

In Kindergarten



Brought to you by
Berkshiremuseum
Your community museum.

**Children's
Museum**
OF RICHMOND



A note to soon-to-be-kindergarteners and their families,

Congratulations! Berkshire Museum and our many partners would like to welcome you to the next chapter in your education. Do you feel excited? Nervous? Proud? Scared? Starting kindergarten can be exciting but also challenging. For many it may mean a new school, new teachers, new routines, and new friends. Kindergarten brings a lot of change, but you are not alone. Thousands of families across the country are experiencing those same feelings.

Berkshire Museum and our partners have teamed up to help make the transition to kindergarten a little easier for both students and their families. Our missions speak to improving the quality of life for the communities we serve, and our youngest students deserve as much help as we can provide.

This book was designed to help you understand what to expect in kindergarten, and share some of the skills your family can practice together as you prepare. It contains helpful tips and resources for parents and caregivers as well, including early childhood learner locations and activities, and ways you can help ease anxiety as kindergarten approaches and begins. We hope you enjoy what's inside.

Sincerely,
Your friends at Berkshire Museum

P.S. You really are not alone, thousands of students entering Kindergarten across the country received a copy of this book! Which page is your favorite?

This book belongs to:

I will attend:

This publication is brought to you by

Berkshiremuseum

Funded in part by

 **Berkshire**Bank.

Life is exciting. Let us help.

Concept and design by

Craig Langlois

Berkshire Museum Chief Experience Officer

Original Illustrations by

Studio Two

With additional illustrations by Kimberly Donoughe

When I wake up in the morning I
dress myself before I go to kindergarten.



*Use the stickers to dress yourself
for warm weather and cold weather!*

What should I wear?



