

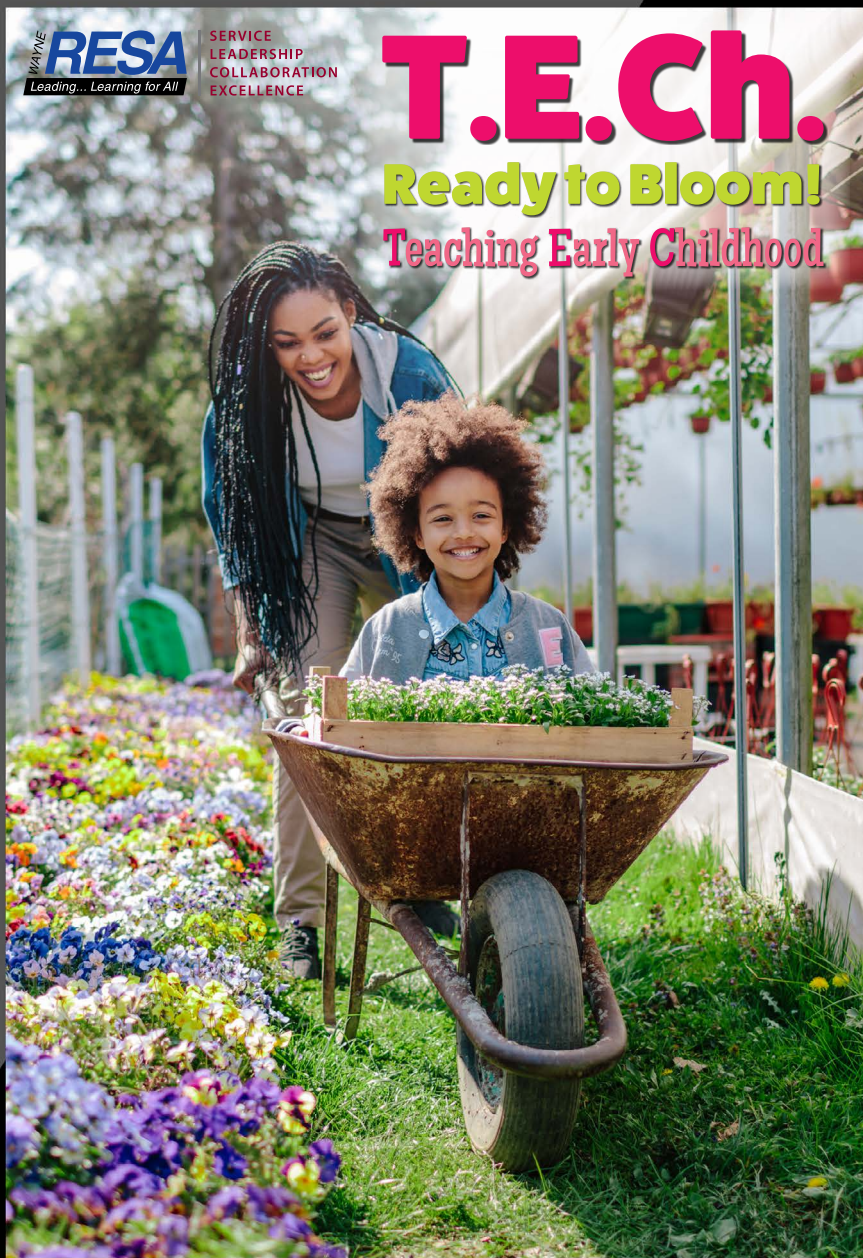
WAYNE
RESA
Leading... Learning for All

SERVICE
LEADERSHIP
COLLABORATION
EXCELLENCE

T.E.Ch.

Ready to Bloom!

Teaching Early Childhood





These materials were developed under a grant awarded by the Michigan Department of Education.



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Summer 2023



How to Use This Guide

This interactive guide has information and tools for young children, families, and educators.



Links in blue are intended for children ages 3-5.



Links in orange are intended for the families of children ages 3-5.



Links in green are intended for the educators of children ages 3-5.

Now with
clickable
links!

If you're reading a paper copy, **scan** the QR codes with your smart phone or tablet:



If you're reading a digital copy, **tap or click** on the QR codes:



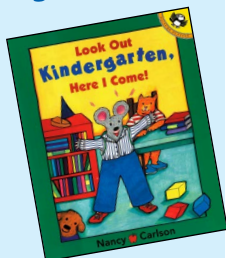
Ready to Bloom



For Children

Look Out Kindergarten, Here I Come! Read Aloud

Written by:
Nancy Carlson



The King of Kindergarten

Read Aloud

Written by: Derrick Barnes
Illustrated by:
Vanessa Brantley-Newton



For Families

5 Year Old Milestone Checklist

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 5 and activities to do to help your child learn and grow.



