

# Ready, Set, Kindergarten

## This Week's Theme: Emotions- Moods/Feelings

### Did you know?

Research shows that a strong social and emotional foundation in early childhood powerfully impacts children's later positive attitudes and behaviors, their academic performance, career path, and adult health outcomes!

### Create a Predictable, Nurturing Environment

- Try to establish routines. Children feel secure and in control when they know what's coming next. Your child's daily routine may look the same or a little different every day. If each day is a little different, talk with your child each morning about his schedule that day. Packing a visual schedule with stickers or drawings in your child's backpack or asking your child's teacher to provide reminders can help him feel prepared.
- When you listen to and respect your child, you show them that you care about what they're saying. As they grow, it's important for your child to be able to manage their feelings when you aren't immediately available. If you look your child in the eye, tell him you want to help but need him to be patient, and consistently return to him, he will learn that you care even when you can't respond immediately.

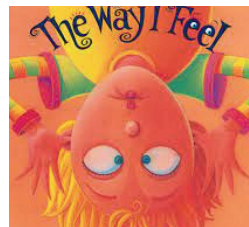
### Check Out These Books



*The Color Monster*  
Anna Llenas



*The Pigeon Has Feelings Too*  
Mo Willems



*The Way I Feel*  
Janan Cain

### Sing This Song

If you're happy and you know it  
clap your hands

Repeat:

If you're angry and you know it  
stomp your feet... If you're sad  
and you know it wipe your  
eyes... If you're brave and you  
know it stand tall



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**Ready, Set, Kindergarten.**  
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## This Week's Theme:

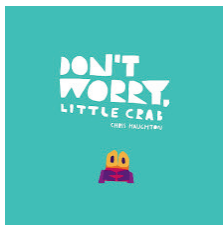
### Emotions: Problems, Worry, and Empathy.

During the preschool years, children are continuing to develop their ability to manage their own emotions. Sometimes they will have behaviors that are challenging to manage, like tantrums or aggression. Below are some tips to help manage those tough behaviors.

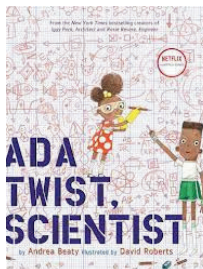
## Take a Breath

- Away from stimulation, sit next to your child and breathe deeply in and out. Show them how to place their hand on their stomach and notice and count their breaths.
- Give your child plenty of opportunities to make choices. Example: What clothes to wear each day.
- Role play positive ways to solve problems, take turns, and cooperate. For example, practice what your child would do if another child took her toy or if she was asked to do something she didn't want to do by her teacher. Talk together about what the appropriate and inappropriate responses would be.

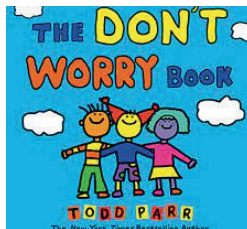
## Check Out These Books



*Don't Worry, Little Crab*  
Chris Haughton



*Ada Twist, Scientist*  
Andrea Beaty



*The Don't Worry Book*  
Todd Parr

## Sing This Song

*Three Kind Mice*  
(Tune: Three Blind Mice)  
Three kind mice, three kind mice,  
Kind as they can be.  
They always share their corn and  
cheese,  
They always say 'thanks' and 'please'  
They remember it's not nice to tease  
They're three kind mice.



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