

Family Activities



Readiness Skill: Explores and tries new things

Young children learn through doing and by exploring new things with their senses such as touching, smelling, tasting, hearing, seeing, and manipulating objects. Parents can help foster a sense of exploration by trying the fun activities below.

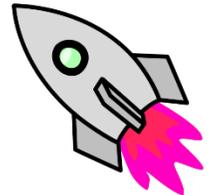
Limit Screen Time



This use of technology has become known as “screen time”. Technology has its time and place and can be very helpful in preparing your child for kindergarten if used appropriately and sparingly. Parents should closely monitor the amount of time their children are watching television, working on computers or other electronic devices such as smartphones and tablets. Research has shown that too much screen time can limit a child’s ability to explore or find things to do on their own. It may be helpful to put your child on a schedule or use a timer to limit the amount of time spent on the computer or watching television.

Brainstorming

Provide your child with play items that can help stimulate their thinking and imagination. Blocks, books, craft and drawing supplies are only a few of the things he or she may use to create new and exciting things. Work with your child to brainstorm or think of different uses for items you may have around your house. Instead of throwing out that empty paper towel tube try letting your child come up with new ways of using it (as a telescope, skyscraper, or rocket ship) – the possibilities are endless!



Encouragement and Praise

A little praise goes a long way. Your child is more likely to take risks and try new things if he or she is in an environment where risk taking is encouraged and is okay. Encourage them to express their ideas and to find more than one way to solve a problem. Praise him or her for solving a problem but then challenge them to find a different way of solving the same problem. Refrain from making your child feel ashamed or embarrassed for exploring new things. Try using different encouraging words with your child as opposed to always saying things like “You did a good job.” “I like that.” For more ideas for encouraging your child use the 100 Ways to Praise a Child chart included with this family print activity.

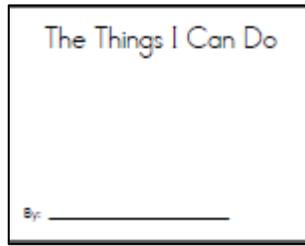


100+ Ways To Praise A Child



Things I Can Do Book

Print out the Things I Can Do book template provided with this activity and help your child think of some things he or she can do and complete the book template. Staple the pages together and place with your child's other books to enjoy again and again.



If at First You Don't Succeed . . .



Many children are reluctant to try new things out of fear of failure. Encourage your child to have fun and be brave. Remind them that it is perfectly okay if they are not good at something at first and to keep trying.

I Tried New Things Chart

Help your child keep track of the new things he or she tries by using the *I Tried New Things Chart* provided with this family print activity.

Encouragement Books

There are many children's books available that inspire and encourage. Check your local public library for many of these great titles.



Chester's Way by Kevin Henkes
Samantha on a Roll by Linda Ashman
Peep!: A Little Book About Taking a Leap by Maria van Lieshout
My Brave Year of Firsts: Tries, Sighs, and High Fives by Jamie Lee Curtis



100+ Ways To Praise A Child



A+ work!
Amazing effort!
Awesome!
Beautiful work.
Beautiful!
Bingo!
Bravo!
Breathtaking!
Brilliant!
Class act!
Clever!
Congratulations!
Cool!
Dynamite!
Excellent!
Exceptional!
Exceptional performance.
Extra special work!
Fabulous!
Fantastic job!
Far out!
Fantastic work!
Give them a big hug.
Good!
Good for you!
Good job!
Good learning!
Good thinking!
Good planning!
Great!
Great answer!
Great discovery!
Great work!
Hip! Hip! Hooray!
Hooray for you!
How artistic!
How extraordinary!
How nice.
How original!
How smart!
How thoughtful of you!
I can't get over it!
I knew you could do it.
I knew you had it in you!
I like the way you did that!
I like you.
I trust you.

I'm proud of you.
It couldn't be better!
It's everything I hoped for!
Keep up the good work!
Looking good.
Magnificent!
Marvelous!
Neat!
Nice going!
Nice work!
Nothing can stop you now.
Now you've got it!
Outstanding!
Outstanding performance!
Phenomenal!
Remarkable job.
Right on!
Say, "thank you".
Spectacular work!
Stupendous!
Super!
Super job!
Super work!
Superb!
Take a bow!
Terrific!
Thanks for caring!
Thanks for helping!
That's amazing!
That's good manners.
That's incredible!
That's perfect.
That's remarkable.
That's right.
That's the best.
Thumbs up!
Unbelievable work!
Very brave!
Very good!
Way to go!
Well done!
What a genius!
What a great idea!
What a great listener!
What an imagination!
Wonderful!

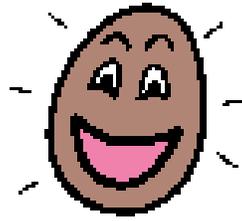
Wonderful sharing.
Wow!
You belong.
You brighten my day.
You came through!
You deserve a hug
You did that very well.
You figured it out!
You go the extra mile!
You have a great sense of humor.
You have a wonderful smile.
You made it happen!
You made the difference!
You make me feel good.
You make me happy.
You make me smile!
You made my day.
You make my life complete.
You mean a lot to me.
You set a good example!
You should be proud!
You tried very hard!
You work hard.
Your effort really shows!
Your help counts!
Your project is first rate!
Your work is out of sight!
You're #1!
You're adorable.
You're amazing!
You're a champ!
You're a darling.
You're a good friend.
You're a good helper.
You're a good listener.
You're a joy!
You're a-ok!
You're a pleasure to know!
You're a real trooper!
You're a shining star!
You're a treasure.
You're a winner!
You're beautiful.

You're caring.
You're catching on!
You're exciting.
You're fantastic.
You're getting better!
You're growing up.
You're incredible.
You're inspiring!
You're neat!
You're on target.
You're on top of it.
You're on your way.
You're one-of-a-kind.
You're precious.
You're sensational!
You're sharp!
You're so creative.
You're so heavenly.
You're so important.
You're so kind!
You're so kissable.
You're so much fun.
You're so sweet.
You're special!
You're spectacular.
You're such a joy.
You're super!
You're the greatest!
You're tops!
You're unique!
You're very responsible!
You're very talented!
You're wonderful.
You've discovered the secret.
You've earned my respect!
You've got it!
You've got what it takes!
You've made progress!
You've outdone yourself!

A hug is worth 1,000 words!



My "I Tried Something New" Chart



The new thing I tried is . . .	Date	

My name is _____.

Note to Family: Help your child complete this chart each time he or she explores or tries a new activity. Draw a happy face in the correct column and be sure to include the date. Hang this chart in a prominent location to celebrate your child's accomplishments.

The Things I Can Do

By: _____

Parents: Invite your child to draw a picture of him or herself and decorate this cover. Put the pages in order and staple the sides to make a book.

My name is _____ and

these are some things I can do.

Parents: Invite your child to fill in their name on the blank and draw a picture of him or herself on this page.

I can _____.

Parents: Invite your child to think of something he or she can do and write it on the blank. Encourage him or her to draw a picture in the space above of them doing this activity.

I can _____.

Parents: Invite your child to think of something he or she can do and write it on the blank. Encourage him or her to draw a picture in the space above of them doing this activity.

I can _____.

Parents: Invite your child to think of something he or she can do and write it on the blank. Encourage him or her to draw a picture in the space above of them doing this activity.

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