

- KINDERGARTEN -

EASING THE TRANSITION TO SCHOOL

There are many activities and small things that will help your child make a successful transition to kindergarten. Here's what they can do before the school year starts.



naître
ET grandir

I GO OUT TO
PLAY IN THE
SCHOOLYARD.



I practise the
route I'll take to
school with
my parents.



I'm getting used to
opening my own food
containers and
packing my own lunch
by **making picnics**.



I go to the park to
meet friends and
have fun sliding,
jumping, climbing,
and running.



I do many things by
myself: going to the
bathroom, getting
dressed, and
blowing my nose.



I EAT WITH MY
FAMILY AND TELL
THEM ABOUT
MY DAY.



I take care of small
chores: setting
the table, putting
away my toys, and
watering the plants.



I often go to the
library and look at
books with my
parents.



I get to choose
my **backpack**
and lunchbox
for school.



I play board
games to get used
to following
instructions and
waiting my turn.



I DRAW, PLAY WITH
MODELLING CLAY, AND
DO PUZZLES.



I have a bedtime
routine that reassures
me and helps me get
organized.



I look at books
or **videos** on the
internet that show
me what a day in
kindergarten
is like.



I LISTEN TO MY PARENTS
SHARING THEIR FOND
SCHOOL MEMORIES
WITH ME.



I remember that in
kindergarten...

I have a **calendar**
that helps me
visualize how many
days are left before
school starts.

