

COUNTDOWN TO KINDERGARTEN



OCTOBER:

Academic Skill- Color Recognition

When entering kindergarten, children need to identify and name frequently seen colors- red, orange, yellow, green, blue, purple, pink, gray, brown, and black, etc. Kids should also be able to group items by color.

Gross motor skill: Jumping! Practice different kinds of jumps like animals (bunny, frog, kangaroo), use colorful squares to practice color recognition and jump to called out colors

Fine motor skill: Picking up small items with the pinch motion- use skittles, M&Ms, buttons or other small colorful items to sort items by color into ice cube trays or small bowls.

***CATCH (Coordinated Approach To Child Health) BONUS for October: Healthy Changes and MVPs (CATCH Oct 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	31		

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/CDTKoct24> or scan the QR code with your phone's camera.