Long Sleeve Shirt



Short Sleeve Shirt

Socks



Pants



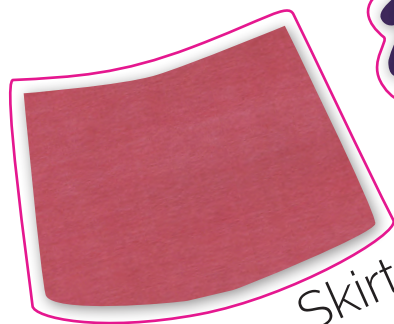
Shoes



Hat



Coat



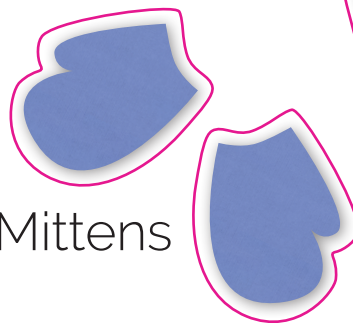
Skirt



Gloves



Boots

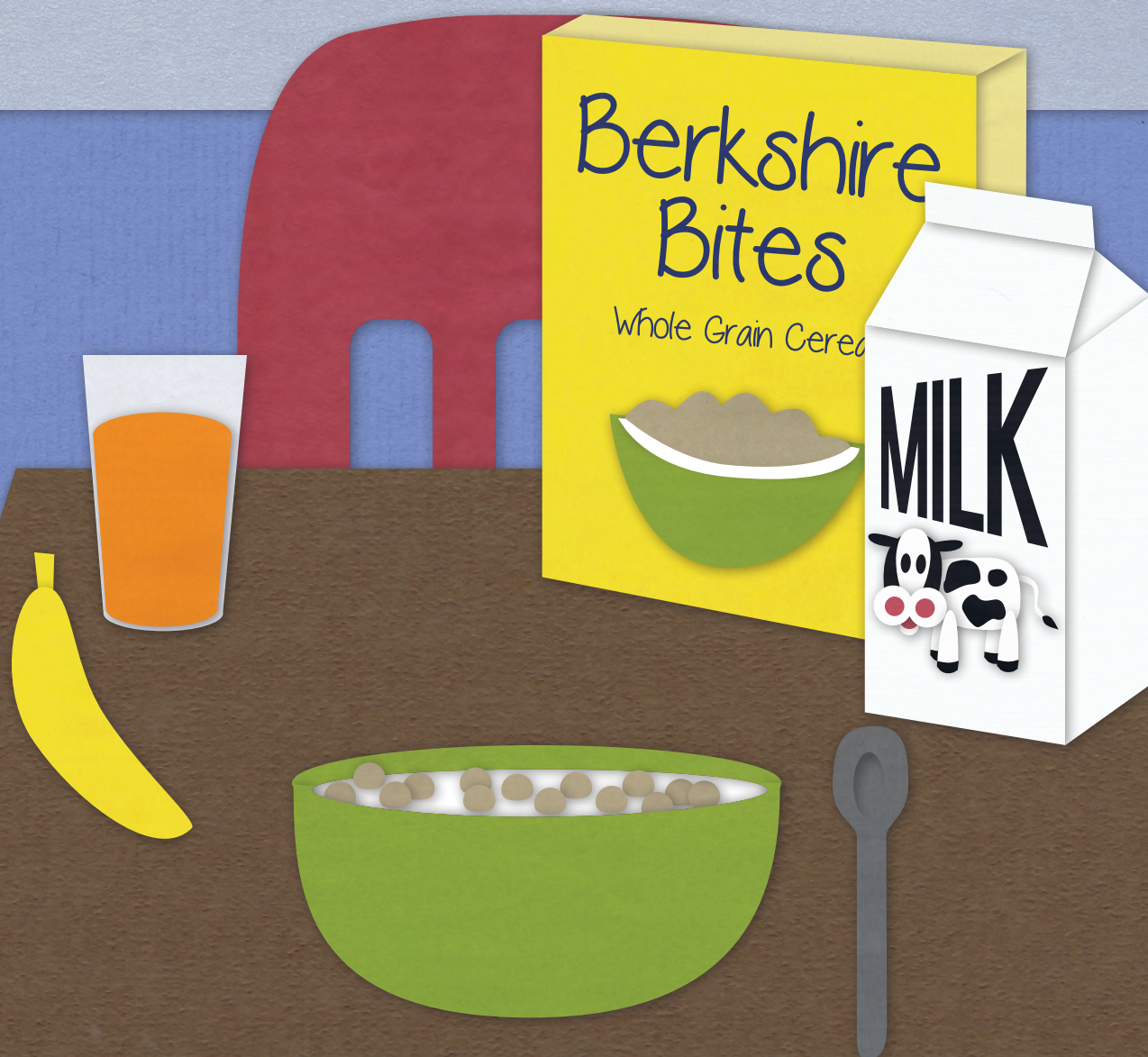


Mittens

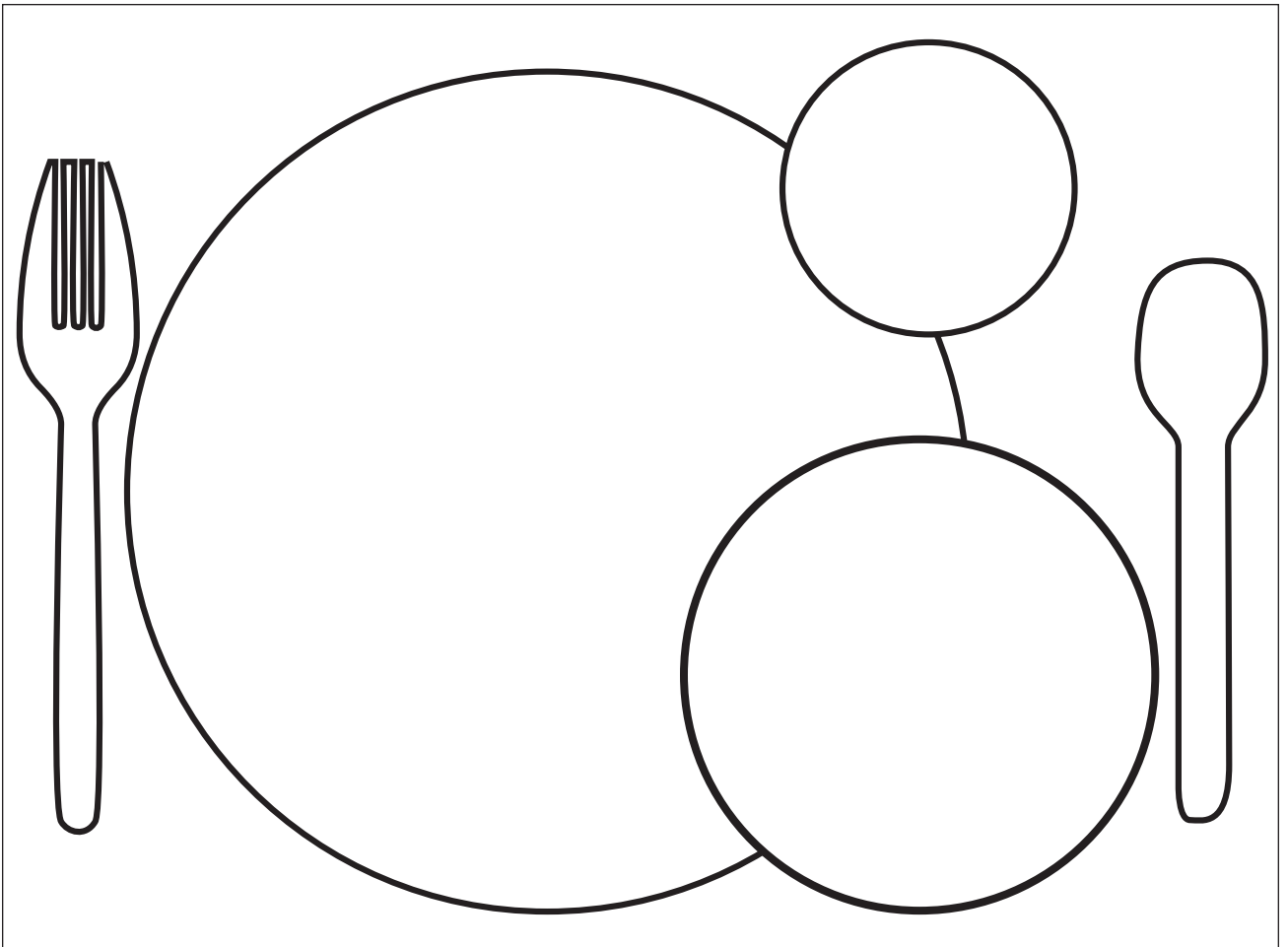


Shorts

I eat my breakfast before I go to kindergarten.

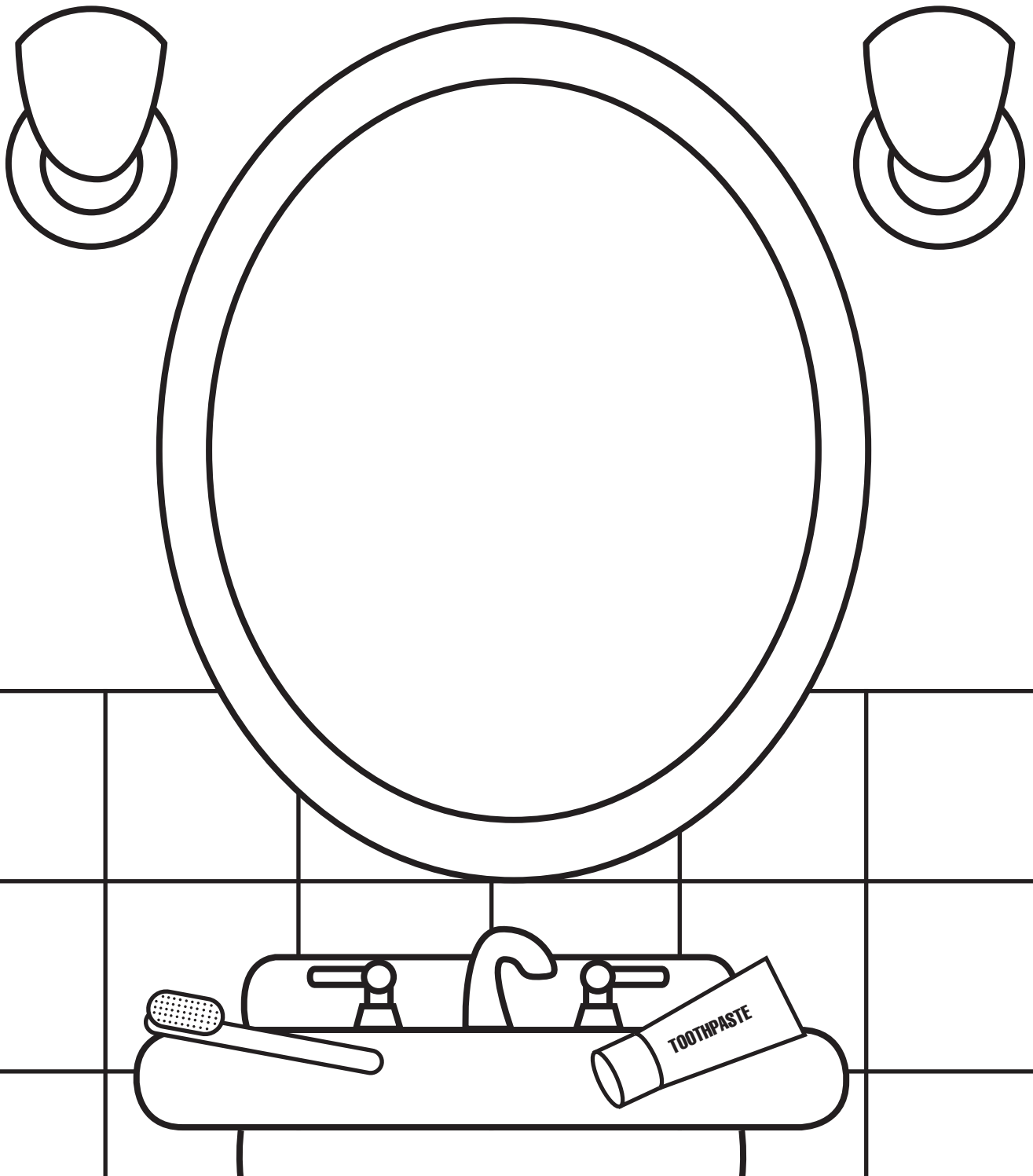


For breakfast I like to eat...



Draw your breakfast and write about it!

I brush my teeth before I go to kindergarten.



Color the picture and draw yourself brushing your teeth!

