)  
Tape measure/ruler  
Markers  
Assorted decorations: buttons, scrap fabric and/or paper  
White paint & a paint brush  
Glue

### DIRECTIONS:

1. Apply two coats of white paint to your stir stick. Allow the paint to dry thoroughly.
2. Create a base line a couple of inches above the bottom of the stir stick to mark zero inches.
3. From there, use your ruler to mark off each inch going toward the top of the stir stick.
4. Draw a face with your markers.
5. From the fabric or paper, cut out a hat and a strip for the scarf. Apply both accessories with some glue.

### GET READY TO MEASURE SNOW!

6. Expecting snow? Find a nice open spot in your yard and press your measuring stick in the ground up to your base line.
7. As the snow falls, encourage your child to measure the amount that has accumulated every thirty minutes to an hour. Be a scientist — try to predict how much snow you will see!





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
**1-2-3 Peas by Keith Baker**

**December Featured Activities:**  
**Ms. Jeanne, First 10 Play and Learn Group**  
**Carlisle and South Middleton School Districts**  
**carliseschools.org • smsd.us**

Place salt in a large container. Have your child practice writing letters and numbers in the "snow." Can they write their name?

Have your child practice counting to 10 or higher. How high can they go?

Help your child make an animal out of play dough (see play dough recipe on page 27).



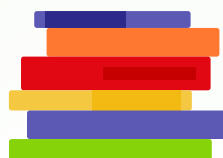
With your child, find things around the house that begin with "D" for December. Expand the search to wherever you go for the month!

Gym day! Practice jumping, hopping on one foot, and throwing and catching a ball.



Teach your child their phone number and address.

Visit the library and look for books that talk about winter.



**Make your own snow gauge.**

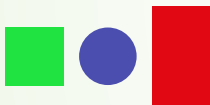
Use a thermometer to explore the temperature of liquids found in your home, water from the sink, milk in the refrigerator, water in a puddle, snow outside, etc.

Organize a toy shelf or toy box together. Have your child sort the toys by size, color, or shape.

Bake cookies for a family member or neighbor. Let your child tell the special person how the cookies were made, or help them write a note to go along with the cookies.



Match plastic containers and lids. Talk about shapes and colors.



Read a favorite winter book to your child. Discuss the story together.



Have your child practice tying their shoes or someone else's shoes.

Help your child practice zipping their coat and take an outdoor walk with a family member.

Trace your child's handprints or footprints on a piece of paper. Then have them color in the print with crayons. Trace yours and compare sizes.

Use a dish brush or sponge as a paint brush. What else can you use from the house as a paint brush? Have fun and use your imagination. (See paint recipe on page 27).

Have your child design a card or gift for someone special. Provide markers, paper, crayons, scissors, etc.

Help your child make letters out of play dough (see recipe on page 27). Spell out your child's name!

**Make a toilet paper roll tree together.**

Help your child make their favorite sandwich for lunch.



Mix a combination of crackers, cereals, pretzels, etc. Then ask your child to sort through the mix, matching pieces and eating them.



Talk with your child about family traditions. Talk about how you celebrate occasions. Talk about how your traditions are the same or different from others you know.

Sing a favorite holiday song together. Talk about why it's your favorite.



Make your own snow! Mix baking soda and shaving cream together in a container. Add small toys, scoops, etc. Let your child explore!

Play a game together as a family.



Have your child trace around objects like a jar, lid, cookie cutter, key, ruler, etc.

Write your child's name in large letters on a piece of paper. Have them glue small marshmallows on top of the letters. Talk about each letter.

Help your child trace and cut out circles to make a snow man. Glue and then decorate with markers.

Make your own musical instrument. Fill a plastic bottle with uncooked rice or pasta. Add small colorful objects. Seal the lid with glue. Dance around playing your "instrument."



# January

## SODA BOTTLE *Snowflakes*

### YOU WILL NEED:

A 2-liter soda bottle  
Paint (any color,  
paint recipe on pg 27)  
Paper plate  
Paper

### DIRECTIONS:

1. Pour some paint onto a plate.
2. Take your empty plastic bottle and press the bottom of it into your paint. Press it firmly so the paint adheres well and covers the bottom well.
3. Quickly move the bottom of the bottle to paper and stamp down. Press firmly so the paint transfers nice and boldly.
4. Remove the bottle from the paper. Take your finger and connect the paint dabs together to finish the snowflake design if desired.



## *Snow Volcano*

### YOU WILL NEED:

2 tablespoons baking soda  
1 tablespoon dish soap  
A few drops of food coloring  
30 ml vinegar  
Snow  
Small cup

### DIRECTIONS:

1. Take the small cup and place it on the ground.
2. Build up snow around the cup. Keep the opening of the cup free of snow. Pack the snow around tightly.
3. Add everything into the cup except the vinegar.
4. Add vinegar when you are ready for the eruptions.
5. Stand back and enjoy!



## EARLY EDUCATION INITIATIVE

### Suggested Book:

*Dinosaur vs. School* by Bob Shea

### January Featured Activities:

Ms. Jeanne, First 10 Play and Learn Group

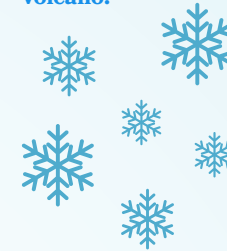
Carlisle and South Middleton

School Districts

[carliseschools.org](http://carliseschools.org) • [smsd.us](http://smsd.us)

Talk about your dreams and wishes for the year with your child.

### Make a snow volcano!



Practice directional words. On, off, over, under, above, below. Ask your child to act them out, such as by placing a stuffed animal over their head.

Start an alphabet book. Make each page a different letter. Cut out pictures that begin with that letter and glue them to the page.

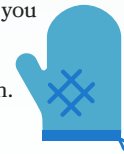


Make a "sensory bag." Fill a sandwich bag with paint and tape the top closed. Use a finger or Q-tip to draw letters, numbers, and shapes.

Make a water bottle snowman. Fill a bottle with cotton balls. Tie a ribbon around the middle for a scarf. Using markers, draw a face and buttons. Color the lid of the hat.

### Blue Month

Look for things that are blue in your house and when you are out and about this month.



Practice making letters with your body.

String cereal on a piece of yarn or string to make a necklace.

Give your child two simple directions to follow, such as "Put your pajamas on and brush your teeth."

Cut out snowflakes with your child using scissors.

Let your child help make dinner. Talk about what you are doing while you are doing it.



Continue working on your alphabet book.

Sing the "ABC" song with your child.



Talk about acts of kindness and do something nice for someone else today.



Let your child practice zipping and buttoning their coat.



Write your child's name on a piece of paper, leaving spaces between each letter. Cut out the letters and let your child put the name back together.

Let your child pick their favorite book to read.

Stack plastic containers or water bottles. How high can you build?