CDC Milestone Checklist



CDC Milestone Tracker App (Also available in Spanish)



For Educators



Transitioning to Kindergarten

Get Ready to Read!
Skill Building Activity Cards



Literacy

Helping children engage with language



For Children

Goodbye, Friend!

Hello, Friend!

Read Aloud

Written and Illustrated by:

Cor Doerrfeld

Children learn how to embrace good-byes and cope with change.



The Big Umbrella

Read Aloud

Written by: *Amy June Bates and Juniper Bates*

Illustrated by: *Amy June Bates*

This lovely story tells about a magical umbrella. It doesn't matter how old you are or what you look like, there's room for everyone under the big umbrella.



For Families

Connect with a Book!
(video)



**Tips for
Reading
English**



**Tips for
Reading
Spanish**



**Tips for
Reading
Arabic**

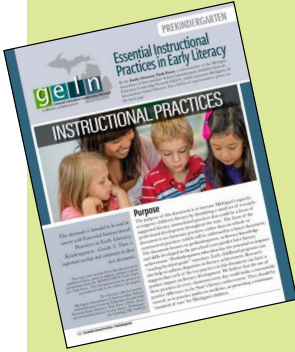


Literacy

Helping children engage with language



For Educators



Pre-Kindergarten Literacy Essentials Document



Watch Video for Read Aloud Strategies!

Focus: Prekindergarten Essential #2:

Read aloud with reference to print

Bullets 1-5 (11:10)



Math

Helping children engage with numbers



For Children

Kindergarten Countdown

Read Aloud

Written by: Anna Jane Hays

Illustrated by: Linda Davick

A story about a little girl who is so excited to start school that she counts off the days by naming what she will do in her Kindergarten class.



Over in the Meadow

Read Aloud

Written and Illustrated by:

Ezra Jack Keats

Sing along and enjoy beautiful illustrations by Ezra Jack Keats in this catchy folk-song encouraging counting and rhyming!



For Families

20 Tips for Making Your Trip to the Grocery Store Count!



Vroom Brain Building Activities for Math

These tip sheets include many math activities for children ages 0-5.

Share them, put them up on your fridge, or carry them around—whatever helps remind you that brain-building moments are all around you.



Math

Helping children engage with numbers



For Educators



Everyday Fun with Addition and Subtraction

Watch how computation skills develop from birth to five years old! Also download a free handout with fun activities available in Spanish.



Developing Math Skills

Discover printables, videos, and more on math topics to help the families you work with.



Math Development Chart

Use this chart to plan mathematics curriculum and set appropriate goals and expectation.

Science

Helping children engage with the world around them



For Children



Lemonade Recipe



Mmmm... who doesn't love lemonade on a warm day? Enjoy making lemonade in a bag with simple ingredients from home! The best part is that your preschooler can make it all by themselves!



When Grandma Gives You a Lemon Tree

Read Aloud

Written by: Jamie L.B. Deenihan

Illustrated by: Lorraine Rocha

Enjoy this sweet read aloud as you sip on your homemade yummy lemonade!



For Families

Spring Color Mixing Activity

With spring comes a lot of rain and of course colorful rainbows! Enjoy creating your own rainbow while learning about capillary action!



For Educators

Bringing the Arts and Science Alive in the Classroom!



Teachers will find resources to create exciting small group or large group learning experiences for children!



Outdoor Fun

Helping children engage with nature



For Children

We're Going on a Nature Hunt

Read Aloud

Written by: Steve Metzger

Illustrated by: Miki Sakamoto



Follow these three adventurous children as they look high and low and discover all different kinds of amazing animals on their nature hunt adventure!



Scavenger Hunt Activities

Here are several scavenger hunts to keep your family busy during your chosen adventure!



Nature Hunt



City Hunt



Neighborhood Hunt



For Families

101 Ways to Play Outdoors



For Educators

Explore the Benefits of Outdoor Play



Benefits of outdoor play in the social, emotional, physical and cognitive developmental domains!

“I shouldn't have to defend play for children any more than I should have to defend their eating, sleeping, and breathing.”

—Rae Pica

Movement

Helping children connect with their bodies



For Children

Good Morning Yoga Flow

In this mini yoga class led by Mariam Gates, children will enjoy learning and practicing simple yoga poses.



