



ON MY WAY TO K WITH PBS KIDS

A Kindergarten Readiness Toolkit
For Caregivers





So the child in your life is on the way to kindergarten? Congratulations!

We know this can be an exciting, yet anxious time for caregivers and children. We created this toolkit to help you and your family navigate the development skills needed for kindergarten readiness.

The development of the whole child – physical, social, emotional, and cognitive – is an approach that values the human spirit and potential. While many of us focus on the basics of letter and number recognition or reading skills, kindergarten readiness encompasses many interconnected skills. Children grow at different rates, so areas of development often overlap. Development in one area is reinforced and enhanced by growth in others.

On My Way to K with PBS KIDS has a whole-child approach to preparing children for kindergarten with resources that support all of the key developmental areas a child needs to be successful and become life-long learners.

HOW TO USE THIS RESOURCE

“When I was little...” is such a powerful sentence starter and brings memories to all. As a caregiver, you have the unique opportunity to create experiences that can end the sentence with tales of life changing moments and the love of learning.

As you proceed through this toolkit, you’ll cultivate an understanding of how children develop as they approach the kindergarten age, recognize how the suggested activities are similar to what you’re already doing with your child, and discover your inner PBS KID!

Each section of this caregiver-friendly toolkit includes:

- **How I Grow** – Descriptions and definitions of each developmental area
- **Help Me Grow** – Simple, affordable and developmentally appropriate strategies for caregivers designed to nurture and empower children as they build confidence in their abilities
- **Let’s Explore Together** – Innovative television and mobile resources from your favorite PBS KIDS characters that provide caregivers the opportunity to model life-long learning
- **PBS KIDS Activities** – Fun, offline activities to encourage hands-on exploration and conversation

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Approaches to Learning

Approaches to Learning is a unique and critical domain of children's development. It addresses the "how" of learning, ways children deal with new environments, interactions, and discoveries, and describes children's attitudes and dispositions toward learning. Most importantly, Approaches to Learning can help foster a love of learning that stays with your child throughout his/her life.

HOW I GROW: APPROACHES TO LEARNING

Eagerness and Curiosity

As soon as a child shows curiosity and an eagerness to learn new things and participate in new experiences, they also learn to deal with setbacks and obstacles as part of the process.

Persistence

This skill is necessary to attend to challenging tasks for a brief period and empowers the child to try alternative solutions or seek help when needed.

Creativity

Your child's ability to problem solve requires flexibility of thought, imagination, and willingness to adapt familiar materials in new ways.

Planning and Reflection

Initial signs of trial and error allow learning from experiences. Support from adults enables children to reflect and think through steps, thus beginning to plan solutions.



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Approaches to Learning

HELP ME GROW: CAREGIVER STRATEGIES

Teeny House

Spark your child's curiosity by turning an ordinary shoe box into a teeny house. Cut out some windows and a door (ahead of time) and use everyday objects to create furnishings. Don't forget to decorate the outside as well!

I Wonder

Create opportunities to model problem solving and "thinking out loud" strategies during play such as "I see your toy car rolled under the couch! I wonder what would happen if we took the cushions and placed them in front of the opening. Let's try it!"

Think Inside the Box

Teach persistence, planning and reflection by creating a square with painter's tape on the floor. Encourage your child to place blocks only within the square. What other shapes can you try?

LET'S EXPLORE TOGETHER

WATCH



peg+cat

PLAY



**The Cat in the Hat
Build That!**



Cat in the Hat: Bridge-a-rama
Dinosaur Train: Fossil Finder
Arthur: Treehouse Designer



**PBS Parents Play
and Learn**

ACTIVITY



Make Together: Catapults

There are lots of great engineering projects that can be made together at home as a family. Check out this plan for making catapults!

MATERIALS

- a) Cardboard tube
- b) Elastic band
- c) Wooden spoon
- d) Small, soft object to launch

Don't have these materials available?
Design your own plan with materials that you do have!



BUILDING THE CATAPULTS

- a) Loop the elastic band over the cardboard tube twice to make an X
- b) Insert the wooden spoon handle under the X
- c) Place the soft object on the end of the spoon
- d) Stomp on the spoon handle to launch!

Try moving the handle up or down to see how it changes how your catapult launches. Try launching things of different weights and sizes to see how that affects how far or how high objects go.



MAKE IT A GAME

Set up buckets or other containers at different distances and give them point values. See who can get the most points by launching their soft objects into the buckets!

You can find other ideas for fun engineering projects that use household objects by searching pbslearningmedia.org for 'simple engineering ideas/projects.'





ACTIVITY

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Missing In My Room

Cat and I have soooo much cool stuff. We never get tired of playing with it. The only problem is, we can never find it all! Help Cat and me keep track of some of our coolest stuff. Help us find:

• 1 stegosaurus! • 4 pyramids! • 3 baseballs! • 1 number five! • 4 crayons! • 1 number 7!

As you find things, number them so we can find them easily. Then color in Cat and me relaxing in my room.



1 Stegosaurus



4 Pyramids



1 Horse



3 Baseballs



1 Five



4 Crayons



1 Seven



Physical Development

Physical development of the body is the foundation of every aspect of a child's interactions and learning including health and wellness, gross motor, and fine motor development.



HOW I GROW: PHYSICAL DEVELOPMENT

Health and Wellness

We can teach and help our children grow up with an attitude of wellness and control over their own body and health. Experiences at the doctor or dentist are great opportunities to talk about the helpers that care for our health.

Motor Skills

Foster your child's increasing independence and self-confidence. Celebrate their ability to demonstrate skills that strengthen the coordination of movements and control of large muscles (**gross motor**) and small muscles (**fine motor**).



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Physical Development

HELP ME GROW: CAREGIVER STRATEGIES

Muscle Power

While picking up toys, point out how strong our bodies are and how we can carry objects and even hug people we love.

Paint like Michelangelo

Tape a piece of paper under a coffee table or desk and encourage your child to lie under the table and draw with an extended forearm. This activity strengthens hand muscles and builds hand-eye coordination.

Make a Nest

Whip up a batch of homemade dough (see recipe on page 33) and encourage your child to roll small balls that resemble eggs. Then have them roll a larger ball and use their fingers to push in the middle to create a “nest” for their dough “eggs.”

Ice Cream Scoops

Ever wondered what to do with an empty paper towel roll? Build hand-eye coordination and balance by having your child use a “scoop” (the roll) and deliver the “ice cream” (ball) to another family member across the room.

Nutrition and Cooking

Cooking with kids creates an opportunity to model good food choices and strengthen fine motor skills. Build your child’s self-confidence in their ability to take care of their bodies with the yummy Apple Donut recipe on page 37.

LET’S EXPLORE TOGETHER

WATCH



PLAY



PBS KIDS Party



Fetch! Lunch Rush

Splash and Bubbles: Reeftown Rock Adventure

Sesame Street: Super Salad Diner

Daniel Tiger: Bathtime Helper

ACTIVITY




"I Tried It" Taste Test

Try a new food. It might taste good! If you try lots of different foods, you might find something new that you really enjoy.

Try out foods from each category:

A Fruit, like an apple or a .
















