

I Can Do It Myself!

Children practice the self-help skills they need to know to get ready for kindergarten.

START

- The goal of this activity is for children to practice some of the self-help skills they'll need to get ready for kindergarten and to practice the sequence of getting ready for school in the morning.
- Set up stations in sequence for the children to walk through. Each station should have a sign with text and a picture:
 1. Get up and make the bed: use the blanket or cloth to role play with.
 2. Wash up and brush teeth: role play.
 3. Get dressed, which consists of choosing clothes, putting them on, and zipping or buttoning: clothing could be on a table, shelf or hat tree. Children can also use their own shoes for practice.
 4. Eat a healthy breakfast: sit at the table and use play food and kitchen set.
 5. Pack lunch: choose play foods to put into plastic containers and pack into lunch bags.
 6. Pack backpack, if available.
 7. Ready to go! Talk about whether the child is walking, riding in a car, or taking the bus to school.
- Introduce the activity by asking Who would like to pretend that we're getting ready to go to school in the morning? We have a game we can play where we act it all out! Hop on board and follow the leader.
- The activity leader will lead a group of children through as a group. If a child is more interested in staying at one activity, the child can remain at that area.
- For younger children, they can stay in a station they enjoy and play with the activity materials. An adult should be there to coach and play with them.

NEXT STEPS

- For older children who are already comfortable with the skills, you can encourage them to be helpers and to coach or show others how to do the activities.
- At the kitchen station, younger children may want to sit and play by filling the plastic containers with the small objects and then pouring them out. This is an important early skill and can be combined with putting lids on and taking them off.
- At each station, you can support the children's skill building by asking such questions as Can you pick out something to wear today? or by making comments such as, Zippers are tricky. Keep trying!

(continued on side 2)

MATERIALS

- * 8–12 small blankets or pieces of cloth
- * Clothing with easily accessible zippers or buttons, or both
- * Play kitchen set and food
- * 12–15 small plastic containers with lids
- * Paper lunch bags or lunch boxes
- * Assorted objects to use with plastic containers (corks, large buttons, bottle caps)

Learning Guideline:

Social Science: Discuss and identify the order of daily routines.

Tip Sheets:

Do It Yourself, Be Healthy



(continued from side 1)

FINISH UP

- As the children are finishing up at the last station, ask each child how he or she will be or is getting to school (or preschool). See if they can describe what their experience is like and how they feel about it.
- As each station activity is completed, make sure everyone joins in on the cleanup, another important self-help skill.

EXPAND YOUR ACTIVITY

- Have a group of older children lead the younger ones through the stations, showing them what to do and helping them practice their skills.
- You can have a puppet show with the puppets acting out the sequence of events and using small props to illustrate.

TAKE IT HOME

- The children can create an I Can Do It Myself! book out of paper folded in half and then stapled for a binding. They can write their name and title on the cover and have each page represent an activity. Adults can help with text and children can illustrate with crayons, markers, or collage materials such as cloth, buttons, and food pictures from magazines.
- Have the children choose one skill that they want to focus on to practice. Help them to work on it consistently, but let them do the work themselves. Skills can include choosing clothes and dressing, toileting, washing hands, and keeping personal items organized at home to practice for their school cubby.

BOOKS

- *Happy Dresser (Happy Series)* by Sally Hewitt
- *On My Own: Helping Kids Help Themselves* by Tova Navarra and Tom Keer
- *Mrs. Clean Jean's Housekeeping with Kids: Family Pick-Up Lines (and Household Routines) That Work with Less Work from You* by Tara Aronson



MATERIALS

- * 8–12 small blankets or pieces of cloth
- * Clothing with easily accessible zippers or buttons, or both
- * Play kitchen set and food
- * 12–15 small plastic containers with lids
- * Paper lunch bags or lunch boxes
- * Assorted objects to use with plastic containers (corks, large buttons, bottle caps)

Learning Guideline:

Social Science: Discuss and identify the order of daily routines.

Tip Sheets:

Do It Yourself, Be Healthy



Funded by:
Department of Early
Education and Care
Race to the Top -
Early Learning Challenge Grant

