



# Before I start kindergarten...



Lester B. Pearson School Board  
Commission scolaire Lester-B.-Pearson  
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**A**

I explore the alphabet by recognizing my own name.

A C P  
K I M J  
U T S

**B**

I build with boxes, blocks and branches.

**C**

I am creative. I play dress-up, play dough and paint.

**D**

I doodle, draw and colour.

**E**

I explore feelings and emotions by reading books and talking about them.

**F**

I try new healthy foods to feed my growing body.

**G**

I play games with simple rules.

**H**

I try to hop on two feet, then on one foot.

**I**

I use my imagination to tell stories.

**J**

I practice jumping jacks.

**K**

I know my name and age.

My name is...

**L**

I visit the library.

**M**

I am a maker: I build with recyclables.

**N**

I name objects, places and people.

**O**

I play outside every day.

**P**

I complete puzzles.

**Q**

I ask lots of questions to find out more about the world.

**R**

I am read to daily.

**S**

I sing songs.

**T**

I brush my teeth every day.

**U**

I practice walking up stairs and down stairs.

**V**

I ask a grown-up to help me make a video to introduce myself to my new teacher and school friends.

**W**

I practice washing my hands while singing a song.

**X**

X marks the spot! I play scavenger hunt or search for pirate treasures.

**Y**

I try yoga.

**Z**

I make sure to get enough ZZZs by having a predictable bedtime routine.