



K5 SUMMER WORK

Summer is a time for having fun, swimming, taking trips to the beach and most importantly, spending time with your family! There are also many exciting things you can do at home to help prepare your child for K5 in the fall!

- READ, READ, READ to your child! Reading to your child instills a love of reading that lasts a lifetime!
- Re-read the Letter People stories your child brought home during the school year.
- Practice high frequency words. Below is a list from K4, the words for Unit 1 in K5, and some ideas for fun ways to review these words.
- Practice counting by 1's, 5's and 10's with your child
- Play alphabet and number bingo.
- Take a trip to the library or bookstore, they have so many resources to offer.
- Create a Family Reading Journal. (see directions below)

We can't wait to meet our new K5 students in the fall, and are looking forward to a year filled with fun and learning!

Have an amazing summer,
The K5 Team



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Family Reading Journal

Begin by having each family member take a turn picking out a book for the whole family to read together, keeping in mind your child's reading level. If the book is a bit difficult for younger readers, read it to them. Each person then takes a turn writing their thoughts about the book in a notebook. Younger children can dictate their thoughts to Mom or Dad, or just draw a picture. You may write about why you liked or disliked a book, about a favorite part or character, or new ending for the story or plot continuation. Be Creative! You might even write a question or two for another family member to answer regarding plot line or major characters.

Your child's reading skills are critically important to his or her future. Enjoying the experience as a family is wonderful positive reinforcement as to the importance of developing these skills and should be an awful lot of fun as well.

High Frequency Words

K4 Words: you, see, have, they, are, and, do, I, a, on, like, me, to, when, there, go, is, the, made, my, look, what, said, this, that, no

K5 Unit 1 Words: see, the, is, up, have, I, a, there, can, on, am, and, did, it, in, him, said, this, has, at



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Fun Ways to Practice High Frequency Words at Home

Paper Plate Toss: Write sight words on paper plates. Use them like frisbees to throw after reading the word. Add in some additional fun by adding a target.

Flashlight Words: Turn off the lights. Tape words on the wall or ceiling. Use the flashlight to shine on the word, then have your child read it.

Go Fish: You can easily make your own cards out of index cards.

Stepping Stones: Place the word cards on the floor, making a fun stream going across the room. Have your child walk over the stream. As they step onto the stepping stone (word), have them say the word before they move on to get to the other side of the stream.

Tic-Tac-Toe: Write words in the tic-tac-toe spaces. Take turns selecting a space to read. If read correctly, an X or O is placed on the space until someone wins.

Word-O: This is played just like BINGO. Fill in a card with the words that you are working on. Call out the words and mark the spaces. The first one with a card covered calls out the word "WORDO!"

Word Hunt: Look for target words in books or in the newspaper. If using the newspaper your child can highlight or circle the words that she finds.

Word Jump: Write the sight words onto the driveway. Call out a word. Have your child jump their way to the sight word.

SNAP: You put the sight words you want to practice on flashcards and put the flashcards into a jar. Also, you write the word SNAP on a few flashcards and put them into the jar. The kids can play in partners or in groups of 3 or 4 with siblings. They take turns pulling a card out of the jar. If they can say the word on the card automatically with no struggle, they get to keep the card. If they struggle, they have to put it back. If they pull out one of the cards that says SNAP, they have to put all of the cards they've drawn back. The first person to 5 cards (or 10) wins!

Stair Chase: Place two sight word cards on each stair. Let them pick one sight word on the way up, saying the word and picking up the card when they get it correctly. Have them practice the other sight words on the way down.

Coin Toss: Put words on the floor. Children take turns tossing a coin onto a word and saying the word. If they get the word correct, they keep the coin. If you like, first to 10 coins wins. Or see if they can collect all of the coins.



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Fun Ways to Practice High Frequency Words Cont.

Coin Toss: Put words on the floor. Children take turns tossing a coin onto a word and saying the word. If they get the word correct, they keep the coin. If you like, first to 10 coins wins. Or see if they can collect all of the coins.

Concentration: Create two sets of word cards. Place the word cards face down. Have your child turn over two cards, trying to make a match. Continue until all of the words are matched.

Play who am I? Lay out the word cards. Then give the child clues to what the selected word is. For example, if the word was "red," you could say – I rhyme with bed. I had three letters. I end with the letter D. Have the child locate the word.

Chalk Writing: Go outside and practice writing the high frequency words with chalk on the sidewalk.

Beat the Clock: See how many times your child can write a word in one minute. Or see how many flash cards your child can read in one minute.

Words You Can Eat: Write your words in whipped cream, peanut butter, carrots or anything you can eat.

