

# My Learning Passport

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*Name*

## Destination: Kindergarten

**This is me!**



A kindergarten readiness companion to  
A Road Map to Kindergarten<sup>®</sup>

[www.plan4Kids.org](http://www.plan4Kids.org)

# I can do it!

- I can kick a ball.
- I can throw and catch a ball.
- I can play a game with a friend.
- I can cut with scissors on a line or around a shape like a  or a
- I can zip my jacket.
- I can sit and listen to a story for 10 minutes.
- I can use the bathroom by myself.
- I can hold a pencil.

Here's what I like to do:

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I like to play at the park or playground:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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*Color one of these boxes each time you go.*



## How to help your child learn these skills:

- Play games to practice throwing, catching and kicking a ball. Use balls of different sizes. Bean bags or foam balls are easier to catch when learning.
- Draw shapes for your child to cut. Have your child cut pictures out of magazines and paste on paper to create artwork.
- Have your child sit and listen while you read a story. If they can't sit and listen for 10 minutes, start with a shorter length of time and work on increasing it.
- Make opportunities for your child to play with others their age. Go to a park or playground. Check out activities at your community center or at a First 5 Center ([www.first5coco.org](http://www.first5coco.org)).
- Help your child practice self-help skills like getting dressed, doing buttons and zippers, opening containers and bags that they might use for lunch, and using the bathroom independently.

My child is good at:

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My child needs help with:

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Learn to be an active partner in your child's education!  
Take "A Road Map to Kindergarten<sup>®</sup>" class at your First 5 Center. It will help you prepare your child for kindergarten.  
[www.first5coco.org](http://www.first5coco.org)



# I am learning!

- I can name colors and shapes.
- I can count to 10, and I can count things and say how many there are.
- I can draw a picture.
- I can read my name and recognize some other letters and numbers.
- I know some letter sounds.
- I know how to hold a book and turn the pages.
- I can tell what happened in a story. I can tell what happened during my day.

Here's what I like to learn:

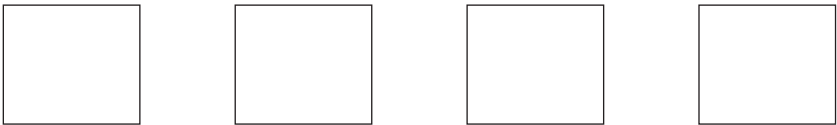
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I like to go to story time at the library.



*Color one of these boxes each time you go.*



## How to help your child learn these skills:

- Describe colors and shapes of objects when you talk with your child. Ask your child to name colors and shapes of objects.
- Help your child practice counting from 1 to 10.
- Help your child learn to count objects by asking them "How many...?" Then help them to count the objects to answer your question.
- Give your child crayons, markers, pencils, and paper to draw pictures. Sit with them, and draw, too. Ask them to tell you about their drawing. Ask them questions about your drawing.
- Write your child's name, and post it where they will see it inside your living space (on doors, refrigerator, bathroom mirror).
- Write their name and help them trace it.
- Read with your child. Have them hold the book and turn pages. Ask them 1 or 2 questions about the story. Ask them to tell you 1 or 2 things that happened in the story.
- Read with your child. Point out letters and numbers as you read. Ask them to name letters and numbers.
- Tell them the sound that a letter makes. Ask them to say the sound that a letter makes.
- Tell your child 1 or 2 things that happened or that you did during the day. Then ask your child to tell you 1 or 2 things that happened or that they did during the day.

My child is good at:

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My child needs help with:

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# I am exploring!

- I am an outdoor explorer learning about people, places and events where I live.
- I am an indoor explorer, too. I sing, dance, play games, pretend, and build things.
- I go to the library for story time and to find books I like to read.
- I go to the grocery store or farmer's market. I choose my favorite fruit and vegetable and try new ones.
- I visit the school where I will go to kindergarten to check it out.

Here's what I like to explore:

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I go to the library to check out books to read at home.



*Color one of these boxes each time you go.*



## How to help your child learn by exploring:

- Walk around your neighborhood or park. Talk about things you see. Look for colors and shapes. Count flowers and trees. Help your child use all senses: “What do you hear? What do you smell?”
- Walk around your living space. Look for colors & shapes. Play singing games. Play “pretend.” Build with blocks, pillows, and boxes.
- Visit your local library. They have many free programs and activities for children. Some libraries offer “Kindergarten Countdown!” to help children learn and practice skills for kindergarten. The program runs from February to April each year.
- Go to a grocery store or farmer’s market. Give your child a simple list of things to find. Name fruits and vegetables. Say the beginning letters and sounds of their name. Have your child help prepare food you buy.
- Visit the school where your child will go or any local school when school is not in session. Walk around to see where things are. Play on the playground.

Places I go with my child:

Activities to do:

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_____	_____
_____	_____
_____	_____
_____	_____

## Resources for Learning and Adventure In and Around Contra Costa County

This list will help you find fun and educational activities to do with your child. It is not a complete list but it will help you get started on some adventures. Many programs, activities, and events are free, but there are fees for others. Please check websites or call programs for information including cost, hours and schedules, and registration.

### County-wide programs and opportunities:

Contra Costa Library <http://ccclib.org/>

- Free story times, activities, and programs to help prepare children for kindergarten
- Discover & Go – access to free and low-cost tickets to museums, science centers, zoos, theaters and other fun local cultural events  
<http://ccclib.ask.libraryh3lp.com/questions/20870>

First 5 Centers <http://www.first5coco.org/funded-programs/first-5-centers/>

- Free classes and support for families with children under age 6 (Free)

City parks and recreation programs—parks, playgrounds, events, activities, classes

- Links to cities <http://ca-contracostacounty2.civicplus.com/1243/Cities-of-Contra-Costa>

Contra Costa County Community Events <http://www.co.contra-costa.ca.us/5211/Community-Events>

East Bay Regional Parks <http://www.ebparks.org>

- Parks listed by city [http://www.ebparks.org/parks/Parks\\_by\\_City](http://www.ebparks.org/parks/Parks_by_City)
- Tilden Park, Berkeley, CA <http://www.ebparks.org/parks/tilden>
  - Train rides and Merry-Go-Round [http://www.ebparks.org/activities/kids/fun\\_rides](http://www.ebparks.org/activities/kids/fun_rides)
  - Little Farm, Tilden Nature Area and Environmental Education Center <http://www.ebparks.org/parks/tilden/tna>

Farmer's markets around the county <http://www.co.contra-costa.ca.us/2214/Farmers-Markets>

Contra Costa County Fair, Antioch, CA <http://contracostafair.com/>

State parks <https://www.parks.ca.gov/>

- Mt. Diablo and other state parks in the county  
<https://www.parks.ca.gov/ParkIndex>

Contra Costa Local Planning and Advisory Council  
for Early Care and Education

[www.plan4kids.org](http://www.plan4kids.org)

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