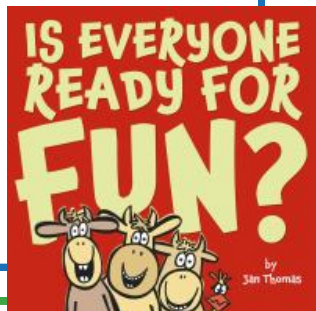


KINDERGARTEN READINESS TIPS

Read this book!

Is Everyone Ready for Fun
by Jan Thomas



Grown-up tip

Children can have difficulty transitioning from one task to the next. To help your child get used to moving smoothly from activity to activity, something they'll be asked to do in the classroom, try a fun transition song like "My Thumbs are Starting to Wiggle." This rhyme focuses attention away from their frustration and onto the body, allowing them to get some wiggles out and reset for their next adventure. Not only that, but the movements exercise both fine and gross motor skills.



My Thumbs are Starting to Wiggle

My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
My thumbs are starting to wiggle,
And now so are my hands!
My hands are starting to wiggle,
My hands are starting to wiggle,
My hands are starting to wiggle,
And now so are my arms!
My arms are starting to wiggle,
My arms are starting to wiggle,
My arms are starting to wiggle,
And now so are my feet!
My feet are starting to wiggle...
And now so are my legs!
My legs are starting to wiggle...
And now so is my WHOLE body!
My body is starting to wiggle...
And now I am all done!

This is an easy rhyme to change depending on your needs. Short on time? Just wiggle your top half. Want more fun? Wiggle your nose, elbows, or shoulders!

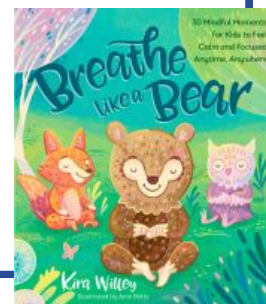
Take a look at this!

Visit OC Public Library's Kindergarten Readiness webpage to see a video of this rhyme. Scan the QR code to find out more!



Try this title!

Breathe Like a Bear
by Kira Willey



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