



Preschool Readiness

Golden Pond School is a fully-accredited private Preschool, Kindergarten, After School Enrichment and Summer Camp for ages 2-8 offering both Part-Time and Full-Day options. GPS provides an impressive brain-based curriculum and interactive learning environment. The warm and charming campus, highly-qualified teachers and creative curriculum make GPS the leader for early childhood learning.

“I don’t know what the magic formula is at GPS, but it works!”

-LCPS Teacher

Goals for Preschoolers

Preschool is an important milestone for children. Preschool encourages independence and helps children master self-help skills while meeting academic and physical goals.

Reading to your child is proven to be beneficial for future scholastic success. Reading supports cognitive development, improves language skills, creates a special bond with your child, increases concentration and boosts imagination and creativity.



Independence

- ☛ Clean up toys
- ☛ Put on and hang up backpack and coat
- ☛ Wash and dry hands independently
- ☛ Sit at the table, use manners and feed themselves
- ☛ Drink from regular cup
- ☛ Throw away their own trash
- ☛ Cough/sneeze into their elbow rather than hands
- ☛ Keep fingers out of mouths and noses
- ☛ Get in and out of the car seat and put arms through straps

Separating from Parent

- ☛ Develop an interest in preschool activities and friends
- ☛ Feel comfortable with teachers and peers at preschool
- ☛ Understand that a parent will always come back
- ☛ Help reduce separation anxiety by using carline
- ☛ Focus on what the child is doing at school rather than what they are missing while you are away
- ☛ Avoid prolonged goodbyes

Language

- ☛ Say name and age
- ☛ Follow 1 - 2 step directions
- ☛ Speak in sentences of 5-6 words
- ☛ Use good manners
- ☛ Explain characters, setting and sequence in a book
- ☛ Describe what is happening in a picture
- ☛ Answer questions like who, what and why

Social & Emotional

- ☛ Take turns and shares with friends
- ☛ Show a range of emotions
- ☛ Use their words, not hands, when upset or frustrated
- ☛ Engage in dramatic play
- ☛ Schedule play-dates with peers to foster interactive play

Bathroom

- ☛ Pull down/up underwear and pants when using the toilet
- ☛ Wipe independently
- ☛ Flush toilet when finished
- ☛ Wash hands after using toilet

Motor Skills

Fine Motor Skills: manipulate scissors, copy lines and shapes, lace cards, string beads, use glue, use pincer grip, write with dominant hand using correct pencil grip, color with crayons, draw a person with at least 4 body parts, build a tower of 4 blocks, turn pages of a book

Gross Motor Skills: run, climb a ladder, hop, jump forward using both feet, climb stairs with alternating feet, kick, throw overhand, catch a ball with 2 hands, ride a tricycle

The First Five Years are Forever

85%

Of A Child's Brain
Development is Formed in
the First Five Years

400

QUESTIONS A
4-YEAR OLD ASKS
PER DAY

10

New Words
A Child Under Age 6 Can
Learn In One Day



GPS is dedicated to
building your child's brain
and creating a foundation
for future social and
academic success.

Executive Function skills predict children's success in life and in school more than IQ!



Working Memory

Ability to hold information in the mind for short periods of time

- ☛ Sing songs that repeat
- ☛ Play memory & concentration games (3 items or less)

Inhibitory Control

Ability to control behaviors or responses

- ☛ Stay seated for mealtime
- ☛ Wait their turn during games
- ☛ Play games where they have to stop and start (Red Light/Green Light)

Cognitive & Mental Flexibility

Ability to transition between activities, to make & change plans

- ☛ Make decisions with limited choices
- ☛ Help guide them through options on how to handle the situation when confronted with something unexpected

Play games, all sorts!

Card games, board games and movement games all provide wonderful opportunities for children to develop important Executive Function skills. Children should not win every game! Help them learn self-control and cognitive flexibility in handling disappointing situations and learn to lose graciously.



Have fun at home!

1. *Find an object in your house* that begins with each letter in your name.

2. Make something in the kitchen involving the use of **measuring cups**.

3. After a rainstorm, **go outside and find things** for every color of the rainbow.

4. Go outside and find things for the **sense of touch**—things that are smooth, rough, prickly, sharp, hard, soft, dry or wet. Make a log of your discoveries!

5. My Picture Story—Have your child draw a picture and then tell you about it. Write your child's story on the back and then read it to them.

6. Measure items in your house by the length of your finger, hand and arm. Make a chart. Then try measuring using a ruler. Compare the results!

7. Write a letter or thank you note to someone special.

8. Make a scrapbook of your adventures.

9. Go on a nature hike, collect things and put them in a picture.

10. Pretend you are a **GIANT.**

11. Make a list of everything you can find that is **YELLOW!**
Next try your favorite color!

12. Hunt for rocks—See if you can find 10 unusual rocks.

13. The “What’s Missing?” game:
Find 4-6 objects and arrange them on a tray. Have someone look at them for 5 seconds and then cover their eyes while you take one of the items away. Can they guess what is missing?

14. Have a paper airplane contest; who can make a paper airplane that flies the furthest?

15. The “Direction Game” Have someone tell you three directions and see if you can do them correctly and in the right order. *Example:* Clap your hands 5 times. Look out the window. Come back to the kitchen.

Notes



43940 Farmwell Hunt Plaza • Ashburn, VA 20147 • (703) 723-7663 • www.goldenpondschool.com

GOLDEN POND SCHOOL