I pack my backpack before
I go to kindergarten.



apple

juice box



lunch box

folder

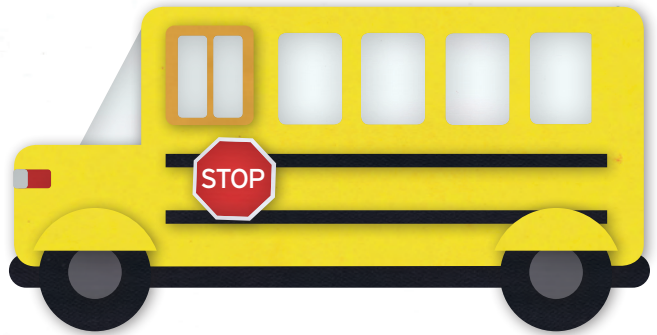


Trace the letters!

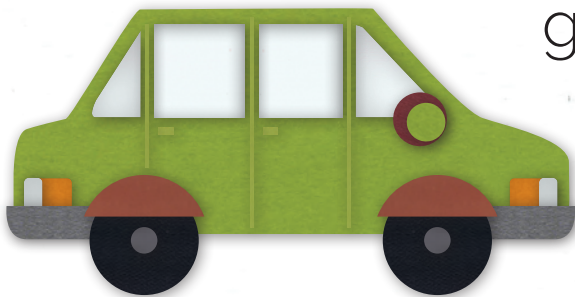
Before I go to kindergarten, I put on my coat and shoes, and take my backpack.



I may go on a bus



go in a car



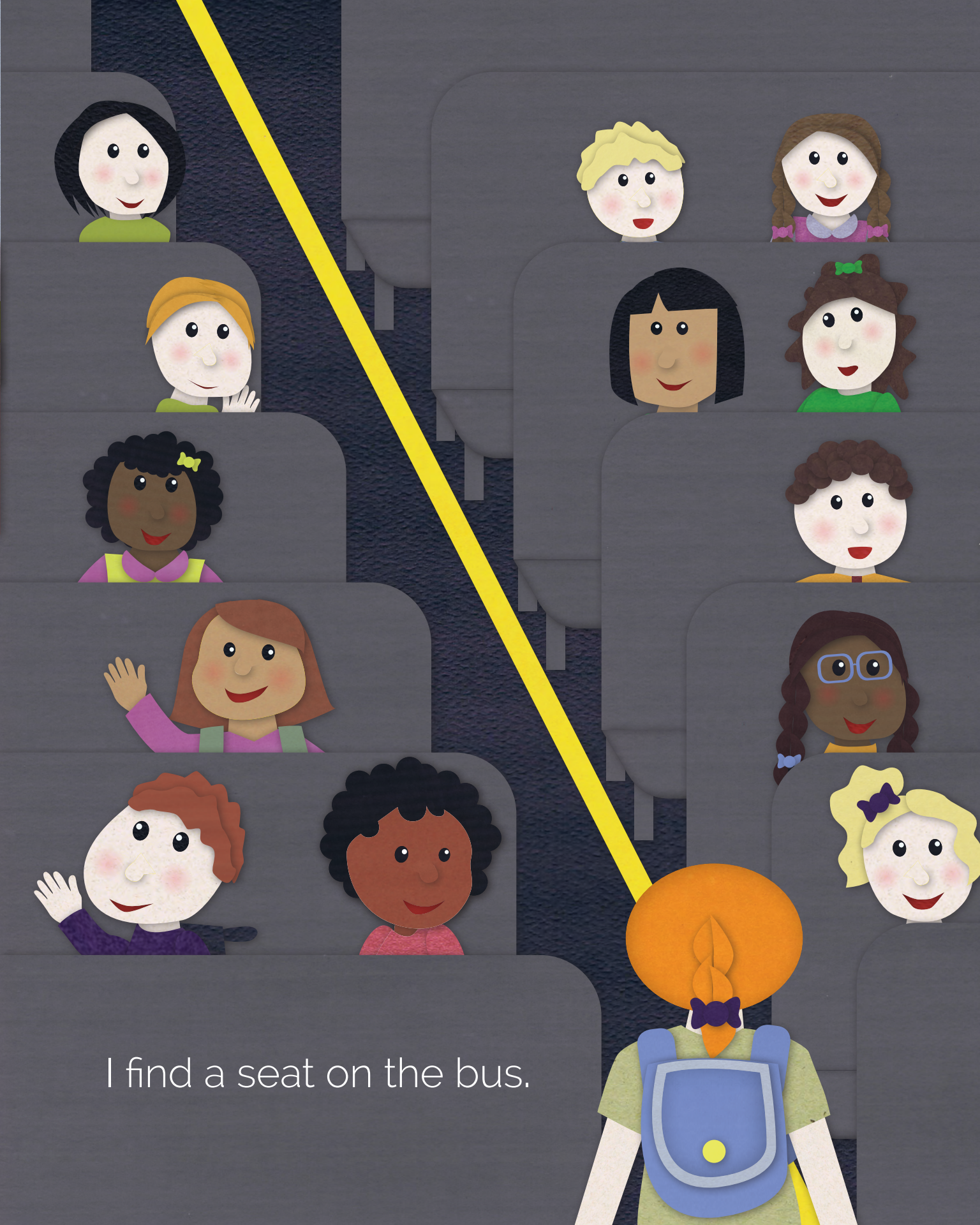
or I may walk



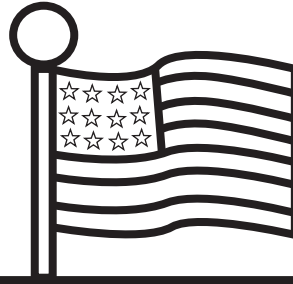
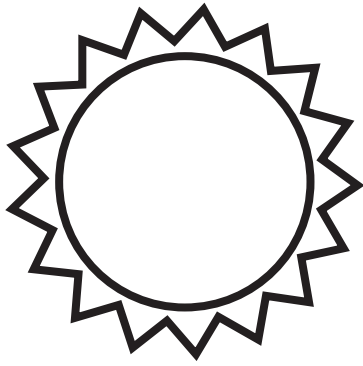
Trace the letters!

When I am at the bus stop I stay on the sidewalk. When the bus arrives I get on.

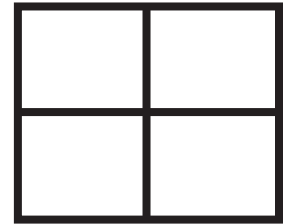




I find a seat on the bus.



SCHOOL



When I
get off the
bus a teacher will
meet me and take
me to my classroom.

Color the picture!

Every school has a principal.
The principal keeps us safe
and helps solve problems.



PRINCIPAL'S OFFICE

If I feel sick in kindergarten I tell the teacher
and go see the school nurse. She may take
my temperature and see what's wrong.





The custodian makes sure that the hallways are clear and empties the trashcans.

