

“Arrive with Five”

Important Skills	How to Develop the Skills
<p align="center"><u>Health and Wellness</u></p> <ul style="list-style-type: none"> ● Cares for self (toileting, washing hands, dressing) ● Is well rested ● Can engage independently in free play 	<p align="center"><u>Health and Wellness</u></p> <ul style="list-style-type: none"> ● Practice independent self-care routines (wipes own nose, properly cleans self after using the bathroom, zips jacket, buttons pants, ties shoes, etc.) ● Plan and practice a bedtime routine (“The 3 B’s” Bath, Brush Teeth, Book) ● Allow your child to engage in unstructured play
<p align="center"><u>Social Skills and Relationships</u></p> <ul style="list-style-type: none"> ● Makes friends and plays with other children ● Uses words to describe feelings words such as happy, sad, mad, frustrated ● Knows how to re-focus, calm down and bounce back 	<p align="center"><u>Social Skills and Relationships</u></p> <ul style="list-style-type: none"> ● Support your child when interacting with other children ● Label the feelings of your child ● Model ways to handle frustration calmly
<p align="center"><u>Literacy and Language</u></p> <ul style="list-style-type: none"> ● Engages in conversations and tells short stories ● Listens to and follows directions ● Can recognize their own name ● Participates in songs and chants ● Writes or draws pictures to communicate 	<p align="center"><u>Literacy and Language</u></p> <ul style="list-style-type: none"> ● Talk to your child every day about their day ● While reading, stop to discuss the story ● Praise and encourage your child when they follow directions ● Help your child identify the letters in their own name ● Sing simple songs and chants ● Draw pictures and talk about them
<p align="center"><u>Math and Science</u></p> <ul style="list-style-type: none"> ● Counts and uses math vocabulary (same/different, more/less, all/none) ● Matches, sorts, and groups objects ● Is curious about and investigates their world 	<p align="center"><u>Math and Science</u></p> <ul style="list-style-type: none"> ● Count everyday objects and use math vocabulary to describe them ● Investigate objects in your house (match socks when doing the laundry, sort kitchen utensils) ● Expose your child to the world around them (go on a nature walk, take your child to new places such as the post office)
<p align="center"><u>Approaches to Learning</u></p> <ul style="list-style-type: none"> ● Starts and finishes a preferred activity ● Can sustain interest in a non-preferred activity ● Is willing to try new things and make a mistake ● Works cooperatively with others 	<p align="center"><u>Approaches to Learning</u></p> <ul style="list-style-type: none"> ● Encourage your child to play independently ● Ask your child to help with tasks (setting the table, making a grocery list, cleaning up) ● Play games or do projects with your child that encourages him/her to sit for 5 to 8 minutes ● Encourage your child to try new things and praise their efforts ● Encourage cooperation, problem solving and sharing when playing with others

Commonly Asked Questions

- Questions to be asking your school:
 - How do you communicate with families?
 - How can I be involved in the school or classroom?
 - What support services does the school provide?
 - What resources are available (library, tutoring, before/after school programs)?
 - Is transportation and/or Free/Reduced Lunch available for my child?
 - What does a typical day look like?