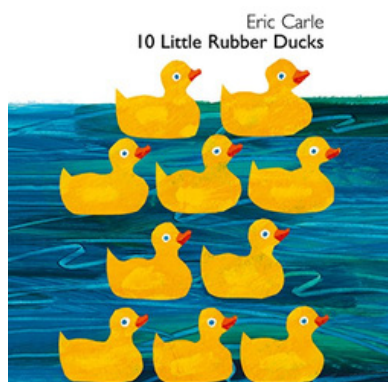


# KINDERGARTEN READINESS TIPS



*10 Little Rubber Ducks*  
by Eric Carle

**For  
more  
quacks,  
read this  
book!**



## Grown-up tip

Movement rhymes are a great way to build gross motor skills, helping kids to become more coordinated by jumping, turning around, and reaching above their heads. Connect body part names with actions and sensations, like pointing out elbows when your child bends their arm. You can also turn these activities into games and playful challenges. For example, try this rhyme sped up or slowed down!

## 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!

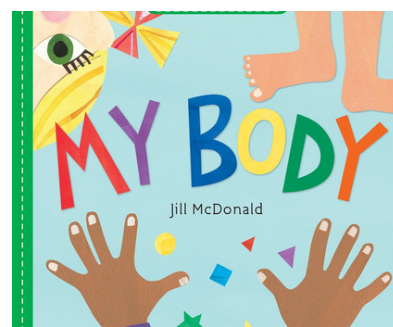


## Put Your Hands Up High

Put your hands up high,  
(Raise arms above head)  
Put your hands down low,  
(Lower arms to your sides)  
Put your hands in the middle,  
(Raise hands in front of you)  
And wiggle just so.  
(Wiggle those arms!)

Put your elbows in front,  
(Raise elbows into the air)  
Put your elbows in the back,  
(Move elbows behind you)  
Put your elbows to the side,  
(Raise elbows out to your sides)  
And quack, quack, quack!  
(Move arms up and down!)

**Where  
are our  
elbows?**



*My Body*  
by Jill McDonald



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