

Rising 3K Student Summer Skills Practice



Have you ever wondered what you should be practicing with your soon-to-be 3K Cougar Cub? Here are some important skills to work on during the summer months to help prepare for the start of the school year.

Fine-Motor

- Use scissors, hold with thumb on top
 - Let them practice cutting paper, play dough, foil, clay. This is a difficult task as their muscles mature and strengthen. Use gentle reminders to always keep their thumb on top for proper positioning.
- Hold a crayon/pencil, moving back and forth across the page with pinch grip
 - Allow your child to free draw and color.
- Pinch and move small objects from one bowl/plate to another
 - Pieces of cereal, beads, pom poms work great for this activity, count as you go.
- Begin to recognize the difference in objects and which do not belong
 - Clothes for different seasons, shoes for different activities
- Sort objects by color, size, shape, and type
- Use play dough to create different simple objects; pancake, ball, worm
 - This is a great activity for strengthening hand muscles and improving dexterity.
- Begin to string beads
- Trace lines using fingertip; straight, squiggly, zig zag, swirly
- Build a block tower
 - Can your child copy a tower you create? How tall can they build their tower?

Gross-Motor

- Jump from spot to spot
 - Place several paper plates on the ground and have your child jump from plate to plate. You can also use chalk to draw circles on the sidewalk/driveway.
- Hop on two feet
- Begin to balance on one foot
 - Start by lifting one foot and hold for a few seconds, then switch.
- Kick and toss a ball
- Run
- Walk heel to toe
- Create an obstacle course using gross-motor skills
 - Include many different things for your child to do; jump, walk in a circle, walk a line, crawl through a tunnel, climb up and over something
- Go swimming
- Practice crab walks

Eating and Self Care

- Use a fork and spoon
- Independently use the bathroom
 - Pull down pants, underwear, wipe, pull up pants and underwear
- Sit at the table until excused by an adult
 - Practice asking to be excused when finished
- Put on shoes and rain boots independently
- Put on clothing
- Practice using zippers
- Open and close containers used for lunch (Ziploc, Tupperware, straws, etc.)

Cognitive

- Names several colors
 - As you talk with your child, mention colors as you touch and describe things, "I love your pink dress!"
- Counts to 10

Cognitive (Cont.)

- Points to items one at a time while saying the corresponding number
 - Practice counting object; at the grocery store as you put things in the cart, as you take things out of the dryer, as you hand out snack.
- Identifies some letters
 - Point out letters throughout your day or as you read. Have lots of opportunities for your child to see their name in print.
- Begin identifying beginning letter of their name
- Sing the alphabet song
- Listen and attend to a task for 10-15 minutes
 - Practice sitting and following directions or working on a focused activity for 10-15 minutes.
- Communicates first and last name and age appropriately

Pre-Reading

- Shows interest in books and reading
- Read each night before bed
- Allow your child to retell stories when looking at a book
- Use stuffed animals or puppets to act out stories
- Attends to stories when they are read
 - Ask your child questions about the book, sharing their favorite parts or pictures
- Identifies the front and back of a book
- Have lots of different types of books available
 - Provide time for your child to explore different genres alone, looking at pictures, showing you their favorite books and pages.
- Allow your child to "read" to you
- Talk about the pictures in the book and let them tell you what is happening

Language

- Communicate needs to others
- Follows 1-2 step directions
- Speech is easily understood by classroom visitors
- Begins to understand conversational flow (talking and listening)
 - Take turns asking and answering questions, stopping to comment when appropriate.
- Call or Facetime family members and let your child lead a conversation

Language (Cont.)

- Speak in 3-4 words sentences
 - Model longer sentences by adding details to what they shared with you.
- Call themselves by name and call others by name

Social

- Play with 1-2 friends (when safe)
- Explore different and new items
- Practice sharing and taking turns
 - Roll a ball between you and your child. Play simple board games together. Ask your child for a turn when they are playing with a toy.
- Follows expectations and rules consistently
- Uses polite words with others to communicate needs and wishes
 - Use stuffed animals, toys or puppets to practice asking others to play or for help.
- Transitions from one task to another
- Cleans up their toys and materials
- Communicates emotions appropriately
 - Talk with your child about how they are feeling, especially in moments where they become upset or angry to identify these emotions. Use stuffed animals, toys or puppets to practice how to handle feelings that they have.