A Vegetable, like broccoli or a .

A Protein, like  or nuts.

A Dairy Food, like  or yogurt.

Or a Grain Food, like  or cereal.

Then, draw or write the name of the food you tried in the box for each category and check the box for your result. Was it yummy, so-so, or not so good?

A Fruit	 Yum!	 So-So	 Not So Good
A Vegetable	 Yum!	 So-So	 Not So Good
A Protein	 Yum!	 So-So	 Not So Good
A Dairy Food	 Yum!	 So-So	 Not So Good
A Grain Food	 Yum!	 So-So	 Not So Good

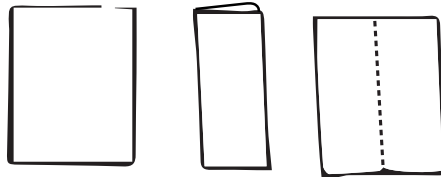


ACTIVITY

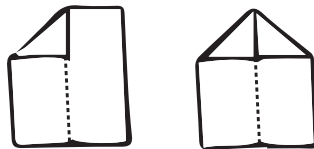
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Make a Paper Airplane

1. Fold paper in half the long way and reopen.



2. Fold the top two corners into the center spine of the paper.



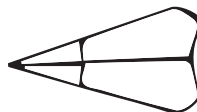
3. Refold lengthwise and rotate the paper to lay on the table like this:



4. Fold the top left corner down to lay parallel to the bottom spine.
Repeat this step on the other side.



5. Turn the paper over and repeat the last two steps.
Your airplane should look like this!



Experiment!

How far can you make the airplane fly? You can measure the distance with a piece of string, with your steps, or with a measuring tape.



Social Emotional Development

Social and emotional readiness is a critical development in a child's life. Social Emotional Development involves learning to interact with others, managing personal feelings, and understanding the feelings of others. Positive relationships with adults also lead to positive relationships with peers.

HOW I GROW: SOCIAL EMOTIONAL DEVELOPMENT

Self-Regulation

Social - You may notice your child begin to demonstrate a willingness to participate in daily routines that include self-care. A predictable environment empowers them to plan and follow through, knowing what to expect next.

Emotional - Your child is continuing to learn what causes certain feelings and realize that others may react to the same situation differently. They have learned to better manage the expression of emotions with coping strategies.

Relationships

Social - Growth in this area becomes evident as your child expresses an increased desire to interact with peers, engage in conversation, and participate in group activities.

Emotional - Although children may experience shyness as they encounter new experiences, they are gaining self-confidence in their ability to build relationships with others.

Problem Solving

Social - As your child continues to demonstrate an awareness of others, you may observe them developing positive strategies that include taking turns, sharing, and negotiating.

Emotional - A growing social environment fosters an initial awareness of what bullying means and your child is more likely to seek adult help when they see an injustice.



Social Emotional Development

HELP ME GROW: CAREGIVER STRATEGIES

Feeling Faces

Here's a great way to encourage discussions about emotions while strengthening fine motor skills. First, make a batch of some homemade dough (recipe on page 33) and then draw a variety of feeling faces (happy face, sad face, frowny face) on individual paper plates. Have your child roll out the dough to create facial expressions on the "face" and verbalize their feelings.

Calm Down Kit

Empower your child to manage their emotions by creating a kid-friendly basket filled with items they can use independently. Suggested items include I Can Cards (page 36-37), a favorite stuffed animal, a child safe mirror, a squishy ball, a Glittery Gaze Discovery Bottle (page 33), and a book.

Glittery Gaze Discovery Bottle

Discovery bottles are a safe way to develop sensory experiences that stimulate your young child's senses. The glittery contents can help refocus and calm your child, similar to the effects of a snow globe. Want to make your own discovery bottle? Look on page 33.

I Can Cards

As part of the Calm Down Kit or used independently, the I Can Cards provide visual strategies your child can use to manage moments of anger and frustration. Strategies could include: draw or color, take deep breaths, look at a book, ask to go for a walk, touch my toes, lie down and close my eyes, count, lean against the wall, sing.

LET'S EXPLORE TOGETHER

WATCH



PLAY



**Daniel Tiger for
Parents**



**Sesame Street: Elmo's School
Friends**

Daniel Tiger: Spin & Sing

**Splash and Bubbles: Finball
Friends**

ACTIVITY



Elmo's Kindness Bingo

Each square has an act of kindness that you can do for somebody. Hang this bingo card on your refrigerator. Every time you do an act of kindness, circle it! Keep going until you've circled every space around Elmo.



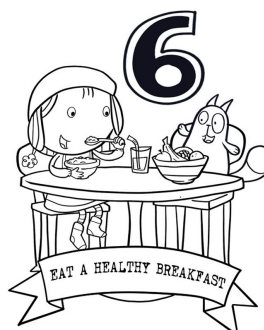
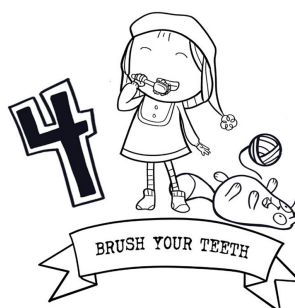


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Morning Routine

Peg + Cat have a great morning routine. Talk to your child about their morning routine and follow the picture chart to help each day start out right!





Language, Communication, and Emergent Literacy

One of the most powerful ways to develop your child's literacy skills is also the simplest: talk with your kids! Regular, meaningful conversations help kids learn new words and understand how to listen. It is also an opportunity for children to share their own stories and ideas. When caring adults talk to kids about the world – explaining how a recipe works or the rules of baseball – they are planting seeds of knowledge that will grow as kids become independent thinkers, readers, and writers.

HOW I GROW: LITERACY

Speaking and Listening

Questions with “who”, “what”, “where”, “when”, and “why” are great conversation starters and can help kids explore their thinking. To build the ability to listen, understand, and follow multi-step directions, ask questions with “how” and encourage children to explain their thoughts.

Read Alouds

Engaging stories develop positive associations with books. Reading aloud to your child strengthens the part of their brain associated with visual imagery, the ability to understand stories and word meaning. They also build book handling skills called “concepts of print” like how to hold a book, which direction to turn the pages, what an author is, and where to find the title.

Emergent Reading

Young children are all “pre-readers” who pick up clues about reading from their environment. Families are powerful influences as life-long learners by demonstrating a love of books and the enjoyment of reading. As curious explorers who want to understand their world, books can help your child recognize letter sounds, identify letters and build vocabulary.

Emergent Writing

One of the best ways to help children become writers is to show them through example that writing has useful purposes in life and is a way to express their thoughts and ideas to others. Emergent writing is a process that develops over time as children master fine motor skills and understanding of letters. Visit www.wucf.org/learn to learn more about Emergent Writing and see examples of the stages of these pre-writing skills.



Language, Communication, and Emergent Literacy

HELP ME GROW: CAREGIVER STRATEGIES

All Around Me

Kids love to look at photos and it's a great way to grow vocabulary and strengthen oral language. Use your smartphone to take pictures of objects such as the crack in a sidewalk or a blade of grass, zooming in as close as possible. Also, look at photos of people they know and events they've enjoyed as these serve as great conversation starters and opportunities to practice descriptive language.