Roll socks into a ball. Throw your "snow balls" into a container. Practice catching and throwing.

Play a rhyming game. Make up words that rhyme with your child's name.

Before reading a book, look at the picture on the front and have your child predict what the story is about.

### Make soda bottle snowflakes.



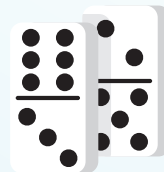
Let your child help with laundry. Can they match and sort the colors?



Using toothpicks and mini marshmallows, let your child build something. They can make their own edible snowflake!

Practice hopping on one foot and then the other. How far can you jump with both feet?

Play a game with the family.



Using a scarf, play music and let your child dance around the room with the scarf.



Visit the library with your child. Pick a book about snow to read together.

### Notes



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# February

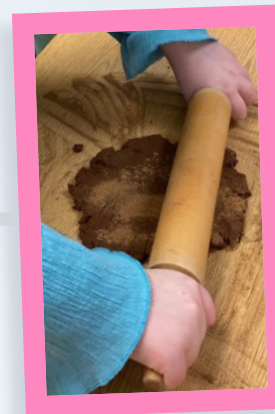
## *Cinnamon Applesauce* DOUGH ORNAMENTS

### YOU WILL NEED:

1 cup ground cinnamon  
¾ cup applesauce  
2 tablespoons white Elmer's glue  
Rolling pin

### DIRECTIONS:

1. Combine all ingredients in a large bowl. Be sure all the cinnamon is absorbed into the applesauce.
2. Gather the dough with your hands. Knead it several times. Press the dough into a firm ball.
3. To prevent sticking, sprinkle some cinnamon on a cutting board or other smooth surface.
4. Flatten the ball into a disc with your hands. Using a rolling pin, begin to roll out the dough.
5. Roll out the dough until it is about ¼ inch thick and use the cookie cutters to cut shapes.
6. Gather leftover dough and repeat the steps.
7. Lay the ornaments onto wax paper.
8. Use the straw to poke through the dough and make a hole at the top of each ornament.
9. Ornaments should dry in 24 to 48 hours. Turning them occasionally will help them to dry evenly.
10. Once dry, string the ornaments with a pipe cleaner or ribbon.



## CELERY HEART *Stamping*

### YOU WILL NEED:

Celery stalks  
Red, pink, or purple paint (paint recipe on page 27)  
Paper  
Paper towels

### DIRECTIONS:

1. Cut off the ends of a few celery stalks.
2. Dab end of stalk on a paper towel to soak up some moisture.
3. Then using a paint brush, brush paint onto the end of the stalk, and stamp away.
4. Apply more paint as needed.





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*Chu's First Day Of School* by Neil Gaiman

**February Featured Activities:**  
Ms. Holtzman's class  
Waynesboro Area School District  
wasd.k12.pa.us

Help your child brush their teeth. Talk about how important it is to keep your body healthy.



Have a **Pink Day**. Wear something pink. Look around your home. How many pink things can you find?



Have your child retell a story or event in order (first, middle, last).

Go to the library with your child. Pick a book to read together.

When you walk up or down the steps, count the number of steps you take together.



Make another list with your child of their favorite things, such as foods, stuffed animals, toys, etc. Did it stay the same or change?

Practice cutting out hearts with your child. Save your hearts.

Measure the height of different objects in your house using the hearts that you made.

Using candy hearts or cereal and chopsticks or tweezers, try moving the hearts from one bowl to another.

**Make cinnamon applesauce hearts and share them with others.**



Place candy hearts in different liquids to see what happens (soda, vinegar, water, milk, etc.)



**Make a homemade valentine. Use celery hearts as your paint brush!**

Make a list with your child about what makes them special.



Let your child pick a favorite book to read today.



Take time to talk to your child about their day. Share your day too. What went well? What didn't go so well?

Using a Lego or Duplo block and a piece of yarn, teach your child how to floss their teeth.

Practice writing your child's name. Say the name of each of the letters in the name.

Let your child make music using pots, pans, and lids.



Sing the "ABC" song together.

Play with play dough today (see recipe page 27). Practice making shapes.

Sing a song with your child today. Replace a name in the song with your child's name.



Let your child build using paper cups, plastic containers, and popsicle sticks.

Let your child help prepare dinner with you. They can help measure, pour, and stir.



Make an "All About Me" book with your child. Talk about what they will include and why.

Have your child draw a picture of fun things to do in the winter or snow.

Play the "sink or float" game with your child. In a container, sink, or bathtub, gather a bunch of items and toys to see which will sink and which will float together.

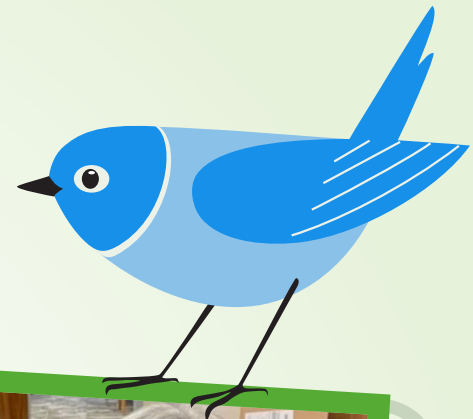
Play "I Spy" with your child. How many red things can you see? Pink things? Purple?

Turn on and hide a kitchen timer or music box in a room and see if your child can find it by listening.

**Notes**



# March



## Rainbow FIZZIES

### YOU WILL NEED:

An empty muffin tin or several small bowls or ramekins

A baking sheet, cake pan or plate

1 or 2 cups baking soda

1 or 2 cups plain household vinegar

Food coloring

Small spoons/dropper

### DIRECTIONS:

1. Pour a small amount of vinegar into each bowl or well of the muffin tin. Add a few drops of food coloring to each and mix. To create all the colors of a rainbow with the food coloring you will need to discuss mixing primary colors to create secondary colors.
2. Place a layer of baking soda on the baking sheet/cake pan/plate.
3. Using the dropper/spoon, slowly pour the vinegar mixture over the baking soda.
4. Repeat until the whole rainbow starts to fizz.
5. The baking soda and vinegar will react as they come into contact to create a fizzy rainbow eruption!





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*Off to Kindergarten* by Tony Johnston

**March Featured Activities:**  
Dawn Clouse  
UWCR Ready for School, Ready to Succeed  
Education Liaison  
Newport & Greenwood School Districts  
[uwcr.org/how-we-help/school-readiness](http://uwcr.org/how-we-help/school-readiness)

Using your child's name, take turns saying words that rhyme with their name. How many can you name?

Create four tasks for your child to complete today. Check off each one as they are completed together.



Find items in your house that begin with the letter "M" for March.

Encourage your child to paint with different objects from nature, such as sticks, leaves, or rocks.

Let your child help you shop for groceries. Make a list and let them help you find the items at the store.



Practice direction words: on, under, over, in, off, etc.

