




Reimagining School Readiness

Many schools focus on children's ability to name letters, hold a pencil, and count to ten as the only indicators of "school readiness," but research shows that children through age 8 need to develop other crucial skills to achieve continued success in school and in life. It is never too early or late to develop these skills!

Below are some examples of how adults can help:

Skills	Ages 0-5 yrs.	Ages 5-8 yrs.
 Talk & Play	Use new vocabulary and ask questions, even if children cannot answer verbally yet.	Ask children to explain their thoughts and ideas about the world.
	Give opportunities for pretend play to help children think from another person's point of view.	See conflict as a learning opportunity. Ask children their ideas for solving the problem.
 Science & Math	Encourage curiosity with hands-on activities like ripping tape, collecting rocks, or creating with clay.	Take apart old appliances or toys (with supervision) and explore how each part works.
	When playing, use words like "above-below," "small-big," and "less-more" to compare objects.	Use everyday objects to show how numbers are used, e.g., coins for multiplication, pizza for fractions, stopwatches for measurement.
 Body & Brain	Ask children about their plan for the morning. Point out the parts they complete, e.g., deciding what to wear or what to eat.	Help children make to-do lists. Have them check off items as they complete them.
	Help children feel safe when life brings change. Show extra love and confidence in their resilience.	Practice stress-relieving activities together, e.g., deep breaths, yoga, or walks in nature.