A B C D E F G H I J K L M

First Day of Kindergarten

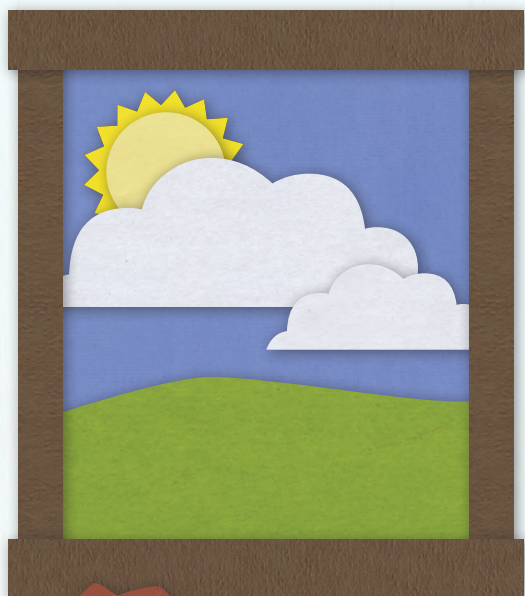
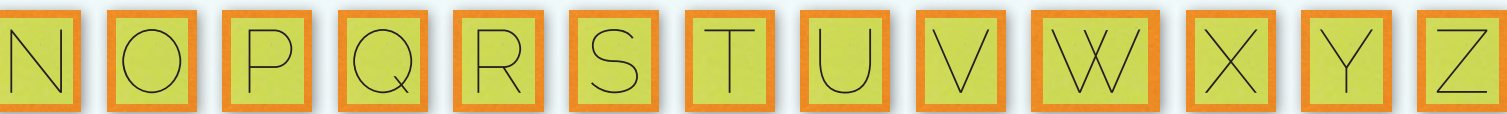
1
+ 2
3
+ 1

CAT

DOG

TEACHER

There are
teachers in
my class and
other children.



There may be time
to eat a snack,
such as an apple
or granola bar.



CAFETERIA

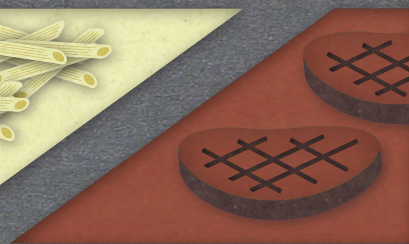
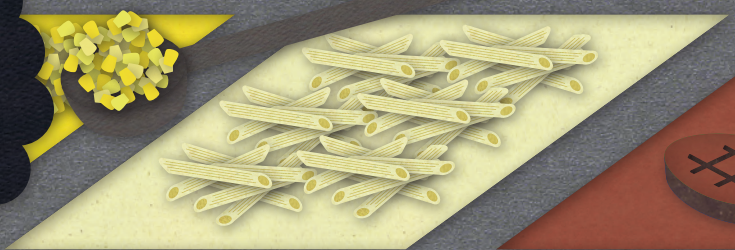
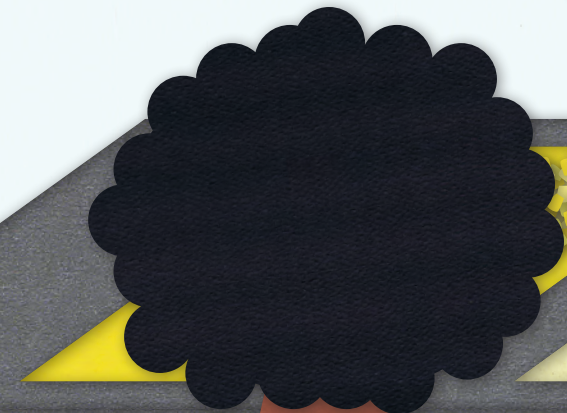
MONDAY
Macaroni
and Cheese

TUESDAY
Chicken Nuggets

WEDNESDAY
Fish Sticks

THURSDAY
Turkey
and Gravy

FRIDAY
Pizza



In kindergarten I eat in the cafeteria.
I may get the school food or bring my
own in my lunch box or lunch bag.

