

Session Six: Let's Make Friends!

Introduction: Welcome everyone to Ready, Set, Kindergarten! week six. Does anyone remember what we talked about last week? Did anyone go outside and count and collect treasure?

To the adults (optional if you think you need to explain the program again): Over the next six weeks, we will be teaching you easy ways to help get your child ready for Kindergarten while still having fun, sharing stories and singing songs. During each session we will be focusing on a different readiness skill and also introducing skills that your child will need in Kindergarten like learning to sit and listen, raising hands to ask questions, and working together with classmates.

Let me now give you a quick overview of what you can expect in each session. I will be sharing books, songs, rhymes, and activities with the kids throughout each session much like in a traditional library storytime. It is important that you, the grownups, stay engaged throughout because these sessions are just as much for you as they are for your kids and I will be giving you tips throughout. So I hope that you are here to learn and have fun too! At the end of each session, each kid will get a free book to take home and keep. Sound good?

Welcome song: Talk, Sing, Read, Write, Play

To the adults: Today we are going to do activities together that work on self-care and movement skills, as well as health and social development. When your child enters Kindergarten, it is important that they know how to interact appropriately with other children and the basics of self-care such as taking care of bathroom needs, getting dressed, and controlling emotions.

Song: Clap your hands (https://youtu.be/_MDSPTqfR40)

Picture Book: *I Like Myself!* By Karen Beaumont
(Alternate Book: *All By Myself* By Aiki)

Action Rhyme/chant: All By Myself

Note: Encourage adults and children to chant the "all by myself" lines and to act out the motions with you for each activity in the chant.

What can I do (all by myself)?

Here's what I can do (all by myself)

I can wash my hands (all by myself)

I can comb my hair (all by myself)

I can put on my shoes (all by myself)

What can you do (all by yourself)?

Point to each child and ask them to act out what they can do all by themselves.

I can sit right down (all by myself)

And fold my hands (all by myself).

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Picture Book: *When I Am=Cuando Estoy* By Gladys Rosa-Mendoza (Alternate: *When Sophie Gets Angry* By Molly Bang)

To the adults: *Talk about emotions with your child. Teach children the names of emotions—anger, sadness, happiness, fear. This way your child will have the tools they need to communicate. Also, it is important to listen to what your child has to say. Give children permission to experience their feelings. “It is okay that you are angry but you cannot hit other people. How about tearing up paper or hitting a pillow instead?”*

To the adults: *It is also important to talk to your child about empathy—the ability to understand the feelings and experiences of others.*

Empathy Activity: Hand out face pictures to kids and ask them to bring up the appropriate face to answer the following questions.:

- How do you think your friend would feel if someone broke her favorite toy?
- How would your friend feel if you painted them a beautiful picture?
- How would you feel if your friend fell down and scraped his knee?
- If someone grabbed a toy from you, how would you feel?
- If there was a new child in your class how do you think they might feel on their first day? What would you do?
- You invite your best friend to go to the zoo with you. How do you think that will make them feel?

To the adults: *Talking about and practicing these skills will help reinforce empathy.*

Song: Goldfish Song by Laurie Berkner Band

Action Rhyme: Where is Thumbkin? (<https://youtu.be/pFIPilBKgDs>)

To the adults: *Motor skills are an important indicator of school readiness. Practice gross motor skills—walking, jumping and skipping with your child by playing together at the park. Challenge your child to a skipping race! Practice fine motor-skills—pinching, grasping, squeezing—with finger plays, playdoh, and allowing your child to use scissors to cut out pictures from magazines.*

Picture Book: *Jabari Jumps*

(Alternate Book: *School’s First Day of School* By Adam Rex)

To the adults: **Use stories to help children through transitions or changes.** Your librarian can help you find books on things that may be happening in your child’s world: starting school, sibling rivalry, taking a trip, bullying and more!

Action game: Simon Says (play a few rounds)

To the adults: Listening skills are also a part of how a child learns, and this is connected to the ability for a child to have self-control in group situations. Children learn from other children as well so it is

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important to give them opportunities to interact socially before kindergarten. Play dates, library programs, and other group activities (like this one!) will help prepare children for the transition into Kindergarten.

To the adults: Today we talked about emotions, self-care and motor skills. Learning how to appropriately express emotion, listen, follow directions, use scissors and tie shoes, before Kindergarten will give your child a huge head start! Lastly, and most importantly, start your child on a new sleep routine now so that they will be ready for school in the fall.

Closing Song: Wave Your Knees

Craft Activity: Making collage cards: cutting pictures out of magazines and gluing them onto a piece of paper.

Think of someone you love. Now make them a card telling them that you love them. How do you think they will feel to get a card from you?

Giveaway Book: Wemberley Worried

Books for display:

Grumpy Bird

Glad Monster, Sad Monster

Sometimes I'm Bombaloo

The Way I Feel

I Am Happy (Steve Light)

The Feelings Book (Parr)

When I Am/Cuando Estoy

Llama Llama Mad at Mama

Feelings (Alici)

Story of My Feelings (Laurie Berkner)

Today I Feel Silly

Whoever You Are (Mem Fox)

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Red Crayon