Dear Pre-K Families,

It’s Spring Time! A great time to go outside to explore and learn with your child. Just make sure to practice social distancing. Take time to talk to your child about the change in seasons, plus it’s a great time to discuss their transition to kindergarten.

It’s not too late to register your child for kindergarten. If you have questions, contact the Family Information Center at (615) 259-4636.

Warm Wishes, MNPS Early Learning Team

Family Activity Corner

Transitioning to kindergarten is a big step for you and your child. It’s an exciting time and there will be new, positive changes in your child’s life. To support you in discussing this transition with your child we recommend reading The Tiny Seed by Eric Carl.

After reading the book, talk with your child about the seed’s journey. Ask your child what they think helped the seed grow. Then, work with your child to identify tools for measuring time, temperature, and their weight/height.

Activity Idea: "Counting Seeds" On a blank paper make 10 boxes and number each individual box 1 - 10 (i.e. 1, 2, 3, etc.). You will also need a handful of beans or seeds. Count out the number of seeds/beans that should be in each box with your child.

Get Ready for Kindergarten Tip

MNPS has created a Digital Tools & Resources for Families & Students webpage. The webpage offers tools, links and resources for continued learning opportunities and optional digital resources by subject area for your Metro Schools student.

Resources will be regularly updated, so check this webpage often: https://www.mnps.org/digitaltools

Also, on the webpage there is a list of Free Online Resources to support your child’s learning experience. They are listed on the left-hand side of the webpage.

For More Activities & Information Visit: www.mnps.org/countdowntokindergarten

April 2020
More Important Information

Parent Spotlight

During this time period there is a lot of change going on for your child and a schedule can help bring focus and familiarity to their day.

Here’s a sample schedule to support your Pre-K child at home:

8:00 a.m. – 9:00 a.m.: START YOUR DAY: Wake-up, brush teeth, get dressed & eat breakfast.

9:00 a.m. – 10:00 a.m.: TIME TO MOVE: Take a walk together, exercise & allow them to have some free play time used to explore, discover and create.

10:00 a.m. – 11:00 a.m.: READ ALOUD TIME: Visit the MNPS Countdown to Kindergarten website for suggested books, lessons & activities. (https://www.mnps.org/countdowntokindergarten)

11:00 a.m. – 12:00 p.m.: ART/CREATIVE TIME: Use crayons, markers, playdough, slime, etc.

12:00 p.m. – 12:45 p.m.: LUNCH TIME

12:45 p.m. – 1:45 p.m.: QUIET TIME/REST TIME: Play soft music & if your child does not want to rest, give them a book to read or “picture read.”

1:45 p.m. – 2:00 p.m.: SNACK TIME

*Each block of time should be filled with conversations (questions, responses, new ideas, building vocabulary and oral language skills)

Supporting Social Emotional Learning (SEL)

Social Emotional Learning (SEL) is the way children and adults learn to recognize and manage their emotions, learn to show care and concern for others, make friends and develop relationships with children and adults, and learn to problem solve and make responsible choices.

Social Emotional Learning provides life longs skills that help children be successful in school and for a lifetime. Social Emotional skills build resiliency in children – the ability to face challenges and overcome adversities throughout life.

Here are some activities/tips to support SEL:

- Reading a book together and talk about the characters
- Eating dinner together
- Talking/singing in car, on bus
- Hugs, high fives, kisses, winks, thumbs-up
- Asking your child about his/her day
- Letting your child be your special helper (helping with dinner, etc.)
- Playing together
- Encourage & compliment them when they are successful doing a task

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