Using crayons, markers, paint, etc., draw a picture of an animal and label it by size and color.



Count to 10 with your child! Go higher if you can.

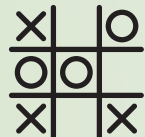


Play with play dough together. Show your child how to poke, pinch, squeeze, and roll the dough to make shapes.

Talk about where you live. Review the address, including the street, city, and state.



Play a game where each of you takes turns.



**Green Month**  
Look for things that are green in your house and when you are out and about with your child.



Introduce your child to a new food this month. Talk about the kind of food and how it keeps you healthy.

Cut out pictures from a magazine or mailer that are green.

Glue your green pictures onto a piece of paper. Can you make a story?

Hide an object and have your child find it. Give them clues to help them in their search.

**Conduct a fizzy rainbow experiment.**



Dance to music. Talk about the music. "Is it fast or slow? Soft or loud? High or low?"



Collect lids of different sizes from containers. Ask your child to order them from smallest to largest.

Take a walk with your child and look for signs of spring. Count the green plants you see. Spend time together.



Make a collage with unused items such as a bottle lid, popsicle stick, cotton ball, etc.

Draw together on different types of paper, such as foil, newspaper, wrapping paper, or sand paper.

Visit your library and pick out a book about spring! Read it together.



Practice cutting with safety scissors by snipping scrap paper, play dough, or drinking straws.

Talk about different ways to get from one place to another such as a car, bike, airplane, taxi, walking, bus, etc.

Sort different sized pasta by shape, size, or length. After sorting, glue it onto a piece of paper.

Have your child zip or button their own jacket and then practice tying their shoes.

Draw or cut out pictures from a magazine that look like spring. Glue them onto a piece of paper and display your artwork!

Talk about loud and quiet sounds. Have your child try whispering for quiet sounds and yelling for loud sounds. Then talk about inside and outside voices and practice!

Have your child practice writing their name.

Encourage your child to dress themselves. Talk about the color of clothing that was chosen. Talk about what is appropriate for different weather.



# April

## MAKE YOUR OWN *Slime*

### YOU WILL NEED:

8 ounces white Elmer's glue  
1½–2 tablespoons contact saline solution, more as needed  
1 tablespoon baking soda  
Food coloring, optional



### DIRECTIONS:

1. Squeeze the glue into a bowl.
2. Add the food coloring, if desired, and stir until combined.
3. Mix in 1 tablespoon of baking soda.
4. Add 1½ tablespoons of saline solution and mix until combined. If it is too sticky add another ½ tablespoon of the solution. The more you add, the thicker it will be. The less you add, the slimier it will be.
5. Using your hands, knead the slime until it holds together. It will be wet and gooey at first, but just keep kneading until it all comes together. Makes about 1 cup of slime. Feel free to double or triple the recipe.



### SLIME-MAKING TIPS:

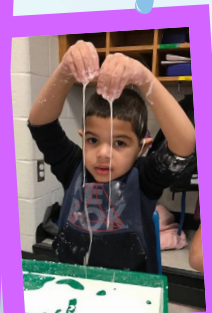
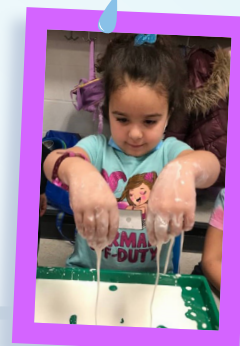
Get the color correct before adding the saline. It's harder to mix in when it begins to thicken.

If you have long hair, put it into a pony tail. If a little slime gets in your hair, simply rub some coconut oil or olive oil on top and comb it out.

Use plastic bowls and spoons for easy clean up.

Slime is best to play with on a placemat, plastic tablecloth, or trash bag.

Try adding in extras like glitter, scented oils or even mini styrofoam balls.



## COFFEE FILTER *Butterflies*



### YOU WILL NEED:

Clothespins  
Paint (paint recipe on page 27) or markers  
Coffee filters  
Water

### DIRECTIONS:

1. Color the coffee filter with markers or paint. Because the filters are thin, the colors bleed through, so it is best to put some paper underneath.
2. Let them dry. If you used markers and want a watercolor look, you can rinse the coffee filters off a bit with water and then let them dry.
3. After they are dried, squish the coffee filter up in the middle so it starts to look like butterfly wings.
4. Clip the clothespin where it is squished up together.
5. Your child can then color the clothespin, add a face or small antennae!



## EARLY EDUCATION INITIATIVE

**Suggested Book:** *The Kissing Hand* by Audrey Penn

**April Featured Activities:** Miss Missy and Miss Michele's classroom

**IU13's Lebanon County Head Start Program**

**Union Canal Elementary School • Cornwall-Lebanon School District**

"Children were actively engaged in this fun learning experience. As they mixed the corn starch and water, the children made predictions, stated observations, used descriptive language, and compared the slime to other substances like glue and milk."

—Andrea Lown, Early Childhood Supervisor

Make a calendar to track the number of rainy and sunny days. Add them up at the month's end to compare.

Ask your child to tell you what happened last night or yesterday.



Have your child help with the laundry — they can match socks!



Leave a container or cup outside to measure the rainfall. Show your child how to use a ruler to measure the rainfall.

Go on a shape hunt. See how many circles, triangles, rectangles, and squares you can find around your home. How about in your yard? The store? In the car?

Give your child simple two-step directions such as, "Go brush your teeth and then sit on your bed" before bedtime.

**Make your own slime! Measuring helps develop math skills and the end result is a fun sensory experience.**

Go for a walk and see if you can spot any caterpillars around. How many did you find?



Before reading a book, look at the picture on the front and predict the story. Talk about the main character in the story.



Visit your local library and look for books on butterflies.

**Make coffee filter butterflies. Talk about each color that your child is using.**

Sing the "ABC" song together.

Ask your child to draw a picture and tell you a story about it. Write down their words at the bottom.

Practice your phone number with your child.

**7,1,4...**

Practice hopping and jumping on one and two feet. See how far you can jump.

Cut open fruits and vegetables to look at the seeds. Talk about why both are part of a healthy diet.



Explore items in your home. Which ones are hard? Which ones are soft? Heavy? Light?

Practice throwing and catching a ball together.

Practice writing skills. Trace letters, numbers, and shapes in shaving cream.

Find objects that begin with the same letter as your child's first name. Now try their last name.

Talk about food. Ask what color it is. How does it taste? How does it smell? What does your child like best?



Talk about recycling with your child. Look at things around the house. What gets recycled and what gets thrown away?

Play "puddle jump." Put on your rain gear on a rainy day and practice jumping.



Have a play date with a friend.



Play "I Spy." Call out a letter and see if your child can find something in the house that starts with that letter sound.

Take your child to the library!



Take a "senses" walk outside together. Ask your child what they hear, see, and smell. Ask what they can touch.