school
food



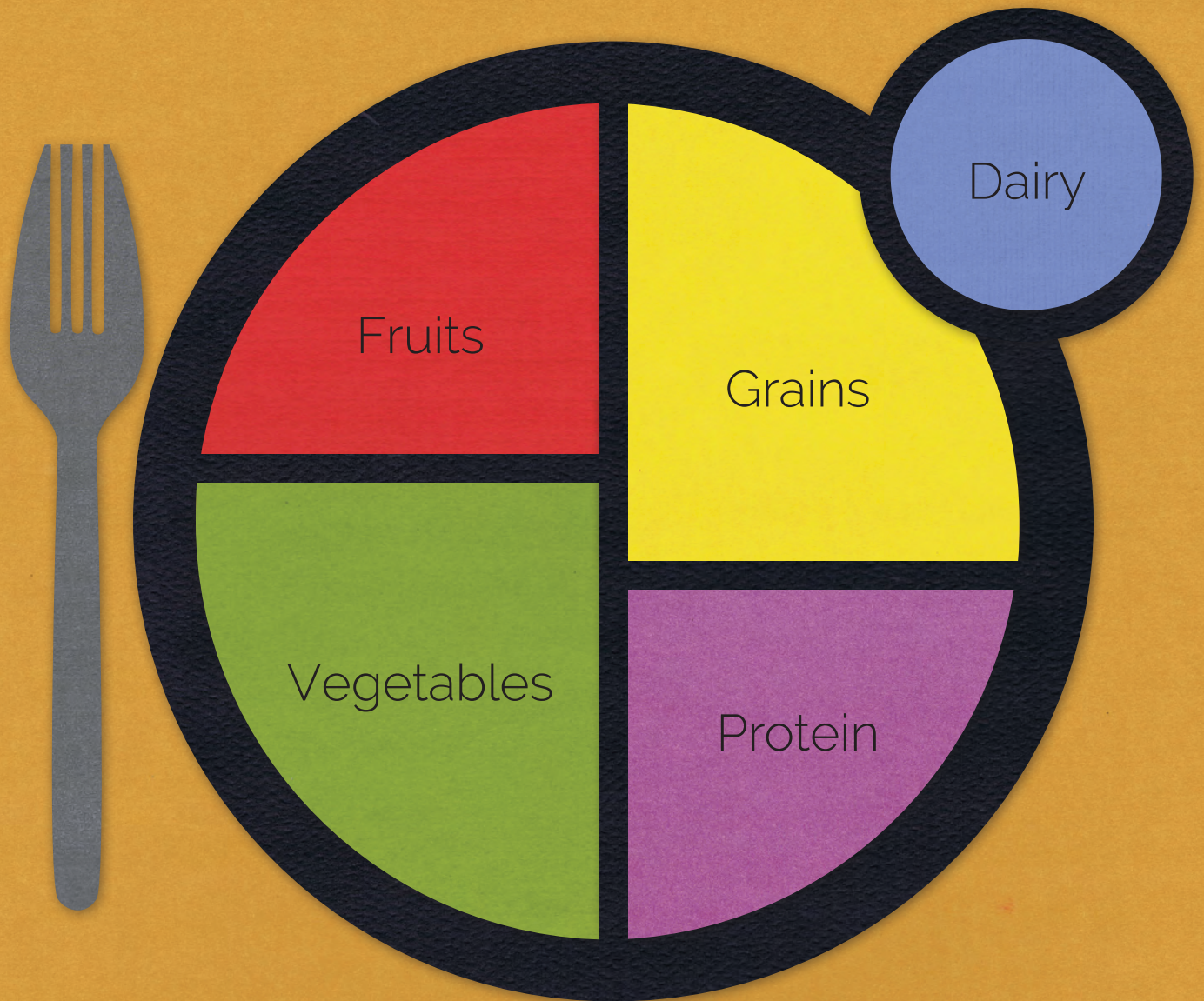
lunch box

lunch bag

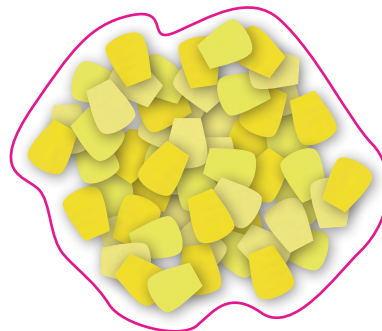
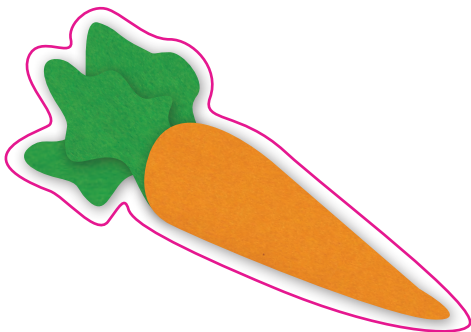
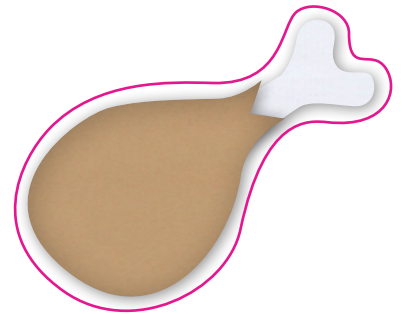
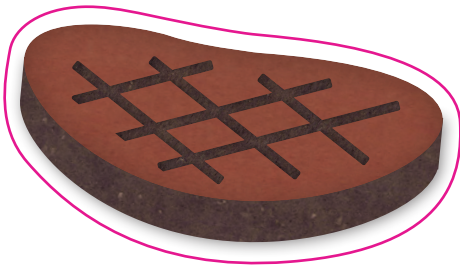
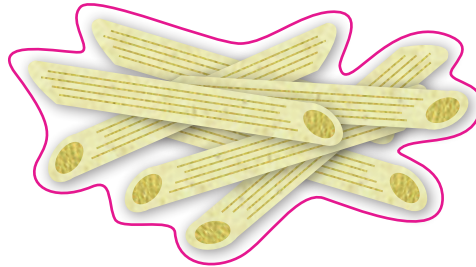
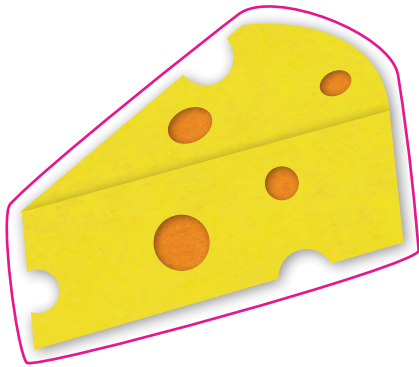
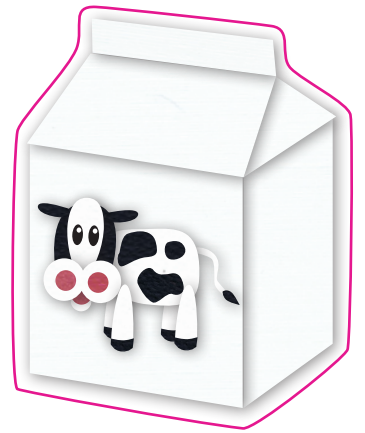
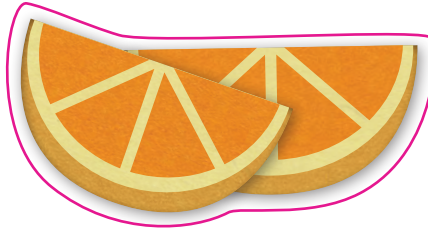


Trace the letters!

On your plate:



Use the stickers to build your lunch!



In kindergarten on
certain days I will go to



music

school library



gym



art



Trace the letters!

In kindergarten I...

