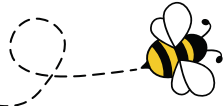


April 2026

Kindergarten Readiness



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

Helping Children Practice Self-Control
 Young children are still learning how to wait, take turns, and calm their bodies. These skills grow with practice. Play simple games that build self-control. Try Freeze Dance, Simon Says, Red Light, Green Light, or waiting for a signal before starting a race. You can also model calm behavior. Take slow breaths and speak gently when problems happen. When children practice stopping, waiting, and trying again, they build strong self-control skills that help them learn and play with others.

| | | | | | | |
|---|--|--|---|---|---|--|
| 5 Build a small house for a toy using blocks or boxes. | 6 Take five balloon breaths . Breathe in big. Blow out slow. | 7 Draw a picture of rain or sunshine . Tell about it. | 1 Go on a spring color hunt . Find three bright colors outside. | 2 Practice washing hands slowly . Rub, rinse, dry. | 3 Clap the parts in animal words: rab-bit, tur-tle . | 4 Visit your local library and check out April's books! |
| 12 Tear paper to make flower petals . Glue them on paper. | 13 Think of words that rhyme with rain . | 14 Help make a snack. Spread, scoop, or pour . Now Count! | 8 Count 10 sticks outside. Create something with them! | 9 Help water a plant. Ask: What do plants need to grow? | 10 Jump like a bunny 10 times . Count together. | 11 Find 3 round things in your home. |
| 19 Build a road for toy cars . What happens at the end? | 20 Play Freeze Dance . Freeze like a statue. | 21 Practice putting on shoes by yourself. | 15 Collect a few rocks or sticks. Sort them into big and small piles. | 22 Talk about ways your family can help the Earth. Turn off lights, recycle, or pick up trash outside. | 17 Trace the first letter of your name with a finger in sand or dirt. | 18 Plan a playdate with a friend! |
| 26 Find things that start with the sound s . | 27 Roll a ball to a partner. Take turns. | 28 Draw a map of your yard or room . | 23 Count your steps up stairs or along a path. | 24 Make a pattern: clap, stomp, clap, stomp . | 25 Tell a short story about a baby bird. | |
| | | 29 Sing "Bunny Hop" . Words are on the back! | 30 Talk about something new you learned this month. | | | |

Build Strong Words by Talking

Talking with your child helps build reading skills. When children hear new words, they begin to learn what those words mean and how to use them.

Try these simple ideas:

- **Ask open questions:** "What do you see?"
- Repeat what your child says and add a little more.
- **Add new words:** "That flower is bright yellow."

These talks help children learn new words. Knowing many words helps children understand stories and learn to read later.

LITTLE SPRING FLOWERS

(TUNE: TWINKLE, TWINKLE LITTLE STAR)

Little flowers start to grow,
(wiggle fingers up from ground)

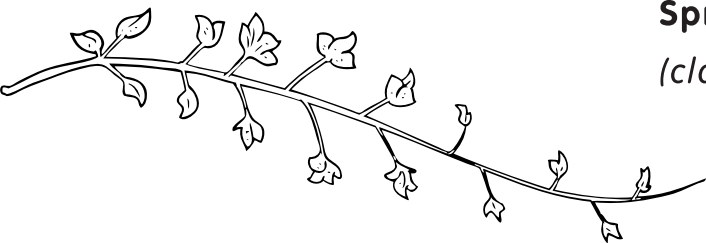
From the soil way down below.
(touch floor)

Sun shines warm and rain falls too,
(arms up for sun, wiggle fingers for rain)

Helping flowers grow for you.
(stretch tall)

Little flowers start to grow,
(wiggle fingers up)

Watch them bloom and say hello!
(wave hands)



BUNNY HOP

(TUNE: ROW, ROW, ROW YOUR BOAT)

Hop, hop, hop around,
(hop)

Bunnies in the grass.
(wiggle fingers like grass)

Nibble leaves and twitch your nose,
(twitch nose)

Spring is here at last!
(clap)

Hop, hop, hop again,
(hop)

Bunnies jump so fast.
(big jumps)

Floppy ears and wiggly tails,
(wiggle hands behind)

Spring is here at last!
(clap)

Books to Read this Month

Check out these books at the library.
If they are not available, ask the
librarian for a recommendation.

FOR READERS AGES 0-3

Dr. Seuss's Spring Things
by Dr. Seuss

Maisy Loves Bees
by Lucy Cousins

FOR READERS AGES 3+

Miss Maple's Seeds
by Eliza Wheeler

**The Silver
Shadow**
by Mariesa
Dulak

