



# Kindergarten Readiness Newsletter

FEBRUARY 2023

## Physical Well-Being and Motor Development

Even on inclement weather days you can get moving inside your home! This is a link to ideas for an [indoor obstacle course](#). Freeze dance is another fun and simple way to get children up and moving. Try [Freeze Dance](#) or [Fine Motor Freeze Dance](#).

## Language and Literacy

Try this activity from the Maryland Day by Day Literacy Calendar: "spend time cutting up a newspaper or magazine looking for the letters in your name. Try to find all different color letters. Glue them onto paper for your very own name plate." For more ideas, visit [Maryland Day by Day Literacy Calendar](#).

## Mathematics

Help your child practice identifying squares, circles, rectangles, and triangles! Download ["Shape Hunt"](#) from Peg + Cat, then find and color the shapes. For more online math activities, visit Peg + Cat at [pbskids.com](http://pbskids.com).



## Social Foundations

Help your child understand and express their emotions and feelings. Read the article, ["Teaching Your Child to Identify and Express Emotions"](#) from The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) for strategies and follow-up activities. Provide strategies to help your child develop self-regulation skills that will allow them "to appropriately respond to their environment." For tips and ideas on how to model appropriate behaviors please view, ["Developing Young Children's Self-Regulation through Everyday Experiences"](#) by Ida Rose Florez.