

**Welcome to the Get Ready For School bundle!**

**This card deck is meant to support parents prepare their child for the transition to school. The cards present activities based on the four main areas of development with some challenge cards. Each card is colour-coded by skillset and presents valuable play opportunities!**



**Get Ready for  
School Cards**

The blue cards focus on communication skills.

These activities support language development and social interactions.



## Communication



The orange cards focus on gross motor activities.

These activities help children develop their balance and coordination.



## Gross Motor



The red cards focus on activities of daily living (ADLs).

These self-care skills help children become independent and confident in taking care of their personal needs.

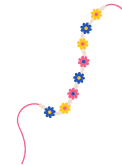


## ADLs



The green cards focus on fine motor skills.

These activities help children develop their hand strength, coordination and pre-writing skills.



## Fine Motor



Help your child identify when they are happy, sad, angry or tired. Explore strategies that help your child feel better.



## Exploring Emotions



Read with your child daily. Point to the pictures and words as you read. Using engaging character voices can make it more fun.



## Reading



Starting school means getting to play with new toys and friends. Practice turn taking and sharing toys to promote positive peer relationships. A great way to practice is through play dates.



## Turn Taking



Review and practice basic information with your child such as:

- Their name
- Family name
- Parent(s) and sibling(s) names
- Age
- Birthday



## Tell Us About Yourself!



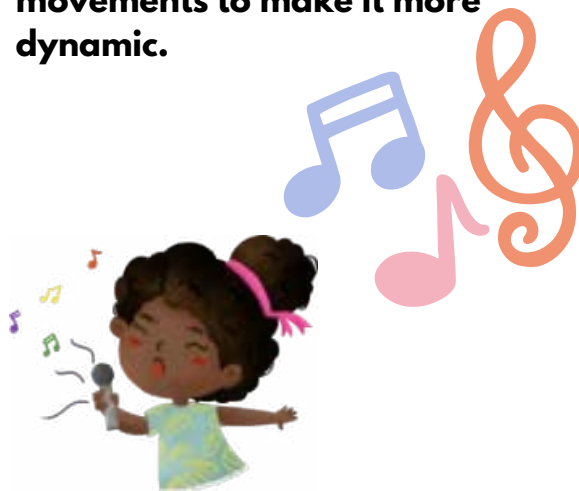
**Model and practice greetings such as hello and goodbye. Teach the accompanying gestures such as waving or nodding head.**



## Greetings



**Learn nursery rhymes and practice singing along. Incorporate gestures and movements to make it more dynamic.**



## Sing Nursery Rhymes



**Model and encourage your child to ask for help when needed. This can be done verbally, through gestures or by using visuals.**



## Communicate Help



**Cleaning up is a daily school activity. Have your child practice cleaning up after play time, snack time, bath time, etc.**



## Clean Up



**Have your child start to practice doing buttons. Have them help you pull up the zippers on their clothing.**



## Zippers/Buttons



**Practice managing a lunchbox through:**

- Zipping/unzipping it
- Opening/closing container lids
- Undoing snack wrappers
- Disposing garbage in their respective bins



## Snack/Lunch Time



**Build independence in the bathroom by encouraging your child to:**

- Ask or communicate their need to go the bathroom
- Practice undressing, wiping themselves, redressing, and washing their hands



## Toileting



Have your child practice how to wipe their nose and start to encourage them to blow their nose when needed.



## Wipe Nose



Have your child learn how to properly wash and dry their hands.

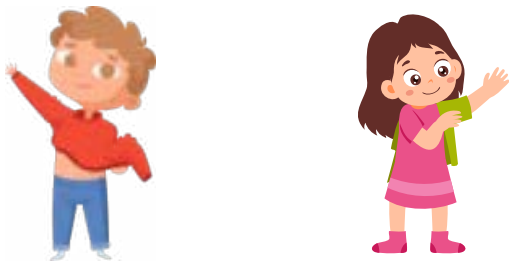


## Wash Hands



Help your child learn to independently dress and undress. Practice with their sweaters, jackets, shoes, and the fasteners of their clothing.

This will take time but the secret to success: practice, practice, practice!



## Dressing/Undressing



Have your child practice packing and unpacking their backpack. Practice putting their lunch box in their backpack by opening and closing the fasteners.

Make the task fun by playing scavenger hunt where your child must find the items to put in their backpack.



## Packing/Unpacking



Encourage your child to eat using utensils such as a fork, a spoon and a child safe knife.



## Using Utensils



Establish a morning routine to build independence in tasks.