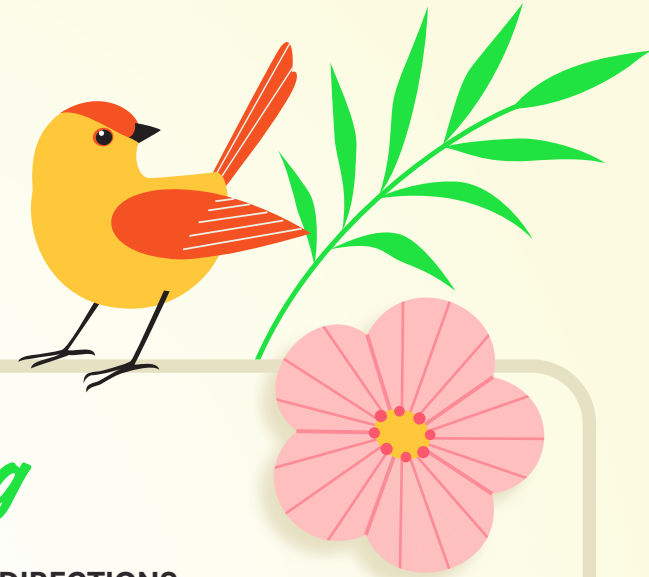
Play store with your child. Use play money to pay for items. Talk about how much things cost.

Give your child a bag to collect rocks outside. Have them sort the rocks by size, color, shape, etc.



**LEARN MORE**

# May



## Foam Painting

### YOU WILL NEED:

1 tablespoon water  
1 tablespoon clear glue  
(white glue does not work well)  
Food coloring  
Paper  
Foam soap dispensers  
(keep your empty ones!)

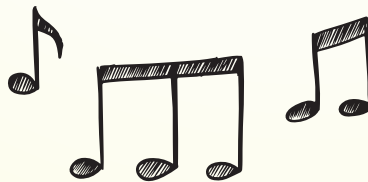
### DIRECTIONS:

1. Mix the water, clear glue, and food coloring together and place in a foam soap dispenser.
2. Squirt the paint onto paper. You can swirl the paint around a bit, but try not to squish and pop all the bubbles.
3. Let it dry and enjoy!

## HAND WASHING *Song*

(TO THE TUNE OF FRÈRE JACQUES/ ARE YOU SLEEPING?)

Tops and bottoms, tops and bottoms.  
In between, in between.  
All around my hands, all around my hands.  
Make them clean, make them clean.





## EARLY EDUCATION INITIATIVE

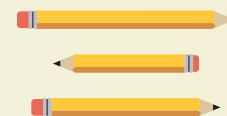
**Suggested Book:**  
*Punk Farm* by Jarrett J. Krosoczka

**May Featured Activities:**  
Bright Beginnings Child Care of Carlisle  
[ottumc.org/brightbeginnings](http://ottumc.org/brightbeginnings)

String noodles or “O” shaped cereal onto a shoe lace or string. Tie the ends together to make a necklace your child can wear.

Talk to your child about how to care for books. Show them how to gently turn the pages. Together, find a special place to keep books at your home.

Play a counting game and ask your child to “find 3 pencils, find 5 pennies,” etc.



Review proper dental care with your child including brushing and flossing.

Take a walk with your child and pick up some dandelions or May wildflowers together.

Cut a potato or pepper in half. Dip one half in paint and press it on paper like a stamp to make designs. Talk about the inside of food.

Create a memory box. Decorate an old shoe box and use it as a special place for your child to collect things.



While outside, throw different kinds of balls in the air. Talk about which one goes higher, faster, and further.



Sort household items by the beginning letter. For example, “Let’s name all the things that start with ‘C.’ Car, candy, can...”

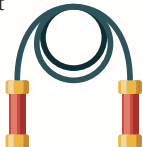
Have your child use their fingers to count small items, such as sunflower seeds or mini marshmallows.

Eat a snack of animal crackers. Sort the crackers into groups by animal and count each group.



Show your child a map of your state. Point to where you live.

Talk about things that you can do outside in the spring that you were not able to do in the winter.



**Make your own foam paint! Use the foam paint outside and talk about what colors you are able to see in the paint.**

**Yellow Month**  
Look for things that are yellow during the month of May.



Encourage your child to “read” to you by using pictures to tell a story.

Give your child a ball and practice giving directions such as “Put the ball under your chin.”

Library Day! Find two books that talk about flowers.

Talk about the steps to planting a seed. How much soil? How much water? How much sun? (Does it like full sun or partial sun?)

Help your child plant a seed in a small cup. Place it in a sunny place, water it with your child, and watch it grow!



Write a word or letter with a highlighter on a piece of paper and ask your child to trace it with a pencil or crayon.

Have your child find things around the house that are square, circular, and rectangular.



Sing a favorite song together.

**Talk about the importance of washing our hands to prevent the spreading of germs. Make hand washing fun by singing The Hand Washing Song.**

Go grocery shopping together. Discuss with your child where foods come from, such as an egg coming from a chicken and milk coming from a cow or a goat.

Read a story to your child, pointing to each word as you read. Discuss what an author and illustrator of a book do.



Visit a playground and climb together.

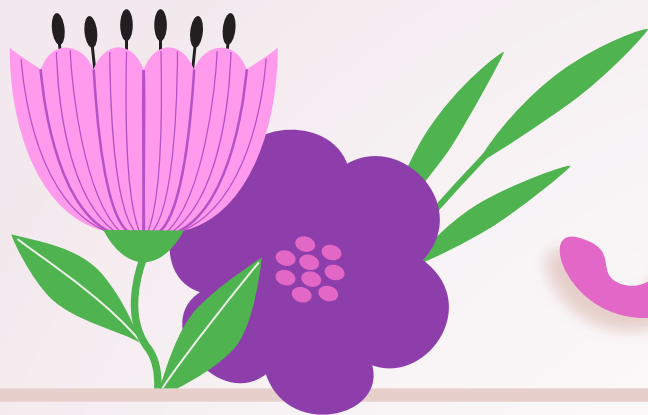
Practice the “ABC” song with your child.

How many books have you read this month? Help your child count them.