Retelling Box

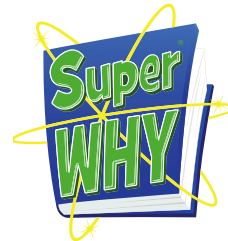
Whether it's everyday errands or a special vacation, collect random items throughout the day to create a retelling box. Retelling experiences can assist children in sequencing the events of the day, identify familiar letters or symbols, and share their experiences with others.

Family Journal

A simple notebook and a pencil can be a great literacy tool. Throughout each week, have family members draw and/or write (as appropriate) about something they experienced. At the end of the week share the journal and encourage discussion. By the time the notebook is complete, you'll have great record of your child's emergent skills.

LET'S EXPLORE TOGETHER

WATCH



PLAY



**PBS Parents Play
and Learn**



**Sesame Street: Story Book
Builder**



Plum's Creaturizer

Super WHY: Paint by Letter
Word Girl: Magical Rescue

ACTIVITY



Book Bingo



READ

Book Bingo for Every Reader

R E A D

**A book
about being
kind**

**A book
someone
read to you**

**A book
that inspired
a movie**

**A book
that inspired a
PBS KIDS show**

**A book
about math**

**A book
about making
something**

**A book
about a trip**

**A book
you want
to share
with a friend**

**A book
about family**

**A book
about animals**

**A book
you read to
someone else**

**A book
that makes
you laugh**

**A book
that makes
you hungry**

**A book
about being
a good friend**

**A book
about space
exploration**

**Free Space
#PBSKIDSread**

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Share your completed card by tagging @PBSKIDS and use the hashtag #PBSKIDSread.



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Wild Kratts Journal

Keeping a wildlife journal is a great way to build both observation and writing skills. You don't have to go far – you'd be surprised what is going on just outside your front door!

Directions:

Creating the Journal:

(You may want to ask an adult for some help.)

1. Fold several sheets of paper in half so that you create a booklet.
2. Bind the pages of your book by punching holes along the left side and tying them together with ribbon or string. Or unfold the booklet and staple along the fold.
3. Customize the journal by creating an illustration on the cover.

Using the Journal:

1. Write the day's date.
2. Go outside and walk in your yard, along your street, or in a nearby park and take notice of what you see.
 - Did you see any animals? Birds? Insects?
 - Where are they living?
 - What are they doing?
 - How many are there?
 - What time of day is it?
3. Write down notes or sketch a picture in your journal, so that you have a record of the thing you saw.
4. After a few entries, take a look back at the things you saw. How were things different each time? What was the same?



Materials

- Several sheets of unlined paper
- Hole punch or stapler for binding
- Ribbon or string to bind
- Markers, pencils or crayons



Mathematical Thinking

Mathematics occurs in daily activities, routines, play, and interactions with adults and other children. We often think it's just about counting or adding or learning math facts, but by exploring the interesting ways math shapes the world around us, we can help our children begin to think like mathematicians and learn to love math.

HOW I GROW: MATHEMATICAL THINKING

Number Sense and Problem Solving

Number sense is the ability to understand what numbers mean, how they relate to one another and how they can be used in real-world situations which includes counting, constructing sets of objects, understanding more/less/equal.

Patterns

Once you start looking for patterns, you will see them everywhere. There are patterns in colors, shapes, sounds, dances and even daily routines! Recognizing and creating patterns as well as ordering objects in a series is a skill that translates directly into algebraic thinking and sets the stage for bigger math ideas.

Shapes

Learning about shapes supports on understanding of geometry and building shape vocabulary. This involves the ability to recognize, manipulate, and compare 2D and 3D shapes common in the world around them.

Spatial Skills

Spatial reasoning connects math to the physical world and includes skills like reading maps, understanding symmetry, and building 3D objects as well as positional words that describe the world in relation to others.

Measurement

The world is filled with ways to measure: length, height, weight, capacity, money, temperature, and time...to name just a few! Your child's understanding of measurement begins with vocabulary development to describe amounts and sizes.



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Mathematical Thinking

HELP ME GROW: CAREGIVER STRATEGIES

Math Talk

You can make any moment a math moment by using “math talk”, words and phrases to help your child develop their math knowledge.

Give Me 5 and Subitize

Subitizing is the ability to ‘see’ a small amount of objects and know how many there are without counting. Grab some dice from a household game. Let your child put 6 pieces of their favorite snack into a small bowl (mini marshmallows, cereal pieces, fruit pieces, etc.). Have your child roll a single die and ask “How many dots did you roll? or “What do you see?”. Encourage them to verbalize how they know, such as, “I see two and one more and that is three.” Then have your child count out that many snacks.

Money in My Pocket

Grab a handful of change and encourage your child to sort the coins by size and even order the money from smallest in size (not value) to largest or vice versa.

Popsicle Stick Shapes

Create different geometric shapes (square, rectangle, triangles, octagons, and hexagons). Practice math vocabulary such as sides and corners (vertices) to compare shapes.

LET’S EXPLORE TOGETHER

WATCH

peg+cat



PLAY



The Cat in the Hat
Builds That



Peg + Cat: Chicken Coop

Sid the Science Kid:
Crystals Rule

Ruff Ruffman: Hamster Run



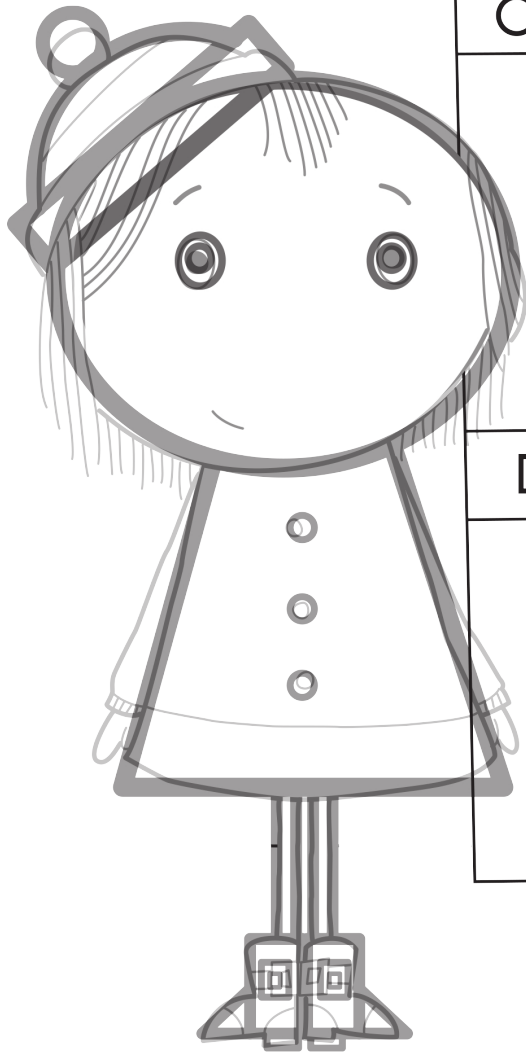
Measure Up







ACTIVITY



I Spy Peg

Peg is made up of lots of different shapes! Look at the drawing of Peg below and talk with your child about the shapes that make up Peg. Then, take the activity outside and look for things in the real world that have the same shapes as those that make up Peg!



