



Play

How can so much fun get my child ready for school?

Playing games is the perfect way for children to exercise their bodies and their social skills. Games are fun, but they also teach children to take turns, share with others, follow rules, build physical strength, and use the large muscles in their body for hopping, jumping, walking, and balancing. These are skills they will use every day in kindergarten.

Try these at home!

- **Remember when.** Think back to the games you learned as a child. Share your stories of playing childhood games, teach your child the rules, and play them together!
- **Obstacle course.** Create an indoor obstacle course using small furniture like kitchen chairs, a stool, or sofa cushions. Direct your child to climb "over" the stool, "under" the chair, "around" the corner, and so on through your home.
- **Games for a gang.** Play outdoor games like "Red Light, Green Light," "Tag," or "Red Rover."

Things to say:

"You're taking turns!" Describe behavior you want to encourage.

"Keep trying!" Encourage your child when she needs it.

"Wow, you're working so hard!"

"You can do it!"

"Way to go!" Applaud every effort.

"I knew you could do it!"



BOSTON
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Read All About It:

Oh, the things you can do that are good for you! All About Staying Healthy (Cat In the Hat's Learning Library) by Tish Rabe

Franklin Plays the Game by Paulette Bourgeois and Brenda Clark



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