

# COUNTDOWN TO KINDERGARTEN



## NOVEMBER:

### Academic Skill- Counting to 25

When entering kindergarten, children need to be able to count to 25. Begin with 1-5, then add new sections of five when your child can master the set.

**Gross motor skill:** Hopping on one foot. Take two hops then switch feet. This can be tricky, keep practicing. How many hops can you take?

**Fine motor skill:** Practice writing! Begin by drawing straight, curvy, wavy, and zigzag lines. The caregiver should draw each type of line and let the child copy them. Practice connecting dots. Dot to dot activity sheets can be fun with help (when needed) from the parents.

**\*CATCH (Coordinated Approach To Child Health) BONUS for November: Healthy Holiday Celebrations (CATCH Nov 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
24	25	26	27	28	29	30

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/CDTKnov24> or scan the QR code with your phone's camera.