**Notes**



LEARN MORE



# June



## *Pool Noodle* BLOCK PATTERNS

### YOU WILL NEED:

1 pool noodle in  
at least 2 colors

### OPTIONAL:

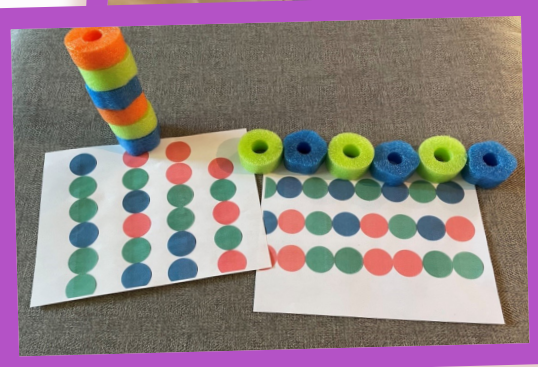
Patterns drawn on cards  
or paper using colors  
of your pool noodles

Shoe lace or string

Pan of water or  
swimming pool

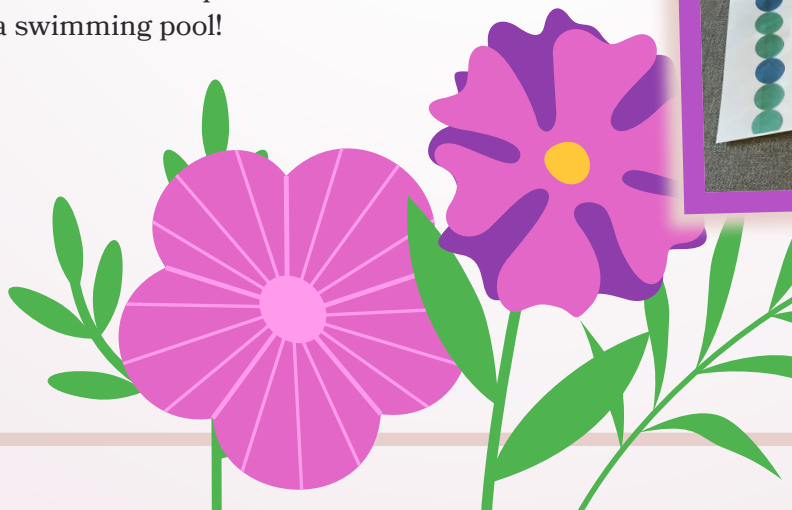
### DIRECTIONS:

1. Use a large serrated knife (adults) to cut your pool noodles in to blocks about 1½–2 inches thick.
2. Use your pool noodle blocks to make patterns.
3. You can make pattern cards to copy by drawing patterns of the colors of pool noodles as a guide or make your own patterns.
4. Make the patterns by laying the blocks side to side, stacking the blocks on top of one another or lacing on a shoe lace or pipe cleaner.
5. You can even make floating patterns with your blocks in a pan of water or even a swimming pool!



### DON'T HAVE POOL NOODLES?

Don't have pool noodles? You can find small objects around your home with various colors. Use those objects to match the color circles on the paper.





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*The Bus for Us* by Suzanne Bloom

**June Featured Activity:**  
Meredith Gill, Education Liaison,  
Central Dauphin School District  
UWCR Reading for School,  
Ready to Succeed

Write a story about  
the plant or flower  
that you planted  
last month.



Have your child  
help fold clothes and  
count how many  
items they fold.



Visit a playground and  
help your child with  
climbing activities.



Celebrate something  
your child has  
accomplished.

Go to the grocery  
store. Pick out fruits  
and vegetables and  
have your child name  
the colors.



Have your child  
practice counting  
from 1 to 15. Can  
they go higher?

**Practice patterns  
with pool noodles.**

Have your child find  
things that start with  
the letter "J" for June.

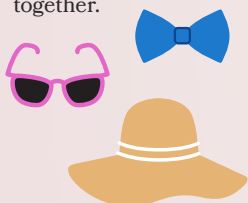


Go outside and repeat  
a pattern activity such  
as step, step, jump.  
Step, step, jump.

Read a story to your  
child, pointing to each  
word as you read.



Play dress up  
together.



Have your child draw  
a picture of fun things  
to do in the summer.

Give your child three  
simple directions to  
follow, such as, "Go  
get your shoes, put  
them on, and wait  
at the door."

Have a **Purple Day**.  
Wear something  
purple. Mix blue and  
red coloring in water  
together. Eat purple  
grapes and drink  
grape juice. Find as  
many purple things  
as you can!

With your child, cut  
out 2 of each shape,  
such as a square,  
circle, and triangle.  
Play a matching game  
with the shapes.

Sing the "ABC" song  
together. See if your  
child can hop, skip, or  
jump while singing.

Arrange a play date  
with one of your  
child's friends.

Play a board game  
or card game with  
your child.

Have your child  
count all the doors  
and windows in  
your home.



Make your own  
sidewalk paint  
(recipe on page  
28). Have fun  
painting your  
creations outside!



Make a picnic lunch  
with your child and  
eat it outside.



Write your child's full  
name using upper  
and lower case letters.

With your child, sort  
coins into groups by  
color or size.

Make a new recipe/  
food together and  
encourage your  
child to try it.



Read two books today.  
Have your child tell  
you which one was  
their favorite and why.

Cut up an old greeting  
card into puzzle-like  
shapes. Ask your  
child to fit the pieces  
back together.



Have your child turn  
the pages as you read  
them a story.

Recite or sing the  
days of the week  
with your child.

Visit your local library.  
Look for books  
that talk about the  
different colors.

**Notes**



LEARN MORE

# July



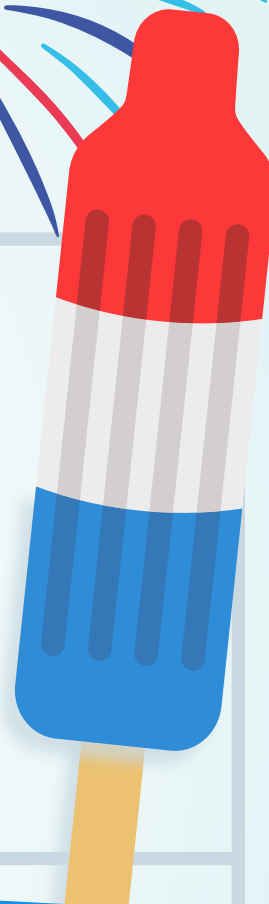
## PATRIOTIC *Summer Flowers*

### YOU WILL NEED:

Paper plates  
Yarn  
Buttons or pom-poms  
Paper strips or popsicle sticks  
Glue or glue stick  
Scissors  
Markers or crayons

### DIRECTIONS:

1. Apply glue to the paper plate.
2. Begin adding your yarn, buttons, paper and pom-poms in the center of the plate.
3. Let it dry.
4. Once dry, you can add a stem and leaves out of paper or a popsicle stick colored green with markers or crayons.



## *Fireworks*

### YOU WILL NEED:

Toilet paper roll  
Scissors  
Paper plates  
Paint  
Paper

### DIRECTIONS:

1. Cut the toilet paper roll into 2-inch-long fringes.
2. Open up the fringe so that it lays flat against the table.
3. Dip the fringe into a paper plate covered with a thin layer of paint (for fireworks use red, white and blue).
4. Press paint covered fringe onto the paper to make your firework display!





## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
**Press Here** by Herve Tullet;  
translated by Christopher Franceschelli

**May Featured Activities:**  
**Ms. Jeanne**  
**Shippensburg Head Start**  
**and Pre-K Counts**

Make a chart together to record the weather each day for the month. How hot is it? Is it sunny? Cloudy? Rainy?