 Circle	 Oval	 Semicircle
 Square	 Rectangle	 Triangle

peg + cat



ACTIVITY

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Code Cracker

Can you find the secret message? Solve the equations at the left and then insert the letter that matches the number using the Code Key at the bottom of the page. Once you're done you should have a secret message from PBS KIDS!

Solve it!

$2 + 4 = \underline{\quad}$

$3 - \underline{\quad} = 1$

$1 + 1 = \underline{\quad}$

$\underline{\quad} + 3 = 7$

$\underline{\quad} + 4 = 5$

$5 - 2 = \underline{\quad}$

$\underline{\quad} - 1 = 8$

$2 + 3 = \underline{\quad}$

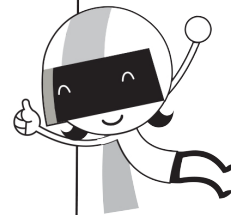
$1 + \underline{\quad} = 8$

$6 \div 2 = \underline{\quad}$

$\underline{\quad} + 1 = 4$

$2 \times 4 = \underline{\quad}$

Letter



Code Key

1	2	3	4	5	6	7	8	9
Y	E	O	P	R	K	C	L	U



Scientific Inquiry

Science is the study of the natural world, both living and nonliving, through a process of inquiry that includes observation, prediction, and experimentation leading to understanding/explanation. Adults can support a child's scientific inquiry by exploring and finding answers together, accepting that explorations are often messy, and encouraging the recording of observations.

HOW I GROW: SCIENTIFIC INQUIRY

Investigation and Inquiry

Learning science through inquiry provides kids the opportunity to “think like scientists”, asking questions, exploring, and reflecting upon what they discover. The use of simple tools such as magnifiers, balance scales, rulers, and tweezers encourage kids to investigate objects more closely and make comparisons.

Physical Science

Physical science is the study of characteristics and properties of energy and nonliving matter. Through simple experiments and play with everyday natural and recycled materials, children begin to learn about the properties of items in their environment.

Life Science

Life science includes the exploration of the senses, of living and non-living things, plants and animals (including humans), their features, characteristics, and classifications.

Earth and Space

Included in Earth science are the exploration of air and water, sand and soil, day and night, and the seasons. For the youngest children learning about Earth and Space is grounded in what children can experience with their senses, and their background knowledge and understanding of concepts of Life Science and Physical Science provide an important foundation for deeper understanding of the Earth and Space.

Engineering and Technology

Engineering and Technology is the practice of design to find solutions to particular human problems (engineering) and the human-made tools, systems, and processes created to fulfill human needs and wants (technology). Children are natural engineers. Their early design and building skills can be seen in their play as they use simple tools and a variety of materials to create and build block towers and sand castles.



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Scientific Inquiry

HELP ME GROW: CAREGIVER STRATEGIES

Re-grow a Garden

When preparing and chopping veggies, save the leftover scraps such as carrot tops, lettuce base, or even an avocado seed. Label your garden with these Plant identifier sticks from Nature Cat! Visit www.wucf.org/learn for the printable worksheet.

Cloud Viewer

Do the clouds always look the same? Look at the clouds through the cloud viewer every day to see how they change. Cut out the cloud viewer on page 34-35. Maybe you'll even see a PBS KIDS character in the clouds!

Wacky Water

Explore the states of matter by observing what happens to ice. Place a piece of ice on your sidewalk. What happens to the ice after 1 minute, how about 5 minutes, and how about 30 minutes? Use the camera on your phone to record your findings!

LET'S EXPLORE TOGETHER

WATCH



PLAY



**Nature Cat's
Great Outdoors**



Sid the Science Kid: Weather Surprise

Ruff Ruffman: Dress That Rhino

Wild Kratts: Creature Mobile



**Play and Learn
Science**



What to Do:

1. Select a bird feeder base: Pinecones are a popular foundation for a bird feeder, but you may also use an empty paper towel roll or a stale piece of bread.

2. String it up: Run a wire, dental floss or cotton string through your bird feeder. Secure the two ends together to make a loop.

3. Make it sticky: Coat the base with peanut butter. If you know someone who has peanut allergies, use honey instead.

4. Add some goodies: Roll the feeder in raisins, cranberries, unsalted and unbuttered popcorn, sunflower seeds, shelled plain peanuts or mixed birdseed.

5. Hang it up: Place your bird feeder on a hook or on a tree branch outside your window. Discover which birds are popular in your neighborhood, research what they like to eat, and make a bird feeder for them.

6. Keep a wildlife journal: Record what kind of birds and other animals come to visit your feeder!

What You Need:

- Pinecone, paper towel holder or piece of bread
- Peanut butter or honey
- Your choice of the following:
Raisins
Cranberries
Plain popped popcorn
Sunflower seeds
Shelled plain peanuts
Mixed birdseed
- Safety scissors
- Wire, dental floss or cotton string





ACTIVITY

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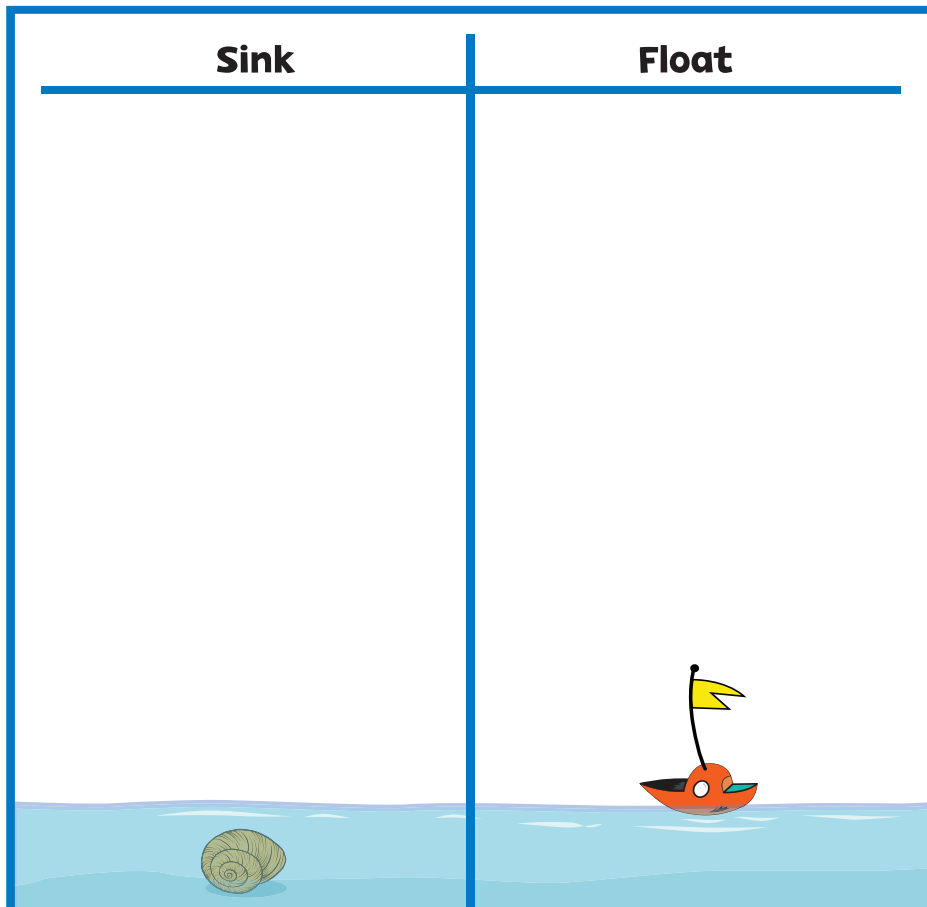
Sink or Float

Predict and discover what sinks or floats!