Natasha

Finn

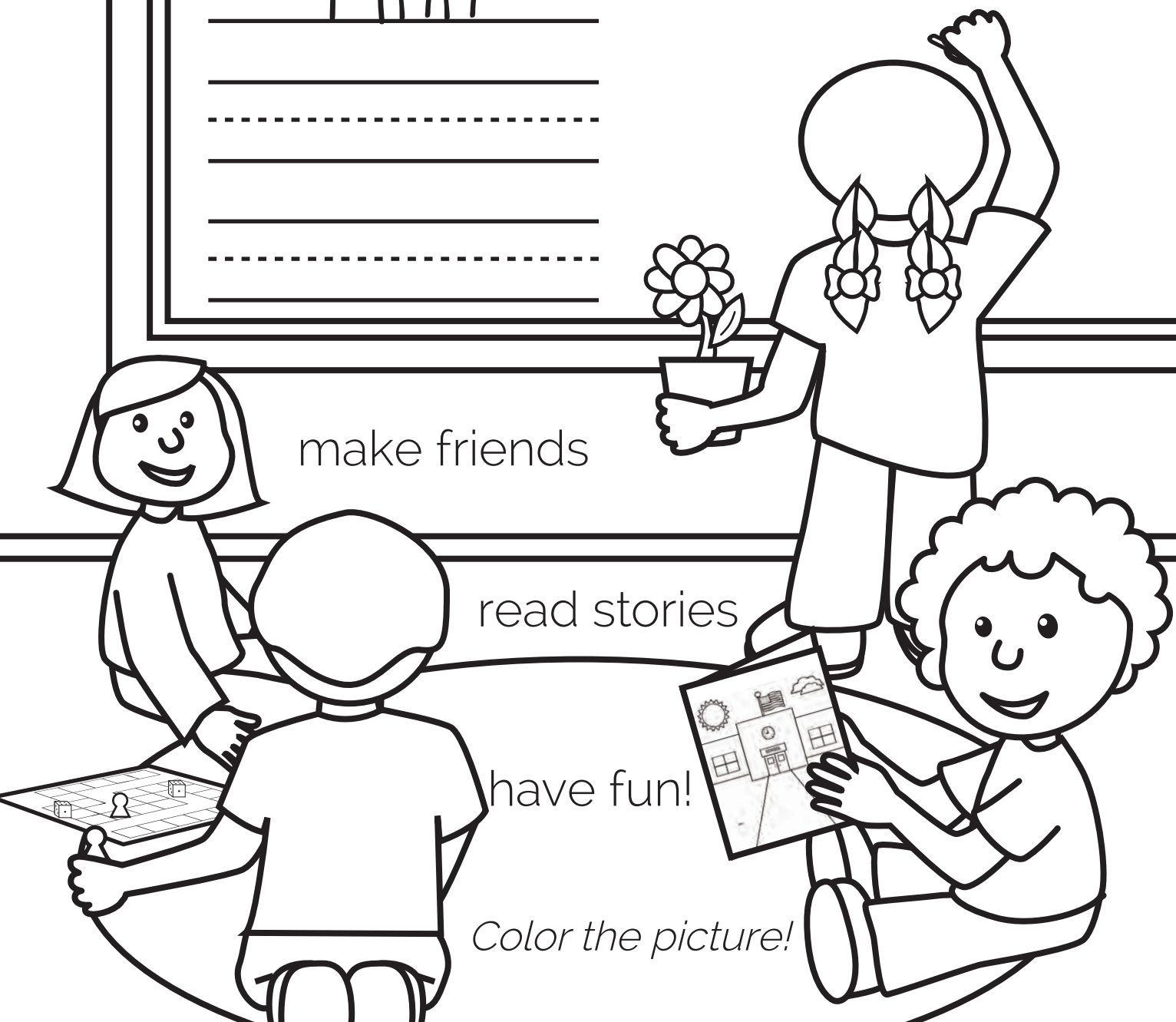
learn new things

make friends

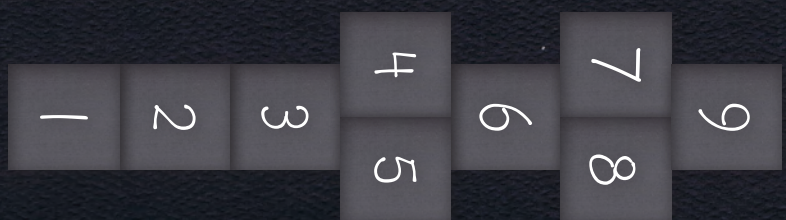
read stories

have fun!

Color the picture!



Sometimes I play outside.



Other times
I play inside.





MONTHS OF
THE YEAR

January
February
March
April
May
June
July
August
September
October
November
December

DAYS OF
THE WEEK

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Anthony

Grace

Diego

At the end of the day I pack my
backpack before I leave.
There will be lots of fun
waiting for me next time.

In kindergarten I want to...



Draw a picture and write about it!

In kindergarten I wonder about...



Draw a picture and write about it!

Family Tips for a Smooth Start

Share positive thoughts about school.

Show your child you are excited and they will be too.

Have a regular bedtime and wake up time.
Practice for a week or two before school starts.

Plan what to wear the night before (limit the choices).

Children can sometimes be tired after a full day of school.
Try to allow for some quiet time at home.

Encourage your child to talk about the school day.

Read books about going to school.

Visit the school. Play on the playground.

Families should share concerns with the child's teacher.
Call, email, or write a note.



Checklist for Children Ready for Kindergarten

- ☒ I am ready to learn new things.
- ☐ I am ready to make new friends.
- ☐ I can listen to grown ups.
- ☐ I can follow directions.
- ☐ I can take care of my own things.
- ☐ I can help others.
- ☐ I can ask for help when I need it.
- ☐ I try to solve my own problems.
- ☐ I dress myself.
- ☐ I can draw.
- ☐ I can play nicely with others.
- ☐ I like to look at books.
- ☐ I put things away after I use them.
- ☐ I can tell stories.
- ☐ I use manners (Please and Thank you).



Checklist for Parents

You as the parent are a key person in getting your child ready for kindergarten. Have fun!

Do I...

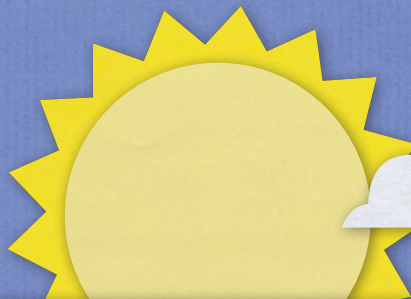
- ☒ Read to my child each day?
- ☐ Take my child to the library to pick out books?
- ☐ Encourage my child to retell stories in her own words?
- ☐ Provide materials for my child to write and draw?
- ☐ Encourage my child to engage in activities that involve hopping, skipping, running, biking which enhance large motor development?
- ☐ Use numbers when playing or working with my child?
- ☐ Provide activities which encourage my child to count and write numbers?
- ☐ Talk with my child about her daily activities and encourage her to describe special events?
- ☐ Take time each day to talk or do activities with my child?
- ☐ Listen carefully when my child talks to me?
- ☐ Provide clear and consistent guidelines, expectations, and rules for my child?
- ☐ Encourage my child to dress and clean himself?
- ☐ Encourage kindness, sharing toys and taking turns?
- ☐ Encourage my child to solve problems on his own?

June

Choose only the activities that would be appropriate for your child and the ones you would like to do. These are not intended to be daily experiences, rather as an occasional event. Not all children will be able or expected to do all of the activities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Help your child count. Find objects to practice counting.	Close your eyes and listen for one minute. Draw a picture of things you heard.	Count the windows in your home.	Balance on one foot for as long as you can. Then balance on the other foot.	List four things taller than your house.	Which weighs more, a handful of raisins or a handful of cereal? Try it.	Go to the library for some new books.
Ask your child to tell a story. Write it down. Read it again later.	Say the days of the week.	Play "Follow the leader." Take turns being the leader.	Do five sit-ups. Do ten jumping jacks.	Cut a magazine picture into several pieces. Put it back together.	Write the names of five animals that live in a forest.	Plant a seed.
Practice zipping and buttoning.	Tell a funny story about a day at the beach.	Draw a picture using a circle, square, triangle, oval, and a diamond.	List all the farm animals you can.	Say your name and address two times.	Match the socks when doing laundry.	Say "please" and "thank you" often—your child will, too.
Sing a song.	Read a book to someone by describing the pictures.	Sort coins by size.	Go to the library for some new books.	Play a card or board game that involves taking turns.	Make a sandwich. Cut it in half, then in fourths.	Name ten things smaller than you are.
Put your play things back where they belong.	Help someone make dinner.	Draw a picture. Tell a story about it.	If you could travel anywhere in the world, where would it be? Why?	Take a walk outside. Collect 10 objects and make a design from them.	Visit a museum.	Find out who the tallest person in your home is.

July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Say the days of the week.	Tell a story.	Count the door knobs in your home.	Sing the alphabet.	List four things taller than your house.	Name five shapes.	Point to your right ankle. Point to your right knee.
Have someone read you a story. Tell a different ending for the story.	Say the days of the week.	Show the numbers from one to ten using cereal.	Do ten knee bends and ten jumping jacks.	Tell someone a story about a Fourth of July adventure.	Write the names of five animals that live in a forest.	Practice tying shoes.
Draw a picture of a garden.	Name five ways to cool off on a hot day.	Draw a picture using a rectangle, square, and a circle.	List all the pond animals you can.	Say your name and address two times.	Do something nice for someone in your family.	Go for a walk. Then draw a picture of five things you remember seeing.
Help someone make dinner.	Read a book to someone by describing the pictures.	Go outside and count the number of steps you take from one end of your home to the other.	Find ten things that are round.	Jog in place for two minutes. Feel your heart beating.	Visit a museum.	Count the number of fingers on people in your house.
Get dressed by yourself.	Cut a magazine picture into several pieces. Put it back together.	Go to the library for some new books.	Name five healthful foods.	Untie and then tie your shoes.	Play a card or board game that involves taking turns.	Say the days of the week.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eat something from each color of the rainbow.	Sing two songs.	Count the door knobs in your home.	Play "I spy."	List four things taller than your house.	Go to the library for some new books.	Practice tying shoes.
Say the alphabet.	Say the days of the week.	Play a card or board game that involves taking turns.	Tell someone five things you like about yourself.	Cut a magazine picture into several pieces. Put it back together.	Write the names of five animals that live in a zoo.	Name the four seasons. Draw a summer picture.
Recite the nursery rhyme "Jack and Jill."	Tell a funny story.	Draw a picture using 3 circles, 2 squares, and 1 triangle.	List all the ocean animals you can.	Say your name and address two times.	Count the total number of eyes on people in your house.	Visit a museum.
Jog in place for two minutes. Feel your heart beating.	Read a book to someone by describing the pictures.	Finish this sentence: My family is important because...	Name ten things smaller than you are.	Name the colors in a rainbow. Draw one.	Make a sandwich. Cut it in half, then in fourths.	Balance on one foot for as long as you can. Then balance on the other foot.
Pretend you are going camping. Tell someone all the things you would take.	Count from 1 to 15.	Do five sit-ups. Do ten jumping jacks.	Set the table. Count the total number of items on the table.	Take a walk outside. Collect ten objects and make a design from them.	Say the months of the year.	Count all the lamps in your home.

