

School Readiness

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What is School Readiness?

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Cognitive Skills

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Social Skills

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Physical Skills

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What is School Readiness?

School readiness is about much more than knowing letters and numbers — it's about the whole child. Children need emotional strength, social confidence, and everyday skills to succeed in the classroom and beyond. A child who can manage their feelings, get along with others, and handle new routines and challenges is often more prepared for school than one who can just fill out a worksheet. In Australia, school readiness includes cognitive, social, emotional, and physical development — all working together to help children thrive. By understanding and supporting these areas in collaboration with early childhood education and care educators, families can give their child a confident, happy start to the big school.



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graph TD; CS[Cognitive Skills] --- LD[Language Development]; CS --- NS[Numeracy Skills]; CS --- CT[Critical Thinking]; LD --- LD_L[Basic Vocabulary]; LD --- LD_M[Expressing Thoughts]; LD --- LD_E[Engaging in Conversations]; NS --- NS_L[Counting Objects]; NS --- NS_M[Recognizing Shapes]; NS --- NS_E[Simple Problem-Solving]; CT --- CT_L[Curiosity]; CT --- CT_M[Open-Ended Questions]; CT --- CT_E[Decision-Making];
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Cognitive Skills Development in Children

- Language Development**
 - Basic Vocabulary
 - Expressing Thoughts
 - Engaging in Conversations
- Cognitive Skills**
- Numeracy Skills**
 - Counting Objects
 - Recognizing Shapes
 - Simple Problem-Solving
- Critical Thinking**
 - Curiosity
 - Open-Ended Questions
 - Decision-Making

Familiarity with numbers, counting, and basic mathematical concepts is crucial. Activities like counting objects, recognizing shapes, and simple problem-solving can help build these skills.

e.g. counting,
matching numbers,
grouping and categorising items,
recognising and naming basic shapes,
understanding more than and less than,
copying or drawing shapes,
understanding concept of time and routine,
measuring and comparing objects, arranging objects in order

Children should have a basic vocabulary and the ability to express their thoughts and needs. Engaging in conversations, storytelling, and reading together can enhance their language skills.

e.g. asking for help,
being understood clearly by others,
talking about their wants, ideas, needs and thoughts,
recognising their own names

Encouraging curiosity and problem-solving through play and exploration allows children to develop critical thinking skills. Asking open-ended questions can stimulate their thinking processes.

e.g. asking open-ended questions,
actively researching about their world and beyond,
decision-making in critical situations,
predicting,
contrasting/comparing,
wondering,
reasoning

Social Skills



Interpersonal Skills

Children should learn to interact with peers and adults, sharing, taking turns, and cooperating in group activities. Role-playing and group games can facilitate these interactions.

- e.g. active listening,
clearly expressing themselves,
sharing,
taking turns,
following instructions and rules,
accepting "no"

Emotional Regulation

Understanding and managing emotions is vital for school readiness. Teaching children to express their feelings and cope with frustration can help them navigate social situations effectively.

- e.g. self-soothing and calming after drop-offs and throughout the day,
empathising with others' feelings,
identifying solutions to simple problems,
understanding and utilising strategies, such as breathing, and
assistance from others.

Independence

Children should be encouraged to perform simple tasks independently, such as dressing themselves, using the toilet, and following routines. This fosters self-confidence and a sense of responsibility.