During a trip to the Buoyant Sea, Sally and Nick test what sinks or floats. They learn that materials and shapes matter. What do you think will float? Test out your predictions using items from around the house and the Table.

Instructions

1. With the help of an adult, gather ten small household items (rubber band, coin, pencil, sticker, etc.) and fill up a sink or bucket.
2. Predict whether the items will sink or float by sorting them into two piles.
3. Test your predictions in the water. Place each item under “Sink” or “Float” on the Table. Were you surprised? Scientists often are!



To PREDICT is to say what you think will happen before you try it out.
I predict you will have a boat-load of fun predicting what sinks and floats!



pbskids.org/catinthehat



Find related games in the FREE app
The Cat in the Hat Builds That
Download it now!



Social Studies

Children's experiences in social studies begin at birth, as we are social beings who innately interact with others. Part of developing kindergarten readiness includes an awareness of self, family, classroom, and the local community with who they have interactions.

HOW I GROW: SOCIAL STUDIES

Individual Development and Identity

Children begin to recognize and appreciate similarities and differences in people and understand the roles of the family.

People, Places, and Environments

Growing interactions with others creates a geographical awareness of familiar places, allowing children to identify people and build understanding of family relationships.

Technology and Our World

Experiences with technology help build awareness as children learn how to interact and understand how technology affects life.

Civic Ideals and Practices

Developing an understanding of leadership and group rules become easier for children to understand and follow.



Social Studies

HELP ME GROW: CAREGIVER STRATEGIES

Long Ago and Today

Children love to hear stories about their family members as kids. Look through old photos to compare and contrast how everyday life has changed.

My Family Tree

Creating a family tree is a great way to learn about important relationships and how we are the same and different in many ways. To “build” your tree, use our child friendly paint recipe (pg. 33) to make the leaves by stamping out your child’s handprints. Draw the trunk with a marker or crayon and don’t forget to “carve” your family name! Add pictures of your child and other family members and help them realize that family is something we all have in common, regardless of how our families look.

Places We Go

Your child is becoming more aware of the places they visit. Use your phone to take pictures of everyday outings. Print out the pictures and assist your child is creating a simple map of their favorite places.

LET’S EXPLORE TOGETHER

WATCH



**MEET THE
HELPERS**

PLAY

**Daniel Tiger:
Classroom Helpers**



**Arthur:
Arthur’s Top 20**

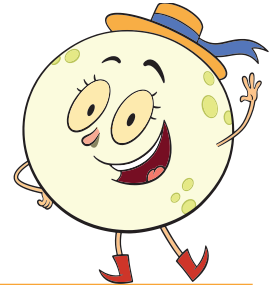
**Plum Landing:
Wild City Search**

ACTIVITY



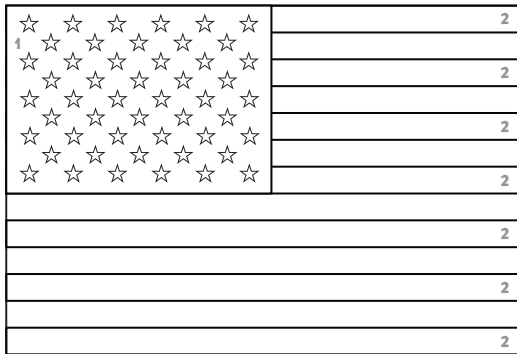
Color Country Flags

Luna the moon and her friends visit countries all over the world! Use the legend below to color each flag. Then invent your own flag filled with pictures of your favorite things.

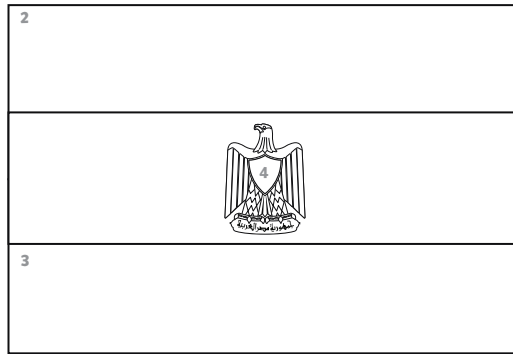


Coloring Legend

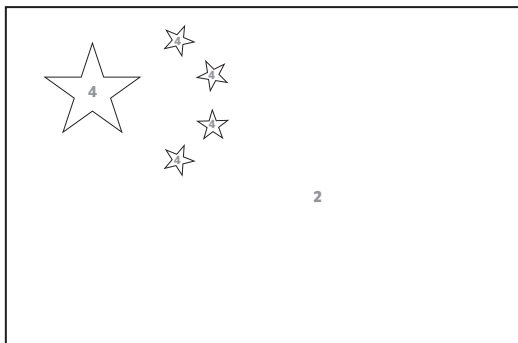
- 1 - Blue
- 2 - Red
- 3 - Black
- 4 - Yellow



United States



Egypt



China



Create Your Own Flag!



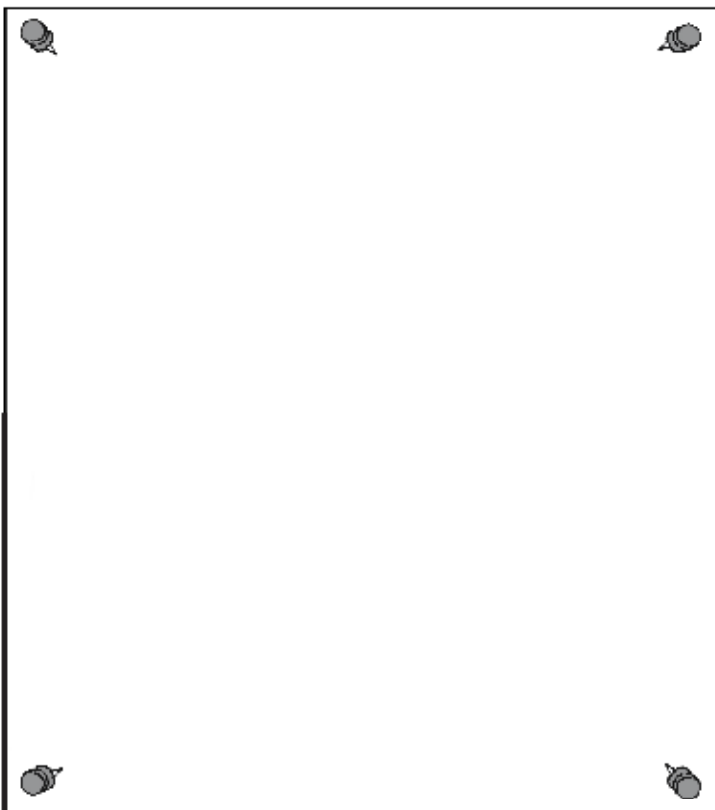
ACTIVITY

ON MY WAY
TO K
WITH
PBS KIDS

Sharing Stories

Dear Grown-Up, Please tell a story about when you were a kid. For example: a favorite memory, a family tradition, or a school experience. Together, draw a picture to go with the story. With your permission, the child will share this story and drawing with the class.