The First Day of School

Look for books by the following authors:

Arnold, Tedd
Asch, Frank
Beaty, Andrea
Brett, Jan
Bridwell, Norman
Brown, Marc
Brown, Margaret Wise
Bunting, Eve
Carle, Eric
Christelow, Eileen
Dean, James
dePaola, Tomie
Diaz, Junot
Ehlert, Lois
Fleming, Denise
Fox, Mem
Gaiman, Neil
Gershator, Phillis
Gibbons, Gail
Hall, Zoe
Harris, Meena
Harrison, Vashti
Ho, Joanna
Jeffers, Oliver
Lionni, Leo
Klassen, John
McCloskey, Robert
Muhammad, Ibtihaj
Novak, B.J.
Park, Soyung
Pickney, Jerry
Rey, H.A.
Reynolds, Peter H.
Sendak, Maurice
Weisner, David
Willems, Mo

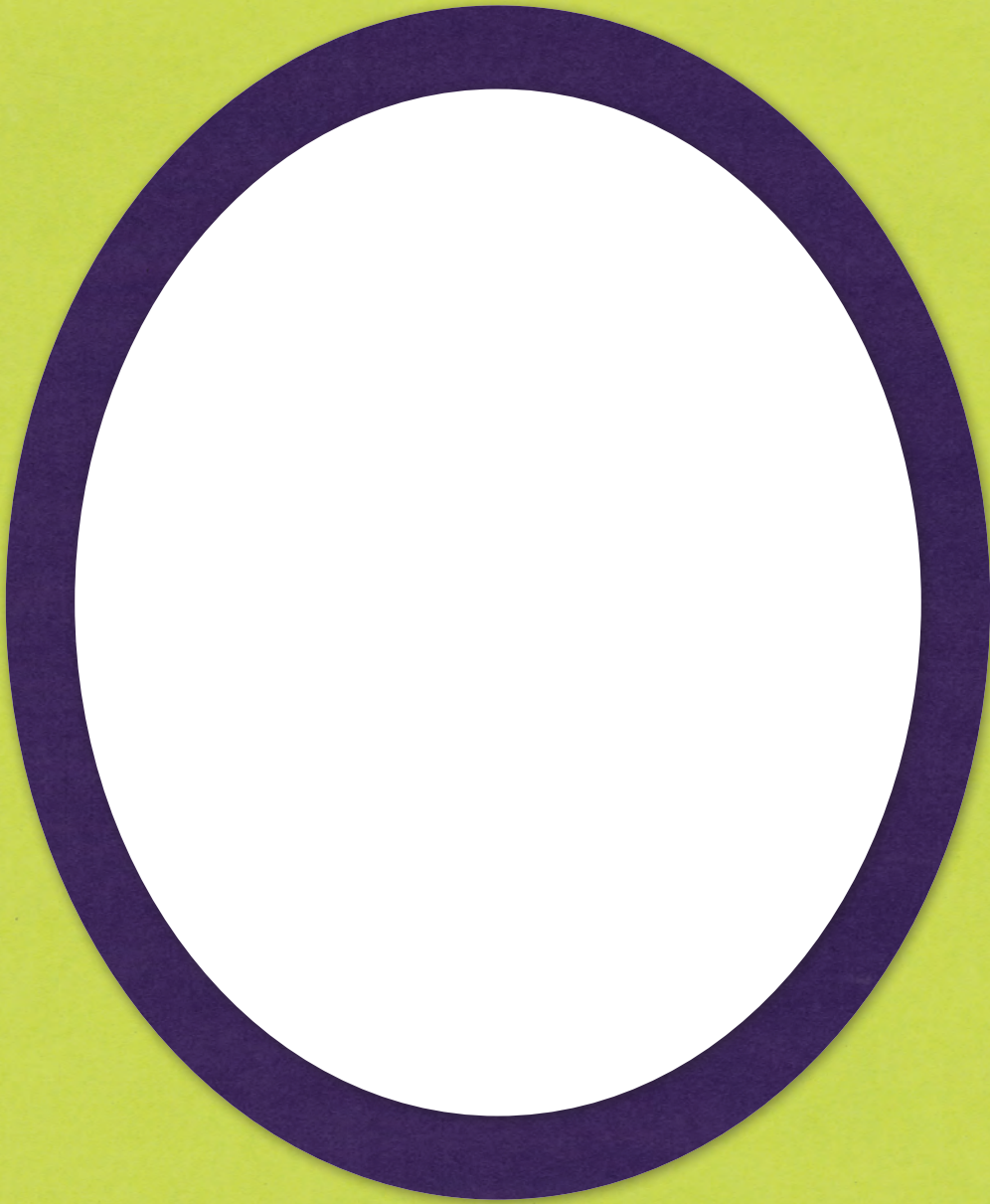
The best way for parents to support their child on the first day of school is to not prolong the goodbye. Instead, focus on the positive experiences your child is about to enjoy. Communicate with your child that school is a safe and fun place. Let them know that you will be there for them afterwards and will be excited to hear about their day. The teacher will help ease the transition.

The following books are great to read before starting school:

All are Welcome by Alexandria Penfold
Amanda Panda Quits Kindergarten by Candice Ransom
Chamelia And the New Kid in Class by Ethan Long
Clover Kitty Goes to Kindergarten by Laura Purdie Salas
Fergal is Fuming by Robert Starling
First Day Jitters by Julie Danneberg
Froggy Goes to School by Jonathan London
Kindergarten Countdown by Marjorie Blane Parker
Kindergarten Hat by Janet Lawler
Look Out Kindergarten, Here I Come! by Nancy Carlson
Mom, It's My First Day of Kindergarten by Hywon Yum
Planet Kindergarten by Sue Ganz-Schmitt
The Day My Mom Came to Kindergarten by Maureen Fergus
The Day You Begin by Jacqueline Woodson
The Noisy Classroom by Angela Shante
We Don't Eat Our Classmates by Ryan T. Higgins
Yoko Writes Her Name by Rosemary Wells

