

5 4 3 2 1 Countdown To Kindergarten

Countdown To Kindergarten suggests monthly activities to help prepare a child for Kindergarten.

Monthly Activities

August: All About Me!



Take blank sheets of paper and fold them in half. (You can staple along the fold, if you have a stapler.) Say, "Let's make a book about you! What would you like people to know about you?" (Helpful questions: "What makes you happy? What is your favorite color? What do you like to eat? How old are you? Who do you live with? What does your house look like? Do you have any pets?") You can write the answers (or let your child write some of the words in the answers, if she/he is ready). Write your child's name on the cover. Other things to write: your address and phone number. Have your child "read" the book to another family member or to a neighbor.

Other Ideas:

- **Picture Book:** Gather some photos from around the house of your child. Help your child glue them on to a page and ask your child to tell you about the pictures, as you write down what he/she says.
- **Face Book:** Title each page with a part of your child's face - My Eyes, My Nose, My Mouth, My Ears, My Hair, etc. For each page, have your child look in the mirror. Say, "Look at your eyes and try to draw them on this page." Title the last page "This is Me!" and ask your child to draw his/her whole face.

Related Books:

- *Amazing Grace* by Mary Hoffman
- *I Like Me!* by Nancy Carlson / Spanish version: *Me Gusto Como Soy!*
- *William's Doll* by Charlotte Zolotov
- *Peter's Chair* by Ezra Jack Keats / Spanish version: *La Silla De Pedro*
- *Faces* by Barbara Brenner / Spanish version: *Caras*