Time your tooth brushing. Play one of your child's favorite songs and have them brush their teeth until the song is over.

Work together on a project or household job. Talk about how working together helps things go faster and makes it more fun.



### Make Fourth of July fireworks.

Make your grocery list together. Decide what foods you need and write the list down. Look for coupons.

Make bean bags together by partially filling a sock with beans or rice and tying a knot in the sock.



Use the bean bags that you made yesterday and toss them into a basket or make a tape circle on the floor.

On your mark, get set, go! Ask your child to "run and touch the tree, then the house, then the bike." Limit or increase the touch targets depending on how well they remember.

With your child, take a walk and count the stars. Spend some quality time together.



Go on a bug hunt outside and see how many different bugs you can find. Spiders, butterflies, ladybugs, ants, etc. Name them and watch them.

Visit your library and find books about travel. Talk about the places you would like to visit.

Cut out shapes of fish from the paper. Tape a metal paper clip to the fish. Then tape a fridge magnet to a piece of string and attach to a ruler. With your "fishing rod" catch the fish!

Make a story book with your child. Let your child tell you the story while you write it down. Then have your child draw a picture about the story. Read it together at bedtime.



Encourage your child to "paint" with water outside on the pavement, sidewalk, bricks, etc.

Introduce your child to a variety of measuring cups. Talk about what each one measures.



Visit a local playground. Teach your child how to swing and how to pump their legs to keep going.

Blow bubbles outside together. Chase and pop! Practice blowing them or use the wind and move your arm.

Encourage your child to dress themselves.



Give your child a bucket, container, or watering can and ask them to water the flowers, trees, or grass. Supervise.

Place some colored ice cubes in a resealable bag or container. Place it in the sun and watch them melt. The colors will swirl together as you play with it.

Talk about things that your child likes to do now. Then ask what they may like to do in the future, such as next week, next year, or when they grow up.



On a rainy day outside, sit on the floor with your child. Practice rolling a ball back and forth. Move further away from each other every time you roll the ball.

Gather pennies, cereal, or small rocks in a clear container. Ask your child to guess how many are inside. Then, together, take them out and count them.



Have your child practice retelling a story or event in order (beginning, middle, end).

### Make a patriotic summer flower.

Put an old piece of bread into a plastic sandwich bag. Help your child pour a teaspoon of water into the bag and seal it. How many days does it take for mold to appear?

Have a "toy parade." Line up different toys and ask your child to point to the one that is first or second. Point to the one that is last.

Act out a familiar story and use/make simple props to go with the story.

Gather sponges and buckets of water and have fun tossing them to one another on a hot summer day.



### Notes





# August



## *Milk Magic* EXPERIMENT

### YOU WILL NEED:

Whole milk  
Dish soap  
Liquid food coloring  
Q-tips  
Shallow container

### DIRECTIONS:

1. Pour a small amount of milk into a shallow container. Put drops of food coloring all around the milk. Be creative!
2. Dip a Q-tip in the dish soap.
3. Touch the Q-tip to the surface of the milk. Try not to let your child plunge the Q-tip into the milk.
4. Watch the magic of the magic milk!



Jackson was our student. He had a lot of fun and explained what was happening: "The soapy water makes the colors move up and down."



Dana Capodarco is our Preschool Teacher who did the experiment. She said, "This is a good hands-on experiment for students to observe the chemical reaction between the milk and the soap. It also doubles as a great color recognition activity; students are excited to identify primary colors and observe them blending into secondary colors."



## EARLY EDUCATION INITIATIVE

**Suggested Book:**  
*It's Your First Day of School, Annie Claire*  
by Nancy White

**August Featured Activities:**  
**Teacher: Dana Capodarco**  
**Tender Years Child Development Center**

Start a kindergarten countdown. Write "30, 29, 28," etc., all the way down to one on a piece of paper. Cross out one number a day to show how many days are left until school begins.



Make bubble prints. Just add a little food coloring to milk and blow bubbles with a straw. Milk bubbles are heavier than soap bubbles, so be prepared for splashes of colorful milk with paper!

Talk with your child about things that make them nervous, scared, excited, sad, and happy. Tell your child the things that make you feel these ways too.



After listening to a story, have your child tell you what happened first, next, and last. Can they show you the front of the book? The back? Talk again about the author and illustrator.

Go outside and play hopscotch or another game with your child.



Dance together to a favorite song. Include scarves and ribbons in the dance too!



Go outside, lie on your backs, and look at the clouds. As you observe the clouds, look for animals, shapes, and objects.

Make your own cloud art. Mix 3 parts shaving cream and 1 part glue. Use cotton balls and dab in a cloud shape onto paper.

Visit the library today and find a book about going to school. Talk about kindergarten.



Ask your child to imagine what kindergarten will be like. Ask them to draw a picture and tell you about it.

Introduce the concept of time. Talk about what happens in the morning (wake up, eat breakfast), in the afternoon (eat lunch), and in the evening (eat dinner, story time, bed).

"Paint" in the bathtub. Make "paint" with 1 tablespoon cornstarch, 1/3 cup dishwashing soap, and food coloring. Paint away!

Measure your child to see how tall they stand. Log it on a growth chart. If you don't have one, start one today!

Talk about how your family's schedule may change when school starts. Discuss morning routines and after school routines.



Pick out the clothes your child will wear on the first day of school. Keep them in a special place until that day.



Help your child write a note. It could be to remind themselves to do something (like put away their toys) or it could be written to someone else.

Have your child count the spoons and forks in your silverware drawer.



Talk with your child about their feelings as the school year is about to begin.

**Do the magic milk experiment with your child. Talk about the colors you see.**

Create a fort together. Drape sheets and blankets over furniture. Crawl in with your child. Use a flashlight to make shadow puppets. Have fun!

**White Month**  
Have your child find as many things this month as they can that are white. Make a list.

Have your child practice skipping, galloping, and marching. Play Follow The Leader to make it more fun!



See how many balls each of you can make out of play dough (see recipe on page 27). Make big and small ones. Roll them until they are smooth.

Read a book before bedtime to help calm your child from the day's activities.



Gather 3 or 4 pictures of your child at different ages. Talk about each one, then ask them to put them in order by age.

Use addition and subtraction words like, "I have one cracker and you have two crackers. That makes three crackers."

Put different plastic containers in the bathtub for pouring. Encourage your child to pour water back and forth between the two.

When dining out, give your child a few choices of meals. Let your child choose what they will eat from the choices given.

Have your child draw a picture of their new school.



Have your child tell you what their favorite part of school has been so far.