Who has more? Show word cards to your child. If they read the word within 5 second, they get to keep the card. If not, you keep the card. If the child has more cards than you at the end, they win.

Salt Tray: Grab a tray or baking sheet with edges. Pour in salt. Write the word in salt. When your child says it correctly, they get to erase the word.



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Activities to Improve Fine Motor Skills and Handwriting

Fine Motor Activities:

1. Molding and Rolling play dough into balls - using the palms of hands facing each other and one handed with fingers curled slightly toward palms
2. Rolling play dough into tiny ball (peas) using only the fingertips
3. Using pegs or toothpicks to make designs in play dough
4. Cutting play dough with a plastic knife or with a pizza wheel
5. Tearing paper into strips and then crumpling them into balls (junk mail is great for this)
6. Scrunching up 1 sheet of paper in one hand (junk mail again!) this is a super strength builder
7. Using a spray bottle (pictures drawn with markers will "melt" when sprayed)
8. Picking up objects (cheerios, marshmallows, cotton balls, small toys) using large tweezers, kitchen tongs or clothespins, try dropping them into an empty container
9. Shaking dice by cupping the hands together, forming an empty airspace between palms
10. Using small-sized screwdrivers
11. Lacing and sewing activities such as stringing beads, cereal, or macaroni
12. Using eye droppers to 'pick up' colored water for color mixing or to make artistic designs on paper
13. Rolling small balls out of tissue paper then gluing the ball onto construction paper to form pictures or designs
14. Turning over cards, coins, checker, or buttons, without bringing them to the edge of the table
15. Making pictures using stickers

Scissor Activities:

When scissors are held correctly, and when they fit a child's hand well, cutting activities will exercise the same muscles needed to manipulate a pencil in a proper tripod grasp. The correct scissor position is with the thumb and middle finger in the handles of the scissors, the index finger on the outside of the handle to stabilize, with fingers four and five curled into the palm.



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Activities to Improve Fine Motor Skills and Handwriting Cont.

Scissor Activities:

When scissors are held correctly, and when they fit a child's hand well, cutting activities will exercise the same muscles needed to manipulate a pencil in a proper tripod grasp. The correct scissor position is with the thumb and middle finger in the handles of the scissors, the index finger on the outside of the handle to stabilize, with fingers four and five curled into the palm.

1. Cutting junk mail, particularly the kind of paper used in magazine subscription cards
2. Making fringe on the edge of a piece of construction paper.
3. Cutting play dough
4. Cutting straws or shredded paper

Sensory Activities:

The following activities wout to be done frequently to increase postural muscle strength and endurance.

1. Wheelbarrow walking, crab walking
2. Clapping games (loud/quiet, on knees, etc)
3. Catching (clapping) bubbles between hands
4. Drawing in a tactile medium such as wet sand , salt, rice, or "goop"
5. Picking up small objects like pegs, beads, coins, etc. from a tray of salt, sand, rice, or putty. Try it with eyes closed too

Body Stability:

1. Wheelbarrow walking, crab walking, crawling, wall push-ups
2. Toys: Orbiter, silly putty, monkey bars



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Activities to Improve Fine Motor Skills and Handwriting Cont.

Fine Motor Skills (Handwriting Activities):

Children develop fine motor skills best when they work on a Vertical or near vertical surface as much as possible. In particular, the wrist must be in extension (bent back in the direction of the hand)

1. Attach a large piece of drawing paper to the wall. Start with children just making lines and squiggles from top to bottom of paper (also bottom to top, left to right, right to left) progress to children drawing or painting pictures
2. Play connect the dots
3. Trace around stencils- the non-dominant hand should hold the stencil flat and stable against the paper, while the dominant hand pushes the pencil firmly against the edge of the stencil
4. Use a magna doodle

Ocular Motor Control:

This refers to the ability of the eyes to work together to follow and hold an object in the line of vision as needed.

1. Use a flashlight against the ceiling. Have the child lie on his/her back or tummy and visually follow the moving light from left to right, top to bottom, and diagonally
2. Read hidden picture books
3. Maze activities (you can buy books of mazes or find them online to print)

Eye-Hand Coordination:

This involves accuracy in placement, direction and spatial awareness

1. Throw bean bags/koosh balls into a hula hoop placed flat on the floor. Gradually increase the distance
2. Play throw and catch with a ball. Start with a large ball and work toward a smaller ball (koosh balls are easy to catch)
3. Practice hitting bowling pins with a ball
4. Play "Hit the Balloon" with a medium-sized balloon

Adapted from a list compiled by Loubina Buxamusa, Occupational Therapist