Sharing Stories / Compartamos cuentos





Creative Expression Through the Arts

Creative expression involves all five senses and supports many aspects of a child's development. Artistic experiences provide opportunities for children to interpret feelings and ideas, manipulate tools, and solve problems while respecting how others see the world.

HOW I GROW: CREATIVE EXPRESSION

Visual Arts

Creating visual art helps children build the ability to maintain focus for extended periods of time. This opportunity allows them to explore media tools (e.g., markers, paint, watercolors and clay) and places value in the process over the end product.

Music

Singing, chanting, and rhyming support children in the creation and recognition of patterns as well as enhancing vocabulary and oral language development.

Creative Movement and Dance

Dancing and exploring the different ways their body can move further develops a child's gross motor skills.

Dramatic Play and Theatre

Experiences in this area allow children to role-play the world around them and share ideas while developing language and vocabulary. Placing pictures and labels also create a print-rich environment and encourage writing.



Creative Expression Through the Arts

HELP ME GROW: CAREGIVER STRATEGIES

Nature Walk Art

On your next walk around the block, encourage your child to collect interesting leaves, sticks, small rocks, and other items. Use these items to create a nature collage and remember your special time together.

Marker Magic

Don't throw your dry markers away! Soak each color marker in a small jar of warm water. Place each color in a different squirt bottle and now you have water colors to squirt paint!

Sock Puppets

Have you ever lost a sock? Use the extra sock to create a sock puppet and retell your favorite stories. Add wiggle eyes and some yarn hair and let the storytelling begin!

LET'S EXPLORE TOGETHER

WATCH



PLAY

**Nature Cat:
Nature Art Box**



**Splash & Bubbles:
Sand Art Spectacular**

**Pinkalicious:
Pinka Perfect Band**

ACTIVITY

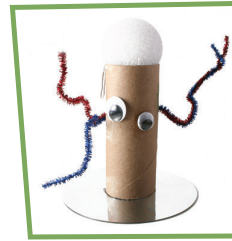


Mischievous Monsters

Use socks, yarn, paper bags, and other materials to create silly monsters.

TYPES OF CRAFT MONSTERS

Based on the materials you have available, decide on what kind of monster you want to make.



MATERIAL SUGGESTIONS

These are some fun materials to use if available. Keep an eye out for anything else that is sticky, glittery, bendy or has fun patterns.



PUT IT ALL TOGETHER

There is no right or wrong way to create your monsters - play around with the materials you have and see what comes together! You may want to lay things out and plan your puppet before sewing, gluing, cutting, and drawing.

SHOWTIME!

Turn your monsters into a band and make a music video. Pick a song everyone likes and practice performing with your monsters. When you are ready, use a phone to record a video of your monsters rocking out. Share the video with family and friends!



ACTIVITY

ON MY WAY
TO K
WITH
PBS KIDS

Accidental Art

Have one family member start a drawing. It can be anything—a design, pattern, or picture of something. After a minute or two, pass it on to the next family member. Keep going until everyone has had a chance to add something. Congratulations! You’ve created “accidental art”!



Recipes and How To's

DIY Dough Recipe

Ingredients:

- 1 cup of flour
- 1/4 cup of salt
- 1/2 cup of water
- 3 to 5 drops of food coloring

Directions:

1. Mix together the flour and the salt.
2. Mix together 1/2 cup of warm water with a few drops of food coloring.
3. Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with your hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all. Store in plastic bag or airtight container.

Homemade Salt & Flour Paint Recipe

Ingredients:

- 1/2 cup of flour
- 1/2 cup of salt
- 1/2 cup of water

Directions:

1. Blend flour with salt. Add water and mix until smooth.
2. To color, separate dough into three equal parts. Put each piece in a sandwich bag. Add a few drops of liquid watercolor or food coloring to each bag.
3. Squish the bags until the color is well blended. Add more water if you would like a thinner paint.

Optional: Cut a corner off the baggie and squeeze the paint mixture into your squeeze bottle.

Discovery Bottles



Discovery Bottles are a safe way to develop sensory experiences that stimulate your young child's senses: touch, movement, balance, sight and hearing. Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore without the concern of putting objects in their mouth.

How to Make Discovery Bottles

Materials:

- clean plastic bottle with a well fitting lid
- hot glue gun (for securing lid)
- a variety of interesting objects

Fill the plastic bottle with objects. Ask a parent to secure the lid with hot glue for safety. That's all it takes! Let your imagination run wild and recycle plastic bottles!

Apple Donuts

Makes 3-4 Apple Donuts



Ingredients:

- 1 large apple
- 4 oz cream cheese or nut butter spread
- 2 oz sprinkles, fruit or nut toppings

Directions:

1. Ask an adult to cut a large apple into 1/2" rounds and cut out the cores.
2. Spread your cream cheese or nut butter on the apple rounds.
3. Dip your covered apples into sprinkles, nuts or fruits.

CUMULUS



Look up in the sky!

CIRROCUMULUS



STRATOCUMULUS



STRATUS



CUMULONIMBUS



CIRROSTRATUS



CIRRUS



CIRRUS



CIRROSTRATUS



CUMULONIMBUS



STRATUS



STRATOCUMULUS



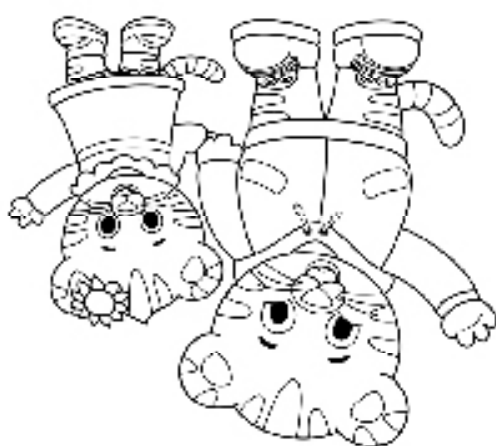
CIRROCUMULUS

Look up in the sky!



CUMULUS

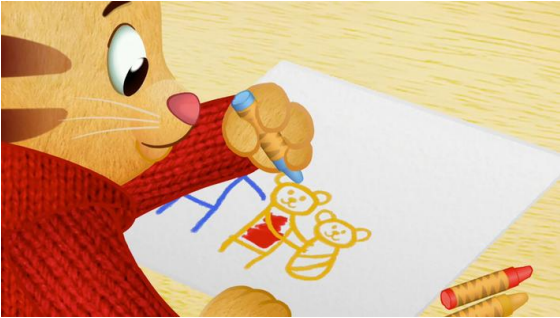
Let your
imagination
SOAR!