# RECIPES

## Homemade Paint

### INGREDIENTS NEEDED:

- 1 cup of salt
- 1 cup of flour
- 1 cup of water (warm is better)
- Food coloring
- Dishwashing liquid (optional)\*

### DIRECTIONS:

1. Mix all ingredients together in a medium sized bowl.
2. Separate into smaller containers and add the food coloring.
3. Add dishwashing liquid to make the paint washable.

You can use this paint as finger paint or with a regular paint brush. Feel free to add more water or flour until you reach the desired consistency.

**HINT:** This paint does not store well, so just make enough for what you will use that day.

## Edible Playdough

### INGREDIENTS NEEDED:

- ½ cup corn starch • ½ cup rice cereal
- ¼ cup (or one baby food jar) of puréed apple sauce
- 2 tablespoons of vegetable oil • Food coloring

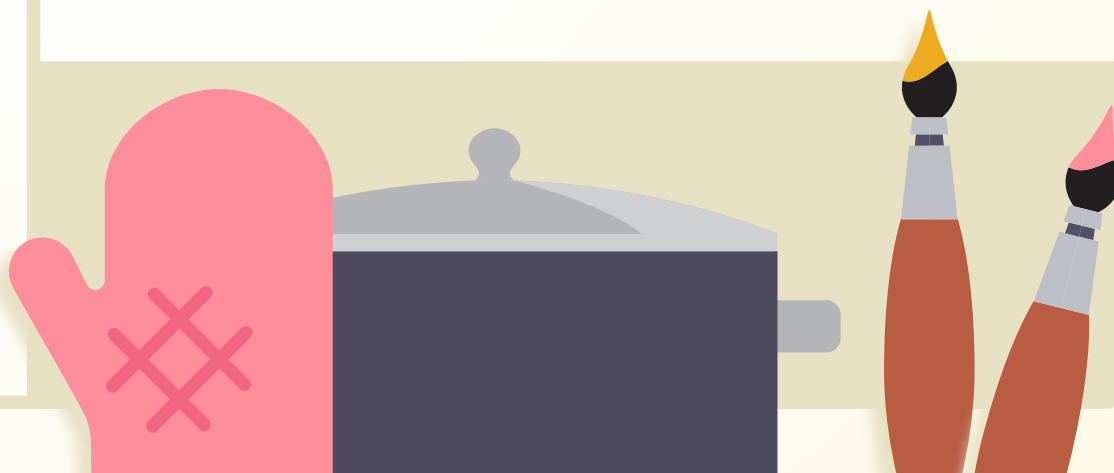
### DIRECTIONS:

1. Mix together dry ingredients (rice cereal and cornstarch).
2. Add wet ingredients (puréed apple sauce and vegetable oil).
3. Mix together with a spoon until dough gets chunky.
4. Knead dough with fingers.
5. Start molding with your hands.

**HINT:** If the dough is too sticky, slowly add more rice cereal. If the dough is too dry and cracking, run your hands under the faucet and knead the dough with your now wet hands.

**IDEA:** Add color

Put playdough in ziplock bag and add 10-15 drops of food coloring, zip bag and mush around the playdough inside the bag.



## Homemade Bubbles

### INGREDIENTS NEEDED:

- 4 cups warm water
- ½ cup sugar
- ½ cup Dawn dish soap

### DIRECTIONS:

1. Whisk the sugar into the warm water until it dissolves.
2. Add the dish soap and whisk to combine.
3. Pour into a container.

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No bubble wands? No problem...  
you can make your own!

**Plastic cup:** Punch a hole in the bottom to blow through. Dip the large open end into the solution and blow.

**Plastic soft drink bottles:** Cut the bottom off the bottle and dip. Use the lid end of the bottle to blow you bubbles.

**Pipe cleaners:** You can create just about any shape you like form a pipe cleaner, just make sure you keep a small section as a handle. Try with circles, stars or even triangles.

**Drinking straws:** These should be small, but fast flowing bubbles. Why not bunch some together and see how many you can get. Dip and try!

## Sidewalk Chalk Paint

### INGREDIENTS NEEDED:

- 1 cup cornstarch
- Food coloring
- 1 cup water
- Plastic cups or bowls

### DIRECTIONS:

1. Add 1 cup of water to 1 cup of cornstarch.
2. Mix until there are no clumps of cornstarch and then pour the mixture into the cups of muffin tin or into small plastic containers.
3. Add a few drops of food coloring to each cup and mix until blended. That's it! Use some paint brushes and create!

## Salt and Flour Paint

### INGREDIENTS NEEDED:

- ½ cup flour
- ½ cup salt
- ½ cup water
- Food coloring

### DIRECTIONS:

1. Blend ½ cup of flour with ½ cup of salt.
2. Add ½ cup of water and mix until smooth.
3. Divide into 3 sandwich bags and add a few drops of food coloring to each bag.
4. Squish them up until the “paint” is well blended. Add more water if you'd like a thinner paint.

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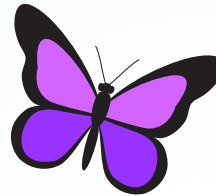
**IDEA:** Cut a corner off the bags and squeeze the paint mixture onto paper.

# GETTING READY FOR *Kindergarten!*

Contact your local school district to find out the dates for kindergarten registration. You may need the following items to register your child for public school:

- ☐ BIRTH CERTIFICATE
- ☐ SOCIAL SECURITY CARD
- ☐ CURRENT IMMUNIZATION RECORD
- ☐ HEALTH HISTORY FORM COMPLETED BY PARENT/GUARDIAN
- ☐ PHYSICAL AND DENTAL EXAM PERFORMED BY A HEALTH CARE PROFESSIONAL
- ☐ PROOF OF RESIDENCY SUCH AS A DRIVER'S LICENSE, MORTGAGE OR LEASE AGREEMENT

Check with your local school district to see if additional information is required for registration.



# KINDERGARTEN SCHOOL *Readiness Checklist*

- ☐ Recognizes and names 10 letters of the alphabet, especially those in their name
- ☐ Recognizes and writes their name with capital and lowercase letters
- ☐ Matches the beginning letter sounds with letters and objects. Example: “B” makes the “b” sound and begins the word “banana”
- ☐ Able to rhyme words. Example: “cat” and “hat”
- ☐ Speaks in complete sentences
- ☐ Follows directions with two steps
- ☐ Sorts objects by color, shape and size
- ☐ Recognizes and names 8 colors
- ☐ Uses glue and a glue stick



- ☐ Cuts properly with scissors
- ☐ Can retell a simple story
- ☐ Recognizes numbers 1-10
- ☐ Counts to 10
- ☐ Recognizes and names basic shapes such as circle, square, triangle, rectangle
- ☐ Knows their full address and telephone number
- ☐ Zips, buttons and snaps clothing
- ☐ Shares and takes turns with others
- ☐ Sits for 10-15 minutes for group activities



# STATEWIDE *Resources*

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## **BEHAVIORAL HEALTH SERVICES**

