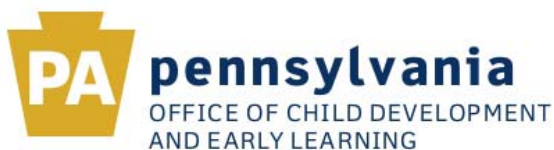


Success By 6, the School Readiness Program of the United Way of Lackawanna County is pleased to provide you with this booklet as an aid in preparing your child for kindergarten. This booklet is meant to be a fun, interactive learning guide.

We hope you enjoy it!

For additional school readiness materials go to: www.uwlc.net then click on the Success By 6 link.

This publication was made possible due to the financial support:



United Way of
Lackawanna County



of Lackawanna County
presents:

Kindergarten is Fun!



Are you ready?

Listening is Fun!

In Kindergarten, it is important to always listen to your teacher. She has so many things for you to learn.

Can you sit quietly and listen to a story?

Try it at home.

Stories are great fun.



Can you guess.....

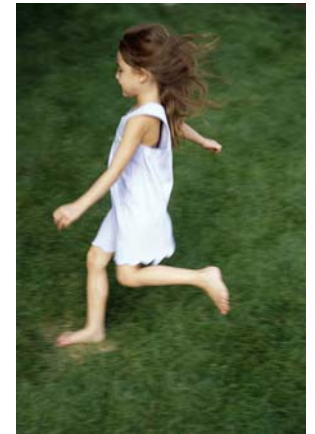
Another important really fun thing you can do every day to be ready for school?

Exercise for about one hour and get enough sleep!

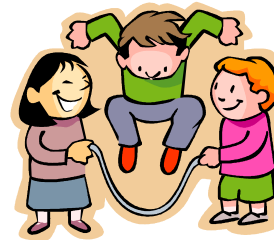
(about ten hours)

Really, it's true!

Try to play outside every single day.



Run.



Jump

And have fun!

Guess What?

One of the most important things you can do to be ready for school is to eat healthy. Lots of parents wonder how much should my child eat?

Here are guidelines:

- 5 servings of fruits and/ or veggies per day
 $\frac{1}{2}$ cup juice, fruit or veggies = 1 serving
- Two to three 8oz glasses of milk per day
- 6 oz of protein per day
- 3 fats a day (1 tsp margarine, Tbsp salad dressing...)
- 6 servings of starches per day (whole grain when possible)
 1 serving = 1 slice of bread, a small potato,
 8 french fries, 1/2c cereal, 1/2 c pasta



Being a Friend is Fun!

In Kindergarten there will be other children who would like to be your friend.

Always remember to:

*be kind to everyone

*share

*wait for your turn



You will have many friends.

Colors are Fun!

Can you name these colors?

Red

Green

Orange

Blue

Yellow

Purple

Brown

Black

In Kindergarten you will color, paint, cut with scissors, and print letters and numbers.

Ask a grown up to sit with you and have fun practicing these skills.

Lunch will be fun!

But, it will be noisy.....

Some children bring their lunch to school and some children buy their lunch. Practice using your lunchbox before kindergarten begins.



All kids wonder about the bathroom. It may look like the bathroom at the Mall. Many kindergarten rooms have their own bathroom. Don't worry, if you need to use it, just raise your hand and tell your teacher. Remember, everybody needs to use the bathroom, even your teacher.

Your Kindergarten room will be fun!

Some Kindergarten classrooms
look like this.



Gym Class will be fun!



Numbers are Fun!

Do you know any of these numbers?

0

5

1

6

2

7

3

8

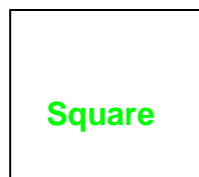
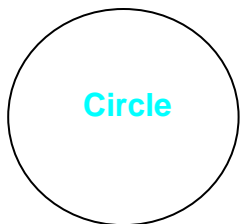
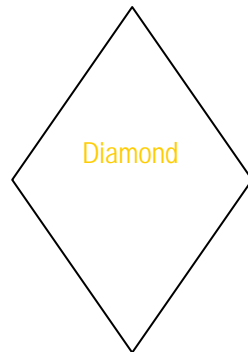
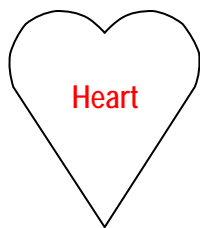
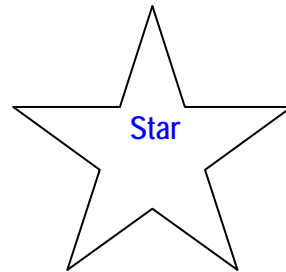
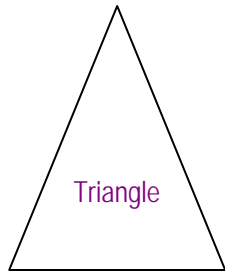
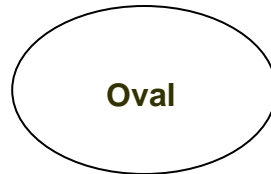
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9

Can you find the number that shows
how old you are? _____

Shapes are Fun!

Can you name these fun shapes?



Letters are Fun!

A a

J j

S s

B b

K k

T t

C c

L l

U u

D d

M m

V v

E e

N n

W w

F f

O o

X x

G g

P p

Y y

H h

Q q

Z z

I i

R r

Can you find the letters that spell your name? _____

Always write your name starting with a capital letter and then lower case letters. Example: Abby