Let your
imagination
SOAR!

I Can Cards

I can draw a picture.



I can talk to a friend.



I can count to 10.



I can do some exercise.



I can take a drink.



I can look at a book.

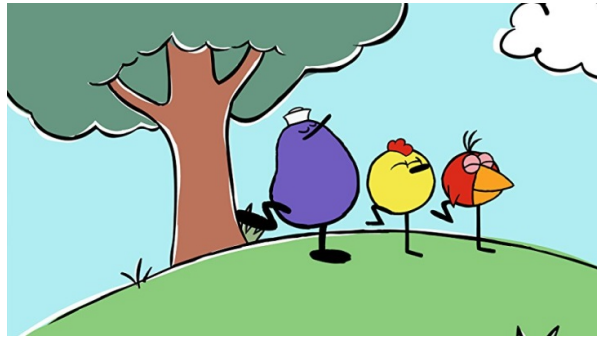


I Can Cards

I can sing a song.



I can take deep breaths.



I can think happy thoughts.



I can ask to go for a walk.



I can _____.

I can _____.

Everyday Smart with PBS KIDS

Use the daily prompts with your child for every day inspiration on activities that help grow developmental skills.

MATH Smart Do you have a collection of something like books or socks? Count them and then write the number. Draw your favorite one!	SOCIAL Smart Pick out clothes for the next day. Talk about your choice.	HOW I LEARN Smart Choose a new game on the PBS KIDS app or website and talk about it as you are playing!	ART Smart Go on a nature walk and collect leaves. Create a design by gluing the leaves on a paper.	LITERACY Smart Watch a PBS KIDS show and talk about your favorite part. Draw what happened first, next, and last.
SCIENCE Smart In the morning, draw a picture of what you predict the weather will be like today. At bedtime, discuss your prediction.	MATH Smart Try sorting toys by color. How about sorting by size? What other things can you sort?	LITERACY Smart Write your name. Have a grownup write the name of your favorite PBS KIDS show. Circle the letters you find in both names!	EMOTIONAL Smart Practice tying your shoe.	HOW I LEARN Smart How can you build a tower using paper cups?
SOCIAL Smart Share a toy with a friend. Sing the Daniel Tiger song: "You can take a turn, and then I'll get it back."	ART Smart Make up a song with your name and share it with your friends.	MATH Smart Use actions to create a pattern and have a grownup follow along. Try: hop, clap, wink	SCIENCE Smart Plant a seed. Draw a picture of what it looks like each day for 10 days.	LITERACY Smart Use describing words to talk about your snack. Apples are crunchy, sweet, and hard.
BODY Smart Look through the grocery ad and cut out pictures of healthy foods.	EMOTIONAL Smart Look in a mirror and make a happy face. Ask your grownup to guess how you feel. Make other faces such as mad, tired, hurt, embarrassed, and silly!	SCIENCE Smart Draw a picture of the day sky and the night sky. Compare and contrast.	LITERACY Smart Write the letters in your name. Pick a letter and find things in your house that begin with that sound!	PEOPLE Smart Draw a picture of each person in your family on a different paper. Place each paper around the dinner table and invite them to find their seat.
LITERACY Smart Make up words that rhyme with PBS KIDS characters names. Try: Cat – hat Jet – net Kratt – bat	SOCIAL Smart Give someone a compliment today. Sing the Daniel Tiger song: "Thank you for everything you do!"	MATH Smart While taking a walk, talk about what you see in front of, next to, and behind the house. Draw a map.	HOW I LEARN Smart Make a sock puppet and have a puppet show!	BODY Smart Balance on one foot. See how long you can do it! Write your time on a paper and try again. Was your second time lower or higher than your first time?
MATH Smart Help set the table. Can you order the silverware from tallest to smallest?	PEOPLE Smart Who are the helpers in your neighborhood? Draw a picture for the mail person or garbage collector to thank them.	LITERACY Smart Visit your public library and check out PBS KIDS books!	EMOTIONAL Smart Sing the Daniel Tiger song: "Grownups come back!" It will help you feel better when it's hard to leave your grownup.	SCIENCE Smart Use scissors to cut a piece of paper into zigzags. See if you can put it all back together like a puzzle.

Watch PBS KIDS

Weekdays from **6am-3pm** on **WUCF**
or anytime on **PBS KIDS 24/7!**

Spectrum Channel 472

On-Air Channel 24.3

For information about other carriers in your area, visit wucf.org





PBS KIDS Learning Goals

STEM (Science, Technology, Engineering & Math)

The Cat in the Hat Knows a Lot about That!	2-5	Scientific Inquiry, Life Science
Dinosaur Train	2-5	Scientific Inquiry, Life/Earth Science
Curious George	2-5	Scientific Inquiry, Engineering and Math
Sid the Science Kid	2-5	Scientific Inquiry, Life/Earth/Physical Science, Math 24/7 Channel
Peg + Cat	2-5	Math
Ready Jet Go!	3-8	Scientific Inquiry, Earth and Space/Life/Physical Science, Engineering & Technology
Nature Cat	3-8	Life/Earth/Science
Splash and Bubbles	4-7	Scientific Inquiry, Life Science
Peep & The Big Wide World	4-8	Science Inquiry, Life/Physical Science, Math 24/7 Channel
Wild Kratts	4-8	Scientific Inquiry, Life Science
Odd Squad	5-8	Math
Cyberchase	6-10	Math

Digital-Only

The Ruff Ruffman Show	4-8	Scientific Inquiry, Physical Science, Engineering & Technology
Design Squad Nation	4-8	Scientific Inquiry, Physical Science
PBS KIDS Scratch Jr	5-8	Computational Thinking
SciGirls	6-10	Scientific Inquiry, Life/Physical/Earth Science, Engineering & Technology, Math

LITERACY

Super Why	2-5	Literacy
WordWorld	2-5	Literacy 24/7 Channel
Martha Speaks	4-8	Literacy, Vocabulary Acquisition 24/7 Channel
WordGirl	4-8	Literacy, Vocabulary Acquisition 24/7 Channel

SOCIAL STUDIES, THE ARTS & MORE

Pinkalicious & Peterrific	4-8	The Arts, Creative Expression
Let's Go Luna!	4-8	Social Studies: World Cultures and Geography
Digital-Only		
Kart Kingdom	3-6	Systems Thinking
Oh Noah!	4-8	Spanish, Cultural Awareness

SOCIAL & EMOTIONAL DEVELOPMENT & MORE

Daniel Tiger's Neighborhood	2-5	Social & Emotional Development
Sesame Street	2-5	Literacy, Math, Spanish, Social & Emotional Development
Caillou	2-5	Social & Emotional Development 24/7 Channel
Clifford the Big Red Dog	4-8	Social & Emotional Development 24/7 Channel
Arthur	4-8	Social & Emotional Development, Civic Engagement
Mr. Rogers' Neighborhood <small>Available until May 2019</small>	2-5	Social & Emotional Development



RESOURCES FOR FAMILIES



PBS LearningMedia: www.pbslearningmedia.org

Access to thousands of free, innovative, standards-aligned digital resources.

