

# COUNTDOWN TO KINDERGARTEN



MARCH:

## Academic Skill- Parts of the Body

When entering kindergarten, children need to be able to identify parts of the body such as head, chest, face, eye, nose, ear, mouth, chin, jaw, arm, shoulder, elbow, wrist, hand, finger, fingernails, waist, hip, leg, knee, ankle, heel, foot, and toes.

**Gross motor skill-** Following directions through play. Play Simon Says to help teach parts of the body. (Simon says touch your chin, Simon says raise your foot in the air) Me and my Hoop (or other favorite toy) is another fun game. Use a hula hoop and give your child directions, Simon says step in front of the hoop or hop around the hoop. Practice with front/back, near/far, and around. This is a great way to practice academic skills as well as the skills of listening and following directions.

**Fine motor skills:** Washing hands before meals, using a fork and spoon to eat, using a fork to cut soft foods like a banana, drinking from an open cup (rather than a sippy cup or sports bottle), and opening snack bags (like Ziploc or individual chip bags).

**\*CATCH (Coordinated Approach To Child Health) BONUS for March:** National Nutrition Month-making healthy eating choices and practicing healthy habits. (CATCH Mar Newsletter)

**PRACTICE LOG:** Initial each day that you practice any skill.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

At the end of the month, tell us how many days you practiced with your child. Three lucky parents will win a \$25 Walmart or Food City gift card. Go to <https://bit.ly/CDTKmar25> or scan the QR code with your phone's camera.

