

# 10 Easy School Readiness Activities To Do At Home

## Emotional Regulation



### Feelings Charades

Act out different emotions (happy, sad, excited, frustrated) and guess them together.

### Create a Calm-Down Box

Fill a box with calming activities like books, soft toys, fidget tools, and drawing materials.

## Early Literacy



### Storytime with Questions

After reading a story, ask your child questions like, "What do you think will happen next?" or "Why did that happen?"

### Name Hunt

Help your child find and recognise their name around the house, on artwork, notes, or labels.

## Social skills



### Family Game Night

Play board games or card games that involve taking turns, sharing, and following rules.

### Playdate Practice

Set up short playdates to help your child practice making friends, sharing, and solving small conflicts.

## Early Numeracy



### Shape Hunt

Go on a "shape hunt" around the house or park: find circles, squares, triangles, and rectangles!

### Counting Helper

Invite your child to count everyday items with you, like setting the table (forks, plates) or packing groceries.

## Independence



### Lunchbox Practice

Let your child open and close their own lunchbox, drink bottle, and snack containers at home.

### Dress For Success

Encourage your child to dress themselves, including putting on shoes, jackets, and hats independently.

## Everyday moments build big skills!

At Kids Academy, we weave these activities into our daily curriculum to help children thrive.

**Want to see school readiness in action?**

**Book a tour at your local Kids Academy centre today!**