

5 4 3 2 1 Countdown To Kindergarten

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

Monthly Activities

September: Let's Get Moving



To help your child learn the names of body parts (and get exercise while having fun), sing the following song to the tune of "Old MacDonald." (The idea for the Old MacDonald Had a Body" song is from Follow Me Too: A Handbook of Movement Activities for Three- to Five-Year Olds, by Marianne Torbert and Lynne B. Schneider.)

Old MacDonald had a body, e-i-e-i-o
And on his body he had a head, e-i-e-i-o
With a nod, nod, here, and a nod, nod, there,
Here a nod, there a nod, everywhere a nod, nod
Old MacDonald had a body, e-i-e-i-o

Continue with hand-wave, or clap, then: knees-bend, feet-jump, etc.

Other Ideas:

Sing and laugh while asking your child if she/he can

- Touch your stomach with your elbow
- Touch your nose with your toes
- Touch your shoulder with your ear
- Touch your knee with your wrist

Related Books:

- *Here Are My Hands* by Bill Martin, Jr.
- *From Head to Toe* by Eric Carle