Starting school is an exciting time for children and families. Below are a few great ways to practice the social-emotional skills your child will need to be ready for their transition to any learning setting.

- **Taking Turns:** Practice turn-taking with your child by giving verbal cues (i.e. "my turn, your turn" or "first you, then me, now you, now me").
- **Sharing is Caring:** Sharing with others is an important skill! Practice sharing by engaging in cooperative play, like building with blocks or painting with your child. Provide opportunities for your child to share materials with you.
- **Whole-Body Listening:** Simon Says is a great way to help children practice listening and following directions. Try adding elements of whole-body listening into the game ("Simon says: sit criss-cross on the floor, look at my face, keep hands in your lap," and so on).
- **Managing Big Feelings:** Managing big feelings is a skill that can take lots of practice! The three step strategy “Breathe, Think, Do” can help in tough moments.
- **Independence:** Help children build confidence with self-care tasks that they may need to do in a school setting, such as cleaning up after themselves, putting on and taking off their jackets or shoes, using a lunch box, etc.

**Family Activity: Getting Ready for School**

If you have a book with beautiful pictures and a wonderful story, but the text in the book is too difficult for your kids it’s okay to change some words, skip some text, and adapt the story to suit the level of your child. Use the illustrations to help you tell the story at a level that makes sense for your situation.

**Family Reading Tip: Modify the Story**

All books are available at local libraries. Click on each book cover for read-aloud links!

**Spot Goes to School**
Eric Hill

**Little Ghoul Goes to School**
Jeff Czekaj

**Lola Goes to School**
Anna McQuinn

**Kindergarten Is Cool**
Linda Elovitz Marshall

**How to be Kind in Kindergarten**
David Steinberg

**Butterflies on the First Day of School**
Annie Silverstro

**Lena’s Shoes Are Nervous**
Keith Calabrese

**Isabel & Her Colores Go to School**
Alexandra Alessandri

Activity inspired by Sesame Street in Communities activity, “Getting Ready for Kindergarten”