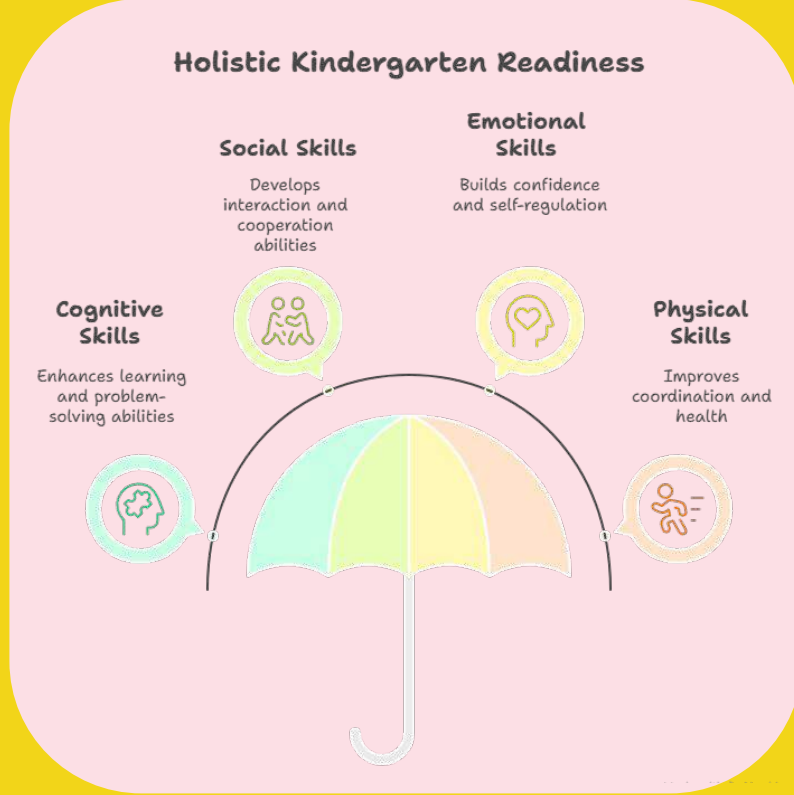
- e.g. minding their belongings and packing their backpack,
having meals at lunch and recess,
changing and dressing selves including socks and shoes,
using the bathroom unassisted

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<div><h1>Physical Skills</h1><div><div><h2>Fine Motor Skills</h2><p>Developing fine motor skills through activities like drawing, cutting, and manipulating small objects is essential for tasks such as writing and using classroom tools.</p><p>e.g.</p><ul style="list-style-type: none">unpacking lunchboxes,feeding self,undressing and dressing self,writing and drawing,following instructions and directions given, such as cutting, drawing, writing, and manipulating small objects</div><div><h2>Gross Motor Skills</h2><p>Engaging in physical activities that promote balance, coordination, and strength, such as running, jumping, and climbing, prepares children for the physical demands of school.</p><p>e.g.</p><ul style="list-style-type: none">using toilets - getting on and off of toilets,packing away resources and belongings of self,sitting at desks or on mats for class activities,engaging in group activities and games,walking and running to, in and from schools</div></div><div><pre>graph LR; FMS[Fine Motor Skills] --- PS[Physical Skills]; GMS[Gross Motor Skills] --- PS; subgraph FMS_List [Fine Motor Skills]; D[Drawing]; C[Cutting]; MSO[Manipulating Small Objects]; end; subgraph GMS_List [Gross Motor Skills]; R[Running]; J[Jumping]; CL[Climbing]; end;</pre></div></div> <tr><td>Learn and laugh - Epping</td><td>Emotional Readiness</td><td>06</td></tr> <tr><td>Learn and laugh - Epping</td><td>Conclusion</td><td>07</td></tr> <tr><td>Learn and laugh - Epping</td><td>Questions?</td><td>08</td></tr>			Learn and laugh - Epping	Emotional Readiness	06	Learn and laugh - Epping	Conclusion	07	Learn and laugh - Epping	Questions?	08
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<div> <h1>Emotional Readiness</h1> <div> <div> <div>Confidence</div> <div> Positive Reinforcement Celebrating Achievements Communication Skills </div> </div> <div> <div>Emotional Readiness</div> </div> <div> <div>Adaptability</div> <div> School Familiarization New Class Adaptation Routine Following </div> </div> </div> </div>		
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Conclusion



Preparing children for kindergarten in Australia involves a holistic approach that nurtures cognitive, social, emotional, and physical skills. By focusing on these areas, parents and educators can help children develop the confidence and readiness they need to succeed in their educational journey. Supporting children in these critical areas will not only enhance their school readiness but also lay a strong foundation for lifelong learning.

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Questions?

Please speak to one of our
preschool educators,
educational leader or the
service director
for more information!

