

I'm Ready!

Kindergarten Here I Come



Rectangular Snip

Hello adult.

This is me.

The first five years of my life are really important. My brain is making lots of connections every day. This means I'm learning all the time.

I am growing and learning at my own pace and in my own way. There are some basic things I am learning that will help me in Kindergarten and beyond.

Let's join Coyote in this booklet and try some new ideas. There may also be things in here we do together already.

Coyote is an Okanagan spirit guide. We are so lucky to live and play here on Okanagan land. Coyote is our guide through this booklet because he has many lessons that he can teach us.

He teaches us that making mistakes is a big part of growing up. Like him, when I learn from my mistakes I grow stronger and healthier.

Coyote relied on the love and safety of his family to guide him through life in a good way. The most important thing in my life is YOU, because I thrive when I feel safe and cared for. YOU are my guide to understanding the world around me.

I am very much like Coyote. I am always watching the world and like to imitate what I see. I have a wonderful imagination which gives me a sense of wonder.

We can use everyday moments to grow my skills. You'll notice that it looks like play and that's no accident. Learning should be fun!





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*I am connected to those who care for me,
so I feel safe to play and explore the world.*

Belonging - My Social Skills

What does it mean?

- ♥ I am proud of who I am and where I come from
- ♥ I play with my friends and get along with others
- ♥ I can share and take turns
- ♥ I follow simple instructions and routines

What do I need from you?

- ♥ Hug me and hold me
- ♥ Celebrate family traditions and show me what makes our family special
- ♥ Let me care for pets and plants
- ♥ Introduce me to people to connect with and learn from
- ♥ Play games and show me how to take my turn
- ♥ Show me how to be kind to others and accept everyone



*I am learning how to understand
and express my feelings.*

Feeling - My Emotional Skills

What does it mean?

- ♥ I feel secure enough to leave you once in awhile
- ♥ I can name how I am feeling
- ♥ I care about how others are feeling
- ♥ I am proud of what I am good at and what I am interested in

What do I need from you?

- ♥ Help me try lots of activities to find what I like and what I am good at
- ♥ Teach me to use words to express my feelings
- ♥ Show me you care about all of my feelings
- ♥ Let me do things by myself - I need to try, try, and try again
- ♥ Help me solve problems with others
- ♥ Talk to me about how my words and actions can help or hurt others



*I am learning about my body
and what it can do.*

Doing - My Physical Health

What does it mean?

- ♥ I explore with my whole body
- ♥ I spend time outside every day
- ♥ I can climb, jump, dance, twirl and hide
- ♥ I have enough energy to last the whole day

What do I need from you?

- ♥ Show me nature - take me on walks, play at the beach, pick berries, and notice the seasons
- ♥ Teach me to care for my body; to rest when I'm tired and eat when I'm hungry
- ♥ Give me lots of different kinds of foods to try
- ♥ Make sure I have lots of time and space to move my body every day (Children like me need 3 hours of active play everyday)
- ♥ Help me use my big muscles (run, climb, jump, and skip) and small muscles (hold, draw, bead and cut with scissors)
- ♥ Give me routines for eating, sleeping and playing



*I am learning to listen and talk by
connecting with others.*

Expressing - My Language Skills

What does it mean?

- ♥ I speak in my first language and enjoy traditional songs and stories
- ♥ I am interested in reading, writing and telling stories
- ♥ I use some letters and numbers (especially those in my name and my age)
- ♥ I use words to describe things, like shapes, sizes and colours
- ♥ I say words clear enough for a stranger to understand me

What do I need from you?

- ♥ Talk about our day, and ask me questions about the world
- ♥ Speak and read to me everyday in the language that you know
- ♥ Help me listen to and tell my favourite stories
- ♥ Sing and rhyme with me in any language - I can learn many languages



I am learning how the world works and exploring things that make me curious.

Understanding - My Thinking Skills

What does it mean?

- ♥ I make choices and can share why I made that choice
- ♥ I learn new things when I play
- ♥ I can organize, count, sort, and measure things
- ♥ I try new ways of doing things when it doesn't work the first time

What do I need from you?

- ♥ Ask me questions about my ideas and what I'm doing
- ♥ Give me choices and ask me about the choice I make
- ♥ Let me play dress up, pretend, paint or play with play dough
- ♥ Help me use my imagination to play with things like buttons, boxes, sticks, pebbles and blankets
- ♥ Solve puzzles, build and make things with me
- ♥ Show me patterns and ways to collect and sort
- ♥ Let me experiment with things like water, dirt, sand, and stones

We honour the traditional land of the Syilx people where we live, learn and play.

This story of Coyote comes from the Okanagan land.

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SUXKENXITELX KL CECAMALA

"Those who care for the children"

Aboriginal Early Years of the
Central Okanagan



Central Okanagan
Public Schools
Together We Learn



Central Okanagan
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