

March 2026

Kindergarten Readiness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go on a wind walk. Notice what moves. How does the wind feel on your face?	2 Practice buttoning or snapping a shirt. Try 3 times before asking for help.	3 Clap the sounds in your name. (Ab-by = 2 parts.)	4 Build a tower with cups or blocks. How tall before it falls? Try again.	5 Take 5 slow "rain breaths." Breathe in through your nose. Blow out slowly like wind.	6 Draw your feeling today. Happy? Mad? Calm? Tell why.	7 Visit your local library and check out March's books!
8 Hop like a frog 10 times. Count each jump out loud.	9 Sing "Growing Like a Seed." (Words are on the back.)	10 Cut paper into strips to make "grass." Practice safe scissor grip.	11 Say 3 words that rhyme with sun. (fun, run, bun). Make a silly song with them.	12 Help make a snack. Pour, stir, or spread something soft.	13 Sort toys by color, size, or shape. Explain your rule.	14 Collect 10 rocks or sticks. Line them up from smallest to biggest.
15 Go on a shape hunt outside. Find a circle, square, and triangle.	16 Trace letters in dirt or sand with a stick. Say the sound as you write.	17 Build a bridge with blocks. Test it with a toy car. Fix it if it falls.	18 Play Freeze Dance. When music stops, balance on one foot.	19 Sing the Feelings song. (Words are on the back.)	20 Make a pattern with socks: red, blue, red, blue. What comes next?	21 Tell a story about a tiny seed. What problem does it face?
22 Find 3 things that start with <i>m</i> . Say the sound slowly.	23 Wash toy animals in a bowl of soapy water. Squeeze and scrub.	24 Draw a simple map of your house. Where is the kitchen? Bedroom?	25 Try a puzzle. If it feels hard, say, "I can try again."	26 March like a band! Slow, fast, stop, and turn.	27 Talk about one hard thing you did this month. How did you keep going?	28 Roll a ball back and forth. Wait for your turn.
29 Find 3 things longer than your shoe. 3 things shorter	30 Count your steps from door to car. Was it more or less than yesterday?	31 Act out how to be a good friend. Practice sharing and kind words.	<p>Helping Children Handle Big Feelings Big feelings are part of growing up. Young children are still learning what their feelings mean and what to do with them. When your child is upset, stay calm. Get close. Use a soft voice. Name the feeling. "You look mad." "That made you sad." "That was hard." When children feel seen and heard, their bodies start to calm down. Then you can teach a simple tool like slow breathing, squeezing hands tight and letting go, or taking a short break. Over time, children learn that feelings come and go. When adults stay calm, children learn how to calm themselves too.</p>			

Hearing and Playing with Sounds

Before children learn to read, they need to hear the sounds in words. They must notice that words are made of smaller sounds.

You can build this skill through play:

- Stretch a word: "mmmmom." What sound do you hear first?
- Clap the parts in long words like "but-ter-fly."
- Play "I Spy" with sounds. "I spy something that starts with *b*."

When children can hear and play with sounds, it helps them learn to read words later. Small sound games each day make a big difference.

GROWING LIKE A SEED

Curl up small down on the ground,
(crouch)

Sun comes up without a sound.
(reach up slowly)

Stretch up tall, leaves so wide,
(arms wide)

I am growing strong inside!
(strong pose)

Rain falls down, drip drop slow,
(wiggle fingers downward)

Roots grow deep way down below.
(reach hands toward floor)

Wind may blow, I bend, not break,
(sway side to side)

I stand back up, that's what I do!
(stand tall again)

Day by day, I learn and try,
(tap head)

Growing stronger, reaching high!
(stretch tall)

FEELINGS MARCH

When I'm happy, I jump up high!
(jump)

When I'm sad, I give a sigh.
(big sigh)

When I'm mad, I stomp my feet.
(stomp)

When I'm calm, my heart beats sweet.
(hand on heart)

When I'm scared, I hold on tight.
(hug self)

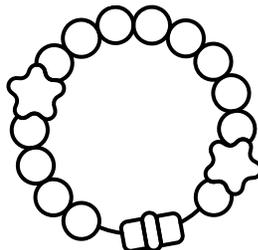
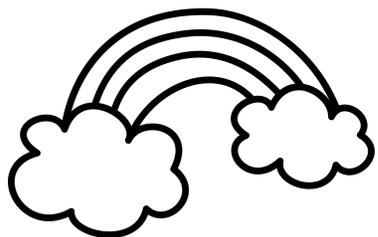
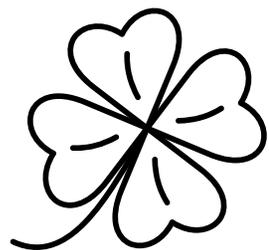
When I'm proud, I stand up right!
(tall pose)

All my feelings come and go,
(wave hands side to side)

They don't stay, they ebb and flow.
(sway gently)

I can breathe and take it slow,
(slow inhale, slow exhale)

Strong inside, I grow and grow!
(strong pose)



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

Goodnight Gorilla
by Peggy Rathmann

Women in Sports
by Rachel Ignotofsky

FOR READERS AGES 3+

The Nonsense Show
by Eric Carle

**How to Grow a
Friend**
*by Sarah
Gillingham*