Department of Human Services

Contact: Office of Mental Health and Substance Abuse Services

Support and Referral Line: 1-855-284-2494

[dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx](https://dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx)

## **CHILDLINE ABUSE HOTLINE**

Department of Human Services

Contact: Childline Abuse Hotline • 1-800-932-0313

[keepkidssafe.pa.gov](https://keepkidssafe.pa.gov)

## **CHILD CARE SUBSIDY**

Contact: Child Care Works Helpline

1-877-4-PA-KIDS (877-472-5437)

## **CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)**

Insurance Department

Contact: CHIP

1-800-986-KIDS (1-800-986-5437) – Health & Human Services

Call Center

[ChipCoversPAKids.com](https://ChipCoversPAKids.com)

## **DOMESTIC VIOLENCE CRISIS AND PREVENTION**

Department of Human Services

Contact: Pennsylvania Coalition Against Domestic Violence

1-800-799-SAFE (7233) – 24 hour National Hotline

[pcadv.org](https://pcadv.org)

## **DRUG AND ALCOHOL PROGRAMS**

Department of Drug and Alcohol

1-800-662-HELP

[ddap.pa.gov/pages/default.aspx](https://ddap.pa.gov/pages/default.aspx)

## **EARLY INTERVENTION**

Department of Human Services

Contact: CONNECT Helpline • 1-800-692-7288

[papromiseforchildren.com/early-intervention](https://papromiseforchildren.com/early-intervention)

## **EARLY HEAD START PROGRAM**

Contact: Local program's enrollment office • 1-866-763-6481

[eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs](https://eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs)

## **HEAD START PROGRAM**

Contact: Local program's enrollment office • 1-866-763-6481

[eclkc.ohs.acf.hhs.gov/how-apply](https://eclkc.ohs.acf.hhs.gov/how-apply)

## **HOMELESS ASSISTANCE PROGRAM (HAP)**

Department of Human Services

Contact: Local County Office

Phone: Please see county listing on the website

[dhs.pa.gov/Services/Other-Services/Pages/](https://dhs.pa.gov/Services/Other-Services/Pages/Homeless-Assistance.aspx)

[Homeless-Assistance.aspx](https://dhs.pa.gov/Services/Other-Services/Pages/Homeless-Assistance.aspx)

## **IMMUNIZATION PROGRAMS**

Department of Health

Contact: Immunization Programs

1-877-PA-HEALTH (1-877-724-3258)

[health.pa.gov/topics/programs/immunizations/Pages/](https://health.pa.gov/topics/programs/immunizations/Pages/Immunizations.aspx)

[Immunizations.aspx](https://health.pa.gov/topics/programs/immunizations/Pages/Immunizations.aspx)

## **LEAD POISONING PREVENTION PROGRAM**

Department of Health

Contact: Lead Information Helpline

1-800-440-LEAD (1-800-440-5323)

[health.pa.gov/topics/disease/Lead%20Poisoning/Pages/](https://health.pa.gov/topics/disease/Lead%20Poisoning/Pages/Lead%20poisoning.aspx)

[Lead%20poisoning.aspx](https://health.pa.gov/topics/disease/Lead%20Poisoning/Pages/Lead%20poisoning.aspx)

## **LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

Department of Human Services

Contact: LIHEAP • 1-866-857-7095

Local Contact: Contact your county assistance office

Apply Online: [dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx](https://dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx)

## **NURSE-FAMILY PARTNERSHIP (NFP)**

Contact: Local program office • 1-866-864-5226

[nursefamilypartnership.org/locations/pennsylvania/](https://nursefamilypartnership.org/locations/pennsylvania/)

## **ONLINE CHILDCARE PROVIDER SEARCH**

Department of Human Services

Contact: Office of Child Development and Early Learning

[compass.state.pa.us/Compass.Web/ProviderSearch/](https://compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch)

[Home#/BasicSearch](https://compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch)

## **ORAL HEALTH PROGRAM**

Department of Health

Contact: Oral Health Program

1-877-PA-HEALTH (1-877-724-3258)

[health.pa.gov/topics/programs/Pages/Oral-Health.aspx](https://health.pa.gov/topics/programs/Pages/Oral-Health.aspx)

## **PA NEWBORN SCREENING SERVICES**

Department of Health

Contact: Newborn Screening Services • 717-783-8143

[health.pa.gov/topics/programs/Newborn-Screening/](https://health.pa.gov/topics/programs/Newborn-Screening/Pages/Resources.aspx)

[Pages/Resources.aspx](https://health.pa.gov/topics/programs/Newborn-Screening/Pages/Resources.aspx)

## **PA PRE-K COUNTS**

Contact: The Pennsylvania Key • 1-800-284-6031

[pakeys.org/getting-started/ocdel-programs/pre-k-counts](https://pakeys.org/getting-started/ocdel-programs/pre-k-counts)

## **SUDDEN INFANT DEATH SYNDROME (SIDS)/ INFANT DEATH SERVICES**

Department of Health

Contact: Bureau of Family Health, Division of

Child and Adult Health Services

717-772-2762 or 1-877-PA-HEALTH (1-877-724-3258)

[health.pa.gov/topics/programs/Pages/SIDS.aspx](https://health.pa.gov/topics/programs/Pages/SIDS.aspx)

## **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

Department of Human Services

Contact: PA Department of Human Services Helpline

1-800-692-7462, COMPASS Helpline

[dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx](https://dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx)

Apply Online: [dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx](https://dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx)

## **SPECIAL KIDS NETWORK SYSTEM OF CARE (SKN SOC)**

Department of Health

Contact: Special Kids Helpline • 1-800-986-4550

[health.pa.gov/topics/programs/Special%20Kids%20Network/](https://health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx)

[Pages/Special%20Kids%20Network.aspx](https://health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx)

## **TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)**

Department of Human Services

Contact: Local county assistance office

COMPASS Helpline: 1-800-692-7462

[dhs.pa.gov/Services/Assistance/Pages/TANF.aspx](https://dhs.pa.gov/Services/Assistance/Pages/TANF.aspx)

Apply Online: [dhs.pa.gov/Services/Assistance/Pages/](https://dhs.pa.gov/Services/Assistance/Pages/TANF.aspx)

[Cash-Assistance.aspx](https://dhs.pa.gov/Services/Assistance/Pages/TANF.aspx)

## **WOMEN, INFANTS AND CHILDREN (WIC) NUTRITION PROGRAM**

Department of Health

Contact: WIC Toll-free Hotline

1-800-WIC-WINS • [www.pawic.com](https://www.pawic.com)

# Jump Start into Kindergarten

is made possible through TFEC's Early Education Initiative. Our goal is to empower caregivers, connect educators, and deepen resources that help children enter school ready to learn.

Created by Leslie Fick and Jeanne Predmore



**EARLY  
EDUCATION  
INITIATIVE**

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