Acceso a miles de recursos digitales gratuitos, innovadores y alineados con los estándares.



PBS LearningMedia Ready to Learn Portal:

www.pbslearningmedia.org/readytolearn/

Educational resources to promote early learning and school readiness in young children.

Recursos educativos para promover el aprendizaje temprano y la preparación escolar en los niños pequeños.



PBS Parents: www.pbsparents.org

Explore PBS parenting resources and expert advice on raising children, planning birthday parties and activities.

Explore los recursos para padres de PBS y consejos de expertos sobre la crianza de niños, planificación de fiestas y actividades.



PBS KIDS/Learn: www.pbskids.org/learn

Portal for parents, caregivers, and educators containing curriculum resources and activities.

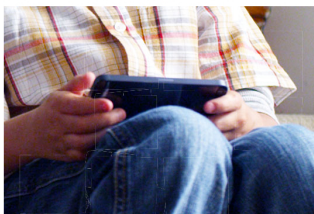
Portal para padres, cuidadores y educadores que contiene recursos y actividades del plan de estudios.



PBS KIDS: www.pbskids.org

Educational videos and games from PBS KIDS Shows.

Videos educativos y juegos de programas de PBS KIDS.



PBS KIDS APPS: www.pbskids.org/apps/

Search for PBS KIDS apps based on shows, skills, or age.

Busque aplicaciones PBS KIDS basadas en programas, habilidades o edad.



PBS KIDS 24/7 Channel (check local listings)

24/7 Access to PBS KIDS educational programming.

24/7 Acceso a la programación educativa de PBS KIDS.



**back^{TO}
school**

My Back-to-School Checklist

(check boxes for each item below)

☐ **I practiced my morning routine 3 times.**

I woke up, got dressed, washed up, brushed my teeth and ate my breakfast just like I'll do on school days - three days in a row!

☐ **I learned how to walk to school or to my bus stop.**

I know where my school or bus stop is, and who I'll walk to school or wait at my bus stop with each morning. I also know how I'll get home after-school each day.

☐ **I organized all my clothes!**

I know where I put all my clothes including the clothes I wear to school each day. I also know where to put my clothes when they're dirty.

☐ **I know where I'll put my backpack, books and school supplies each day.**

I have a special place to keep my school bag and books so I will always be able to find them when I need them.

☐ **I'm healthy.**

I've visited my doctor for my back-to-school check-up. I know how tall I am and how much I weigh.

☐ **I know what I'm having for lunch.**

I know how to order my lunch at school, or what I'll bring in my lunch box each day.

☐ **My parents and I know who my teacher is.**

I know my teacher's name, and my parents know how to contact my teacher if they have questions about how I'm doing in school.

☐ **I know what I'm doing when I get home from school each day.**

My parents and I know what my afternoon schedule is. We know where I'll be after-school, when I can play with friends, when I need to do school work, when I'll have dinner and when it's bedtime.



Find more games and activities at **pbskids.org**



My First Week of School

Use this calendar to write or draw the important things that are happening each day of your first week of school. Are you planning any special after-school activities? Will you have any special lunches or activities at school this week?

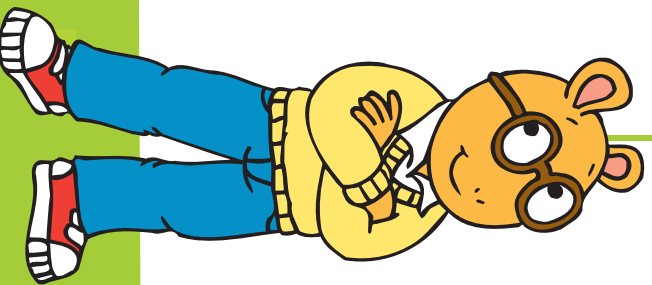
Monday

Tuesday

Wednesday

Thursday

Friday



Find more games and activities at **pbskids.org**

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Community Resources

Now that you made it to the end of the On My Way to K toolkit, we leave you with a few more resources that are available to families in almost every community.

Public Libraries

Whether you are checking out free books or attending story time, public libraries are an excellent resource for families.

2-1-1

United Way's 2-1-1 is a free service that connects individuals to critical health and social service resources when they need help the most. From help with a household bill, food assistance, or counseling for suicide prevention, United Way's 2-1-1 help line is open 24 hours a day, 365 days a year.

Grocery Store

It's not just about food! Grocery stores hold so many learning opportunities for families, all in one place that you visit on a regular basis. Use your trip to the local grocery store as a learning opportunity. Count the number of items in your cart to build number sense skills. Look for shapes throughout the store to grow shape recognition. Read labels with your child to reinforce literacy skills.

Parks

Take your outdoor play to the next level by visiting your local park. Nurture science inquiry by exploring nature. Support social emotional development by encouraging children to play with each other and take turns. Build gross motor skills through active play.

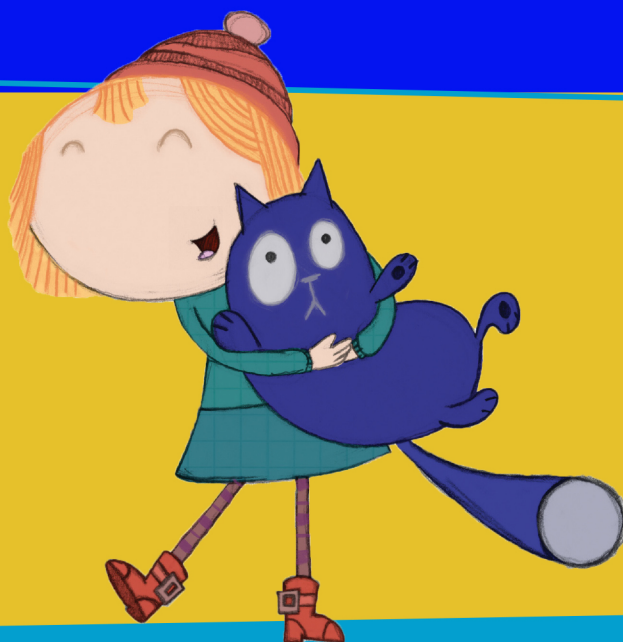
Your Local PBS Station

In addition to all the great television programming you know and love from PBS, your local station is engaging the community in many different ways. Events, teacher trainings, community partnerships, and local productions are just a few of the ways you can interact with your PBS station. Visit www.pbs.org/stations to find your station.

MeetTheHelpers.org

Get to more about Helper careers like police officers, firefighters, doctors, and others. Learn about how these Helpers assist in emergency situations. Then, download activity sheets to help your family practice emergency preparedness.

A 3D cartoon illustration of an orange dinosaur with large green eyes and a wide smile, standing against a blue and yellow background. The dinosaur has blue spots on its head and tail. It is standing on its hind legs with its left arm extended outwards. The background is split into blue and yellow sections.










A COMMUNITY SERVICE OF THE UNIVERSITY OF ARIZONA