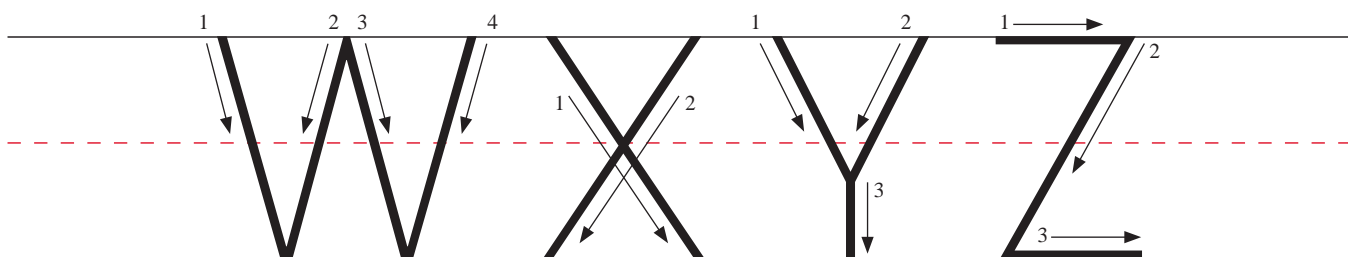
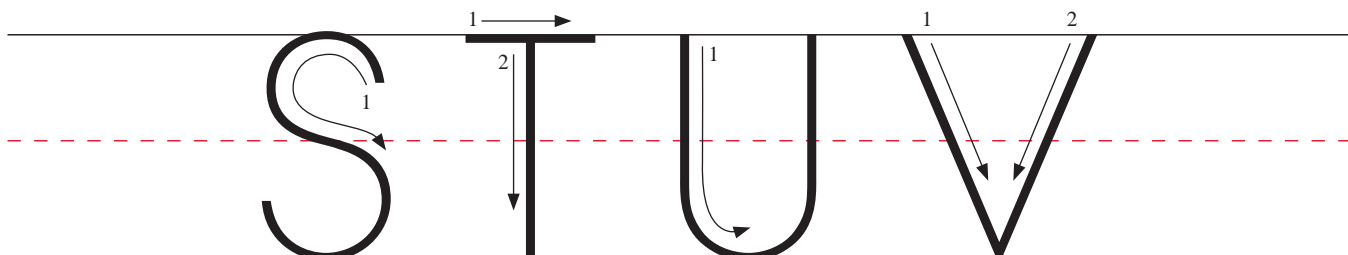
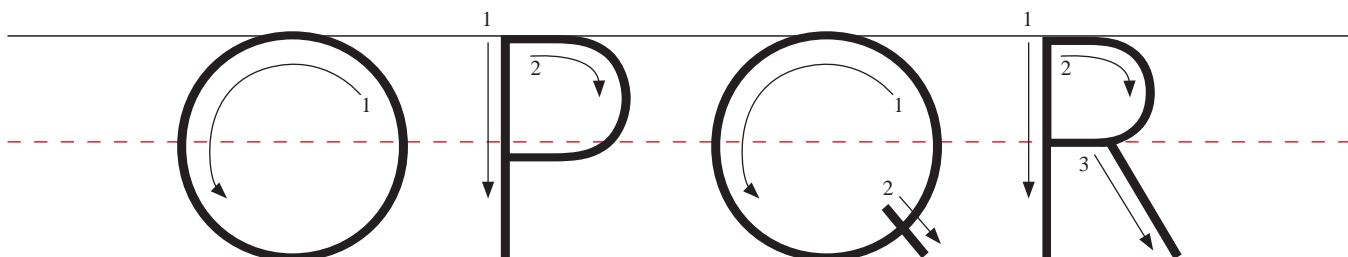
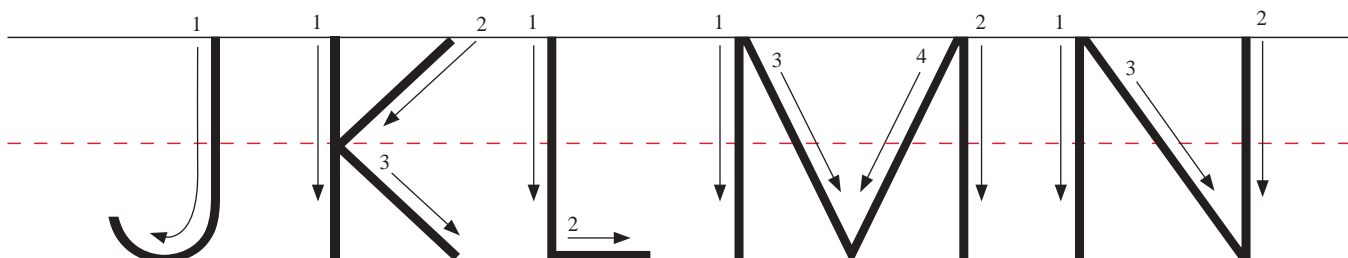
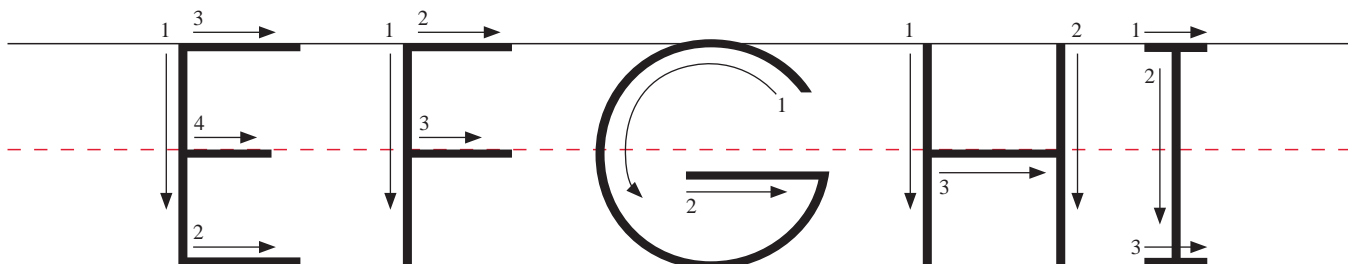
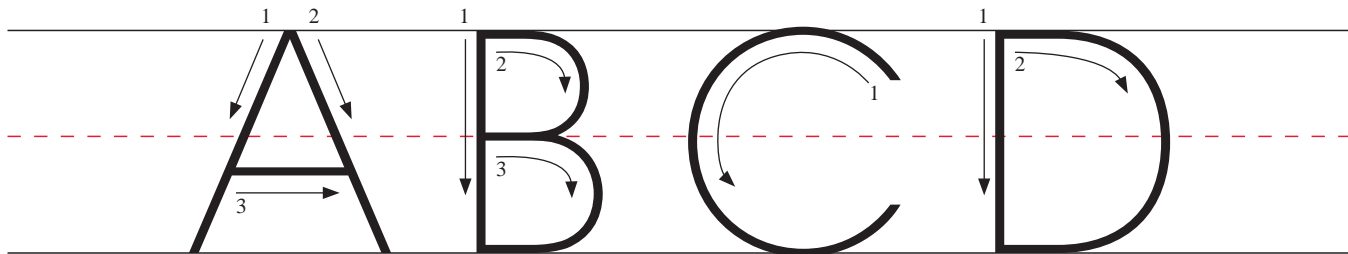


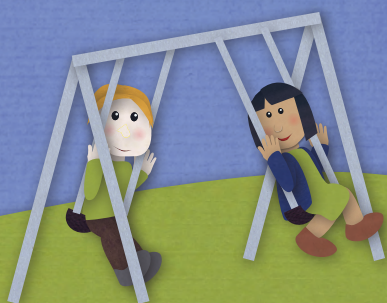
This child is ready for kindergarten!



Draw a picture of yourself and write your name!

Practice your letters!





Can't wait to
see you in
kindergarten!