Practice waking up, getting dressed, having a healthy breakfast, tidying up, brushing teeth, brushing hair, and washing face.



## Morning Routine



Establish an evening routine to build independence in tasks.

Practice bathing, putting on pyjamas, tidying up, and brushing teeth.



## Evening Routine



**Practice jumping up and down, forward and backward. Play simple games like hop scotch.**



**Jumping**



**Practice kicking a ball back and forth with your child, or into a goal. Practice simple soccer drills and other games.**



**Kicking**



**Get moving! Dance along to online videos, do the Hokey Pokey, Head-Shoulder Knees and Toes.**



**Dancing**



**Play simple running games like tag, red light green light, cross the ocean, what time is it Mr. Wolf etc.**



**Running**





**Practice going up and down the stairs with your child. Make sure they know to hold the handrail and not to run on the stairs. Have them practice an alternating step pattern.**



**Stairs**



**Visit the park as often as possible. Encourage your child to play with all the different play structures.**



**Go to the Park**



**Practice catching and throwing a ball, bean bag or balloon with your child.**

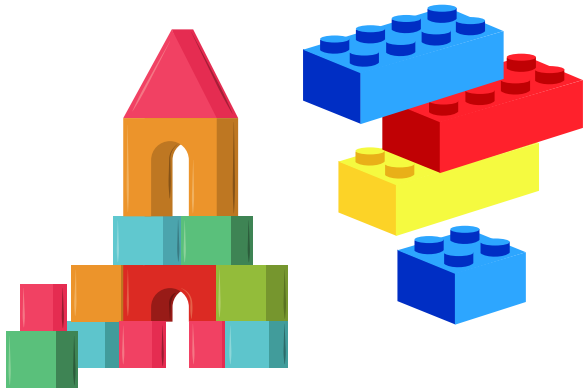
**Play games such as hot potato, monkey in the middle, dodgeball, tag, etc.**



**Catching/Throwing**



**Play with blocks. Use bigger blocks to start. Practice pushing them together and pulling them apart.**



**Building Blocks**



**Play with Playdough. Make shapes, letters, numbers, animals. Flatten it, roll it and cut it using different tools (scissors and cookie cutters).**



**Playdough**



**Play with paint using a paint brush, fingers, sponges, etc.**



**Paint**



**Make jewelry using beads. Use bigger beads and thread.**



**Beading**



**Practice coloring within thicker lines. Use simple images and small crayons.**



**Coloring**



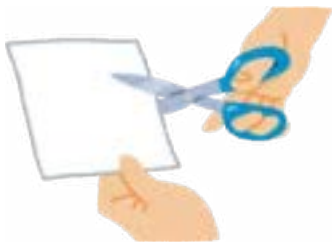
**Practice drawing simple shapes such as lines, circles, squares, triangles and letters in their name.**



**Drawing**



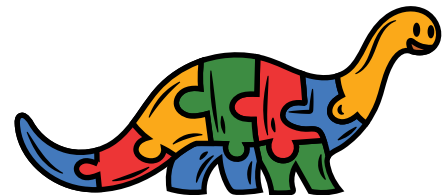
**Practice cutting paper or playdough using small children's scissors. Remind your child to cut with thumbs up.**



**Cutting**



**Make a puzzle. Start with simpler puzzles that have fewer and bigger pieces. Teach your child how to complete a puzzle by separating colours, referring to the picture and starting with the boarder.**



**Puzzles**



**Ready, Set, Go! cards are complimentary suggestions and activities that can help diversify your child's experience and make sure they are set up for success.**



**Ready, Set, Go!**



**Visit the school with your child, attend orientation day, play in the school yard during the summer.**



**Visit the School**



To ensure that every child has the best opportunity to learn and thrive, it is recommended that children have a routine hearing screening before starting school.

Early detection of hearing difficulties can make a big difference in a child's ability to participate in classroom activities and engage with their peers.



## Hearing Test



A new, fun and exciting adventure when starting school is taking the school bus. Whether it is daily to get to school or for a fieldtrip, it is important to review bus safety rules such as:

- Remaining seated
- Listening to the bus driver
- No eating, shouting or throwing items

Practice taking the bus with your child to get them ready for this new adventure!



## Take the Bus



Join Story Time at your local library to practice sitting and listening to a captivating story, turn taking, and interacting with others!



## Visit the Library



A routine vision test is recommended before or at the start of school.

Early detection can make a big difference in a child's ability to participate in classroom activities, develop their skills and engage with their peers.



## Vision Test

