

November 2025

Kindergarten Readiness



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Building Resilience:

When kids face small problems, like zipping a jacket, waiting for a turn, or finishing a puzzle, they learn how to keep going, even when it's hard. Try giving your child time to figure it out before helping. Simple words like "You're working hard" or "Try again" can make a big difference. These small moments build confidence and help kids feel brave when bigger challenges come their way.

1 Visit your local library to check out November's books!

2 Go on a "sign hunt", look for letters or numbers on signs.

3 Practice putting on your shoes or jacket by yourself.

4 Clap and count syllables in family names ("Par-ker").

5 Build a tower with blocks and count how many before it falls.

6 Sing the "Leaves Are Falling Down"
(Words are on the back)

7 Read a favorite book. Ask, "What do you think happens next?"

8 Pretend to be animals getting ready for winter.

9 Make patterns with snacks (cracker, grape, cracker...).

10 Draw a picture of someone you love and tell them why.

11 Practice taking turns during a simple game.

12 Sing a rhyming song together, make up silly verses!

13 Tell a silly story together, each person adds one sentence.

14 Help your child solve problems by asking, 'What could we try?' instead of giving the answer.

15 Go on a shape walk, how many circles can you find?

16 Line up snacks (grapes, crackers) to make a pattern.

17 Act out a story with stuffed animals or puppets.

18 Sing the "When I Feel Mad"
(Words are on the back.)

19 Count toys as you clean them up together.

20 Take turns telling a made-up story, one sentence at a time.

21 Practice writing or tracing the first letter of your child's name.

22 Build a blanket fort and "read" inside.

23/30 Plan a playdate with a friend. Playing together helps you practice being a good friend!

24 Follow 2-step directions like "flap your wings, then land on one foot."

25 Play "I Spy" with colors and shapes around the house.

26 Practice cutting paper or junk mail with safety scissors.

27 Talk about what to do with big feelings. "You're frustrated. Let's take a deep breath together."

28 Pretend to hold a leaf. Take a big breath in, then blow it gently across the air. Repeat slowly a few times.

29 Pretend you're at a restaurant, take turns ordering and serving food.

“Talk, Notice, and Wonder”

Talking about what you see builds early reading skills. When you’re out and about, name what you see, notice details, and wonder out loud with your child. **Example:** “I see a red leaf. It’s so big. I wonder why it fell off the tree?” This helps your child build vocabulary, make connections, and learn that words carry meaning everywhere—not just in books.

LEAVES ARE FALLING DOWN

Sung to: “The Farmer in the Dell”

Leaves are falling down

(wiggle fingers down like falling leaves)

Leaves are falling down

(repeat wiggle fingers)

Red and yellow, orange and brown

(touch head, shoulders, knees, and toes for each color)

Leaves are falling down

(wiggle fingers down again)

Blow them all around

(spin slowly in a circle, arms out wide)

Blow them all around *(spin again)*

The wind will blow them here and there

(sway side to side like blowing leaves)

Blow them all around

(pretend to catch a leaf and hold it up)



WHEN I FEEL MAD

Sung to: “If You’re Happy and You Know It”

If I’m feeling really mad, I can breathe...

(hand on chest, take a big breath in and out)

If I’m feeling really mad, I can breathe...

(repeat breath with arms slowly opening wide)

I can stop and take it slow,

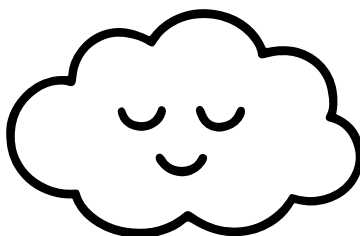
(hold hands out like a “stop” sign, then move in slow motion)

Let my big feelings go,

(stretch arms out to the sides and gently wave them away)

If I’m feeling really mad, I can breathe.

(hand on chest again, deep breath together)



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

Tap the Magic Tree
by Christie Matheson

Leaves
by David Ezra Stein

FOR READERS AGES 3+

**Goodbye Summer,
Hello Autumn**
by Kenard Pak

The Very Last Leaf
by Stef Wade

