

Parent Information and Welcome to the AIM OT Kindy Readiness Group

What are Kindy Readiness Skills?



AIM
Occupational Therapy
for Children

KINDERGARTEN READINESS CHECKLIST

THIS IS A GUIDE ONLY OF WHAT IS EXPECTED IN KINDERGARTEN. YOUR CHILD DOES NOT NEED TO BE COMPETENT AT THE BELOW BUT RATHER WILLING TO LEARN THE BELOW IN A KINDERGARTEN SETTING. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT AIM OCCUPATIONAL THERAPY 6150 8339 OR RECEPTION@AIMOT.COM.AU

CHILD'S NAME: _____

<p>FINE AND GROSS MOTOR DEVELOPMENT</p> <p>WILLINGNESS TO</p> <ol style="list-style-type: none">1. USE SCISSORS2. USE A PENCIL3. CATCH A BALL4. JUMP5. CLIMB6. USE PLAYGROUND EQUIPMENT	<p>SOCIAL AND EMOTIONAL DEVELOPMENT</p> <p>WILLINGNESS TO</p> <ol style="list-style-type: none">1. SHARE TOYS AND EQUIPMENT2. CHOOSE AND ENGAGE IN OWN ACTIVITIES3. FOLLOW RULES AND ROUTINES4. USE MANNERS5. DEMONSTRATE SELF HELP SKILLS
<p>LITERACY DEVELOPMENT</p> <p>WILLINGNESS TO</p> <ol style="list-style-type: none">1. TRACE2. LEARN SOUNDS OF LETTERS3. CONTRIBUTE TO CLASS DISCUSSIONS4. STAND AND TELL NEWS TO THE CLASS5. CLAP SYLLABLES OF WORDS6. JOIN IN SINGING SONGS	<p>NUMERACY DEVELOPMENT</p> <p>WILLINGNESS TO</p> <ol style="list-style-type: none">1. COUNT UP TO 202. RECOGNISE NUMERALS 1-103. RECOGNISE SHAPES4. SORT SHAPES ACCORDING TO SIZE (SMALL, MED, LARGE)

The areas the AIM OT Kindy Readiness Group has a specific focus on are the Fine and Gross Motor Development and Social and Emotional Development noted above.

AIM Occupational Therapy for Children: reception@aimot.com.au or 6150 8339

How Can I Help My Child To Be Kindy Ready?

Hand Strength Activities

- Pegs – help hang out tea towels on clotheshorse; or pegs around container to make a cage for zoo animals.
- Tongs – serve up own salad
- Building with Lego
- Scrunching up paper – make them into balls that you toss into a bucket; or stuff them into a stocking and make a tale
- Play dough – squeezing and pinching dough; searching for hidden objects in the dough
- Popping bubble wrap

Hands working together activities

- Threading
- Play dough – rolling pin, cutters, plastic knife and fork
- Stirring

Cutting Activities

- Start with snipping then move onto straight lines
- Look for scissors that have different size loops. Thumb goes in small loop and two fingers go in larger loop.
- Turn a picture into a puzzle by pasting it on card, drawing thick black lines on it (puzzle pieces) and then cut it out.

Nimble Finger Activities

- Play dough – roll into small balls with one hand only
- Collage – tear small pieces of paper and paste onto your picture; you could scrunch them up before gluing.
- Wind-up toys

Pre-writing and Drawing Activities

- Make shapes out of play dough
- Draw patterns in the air; on each other's back.
- Pre-writing patterns include: -; |; O; /; \; X; ... (triangle, zig zag)
- Paint shapes and patterns on bricks or fence using water and brush.

Independence

- Encourage them to dress on their own.

- Let them make themselves a sandwich or butter their toast.
- Encourage them to pack away their toys
- Practice packing and unpacking schoolbag

Games for fun and learning

- Snap card game
- Simon says
- Animal lotto
- Pairs memory game
- Hide and seek
- Act out a favourite story
- What's the time Mr Fox?
- I spy with my little eye – start with colours and shapes

We hope your child enjoys the group and their skills improve.

We encourage any feedback: feedback@aimot.com.au

Thank you.