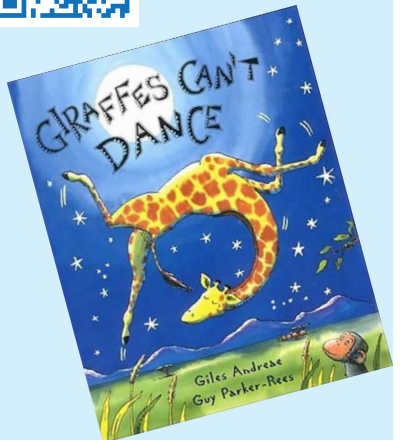
Giraffes Can't Dance

Read Aloud

Written by: Giles Andreae

Illustrated by: Guy Parker-Rees

Giraffes Can't Dance is a touching tale of Gerald the giraffe, who wants nothing more than to dance. With light-footed rhymes and high-stepping illustrations, this tale is gentle inspiration for every child with dreams of greatness. This important story teaches children about accepting that everyone is different and embracing their own differences.



Movement

Helping children connect with their bodies



For Families

Living Arts Pre-K Activities Connecting Through Dance



Join Teaching Artist, Ms. Shirel, as she leads you through ways to use dance to

build stronger connections and family relationships with the young people in your lives.

Watch, Do, Explore, Connect!



Bug Themed Yoga Poses and Snack Idea!



Are you looking for something different and fun to do with your kids this summer?

Check out these delicious healthy snack recipes and add a little movement to your day by practicing these fun bug/insect yoga poses.



For Educators

Yoga with Kassandara



Your number one resource for free online Vinyasa and Yin Yoga.

Here you'll find

weekly yoga classes for all experience levels.

Let's Make a Rainstorm!



Use movement to create the sounds of a rainstorm

(lightning, thunder, wind and rain). "Rainstorm" provides tactile and sensory input to get your students in a centered and attentive frame of mind.





Mindfulness

Slowing down and being present



For Children

[Hello, Sun!](#) Read Aloud

Written and Illustrated by:

Sarah Jane Hinder

Hello, Sun! is a heartwarming way to introduce children to the wonders of yoga and help set them up for a happy, mindful day.



[I Am Peace: A Book of Mindfulness](#) Read Aloud

Written by: *Susan Verde*

Illustrated by: *Peter H. Reynolds*



Messages of kindness, compassion, and self-awareness



For Families

[Belly Breathing](#)

Belly breathing is a calming exercise that both children and parents can practice to relax and feel grounded, and one that children as young as three can practice.



For Educators

[Flower Breath](#)

Practice this fun and calming breathing exercise with your students!

Encourage your students to share what their flower looks like and what their flower smells like. They will love it!



[Simple Mindfulness Techniques](#)

Mindfulness is one way to lessen the effects of stress emotionally and physically. These techniques for educators promote being present, in the moment, and mindful.



Social Emotional Development and Learning



For Children

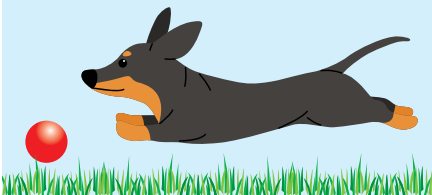
Whistle for Willie Read Aloud

Written and Illustrated by:
Ezra Jack Keats



Many children will recognize the star of this beloved book—it's Peter from

The Snowy Day! Here, he models both patience and practice as he teaches himself to whistle so that he can summon his dog.



For Families

Skill-Building Book Tips for Whistle for Willie



Explore *Whistle for Willie* in a way that highlights focus and self control, a life skill

that promotes executive functions. Children need this skill in order to achieve their goals, especially in a world that's filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self control. Also available in Spanish.

Harvard Psychologist to Parents: Do these 7 things if you want to raise kids with flexible, resilient brains!



Seven parenting rules to help your child build a brain that is flexible and therefore resilient.



Social Emotional Development and Learning



For Educators

Books and Tips that Promote Life Skills



Free, downloadable science-driven learning and engagement activities that offer tips for building children's life skills such as: focus and self-control; taking on challenges, etc. Based on classic and diverse children's books. Available in English and Spanish for three age groups: infants and toddler, preschoolers and school-age.

6 Positive Messages



Teachers can support Social-Emotional development of children through "6 Positive Messages" to promote connection and resilience-building in the classroom.



Additional Resources



Great Start Wayne Collaborative

Great Start Wayne provides resources and information to Wayne County families about child development and early childhood.

Great Start Readiness Program (GSRP)

GSRP is a Michigan state-funded preschool program for four-year-old children.



Talking Is Teaching

Learning begins at birth! When you talk, read, and sing with your child—even before they can use words—you're building their brain and helping to prepare them.



Great Start Readiness Program—Wayne RESA



GSRP Wayne RESA Facebook

Wayne RESA – GSRP



GSRP Wayne RESA Instagram

@wayneresagsrp



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Translation services available



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These materials were developed under a grant awarded by the Michigan Department of Education.