



Hello,
tomorrow!

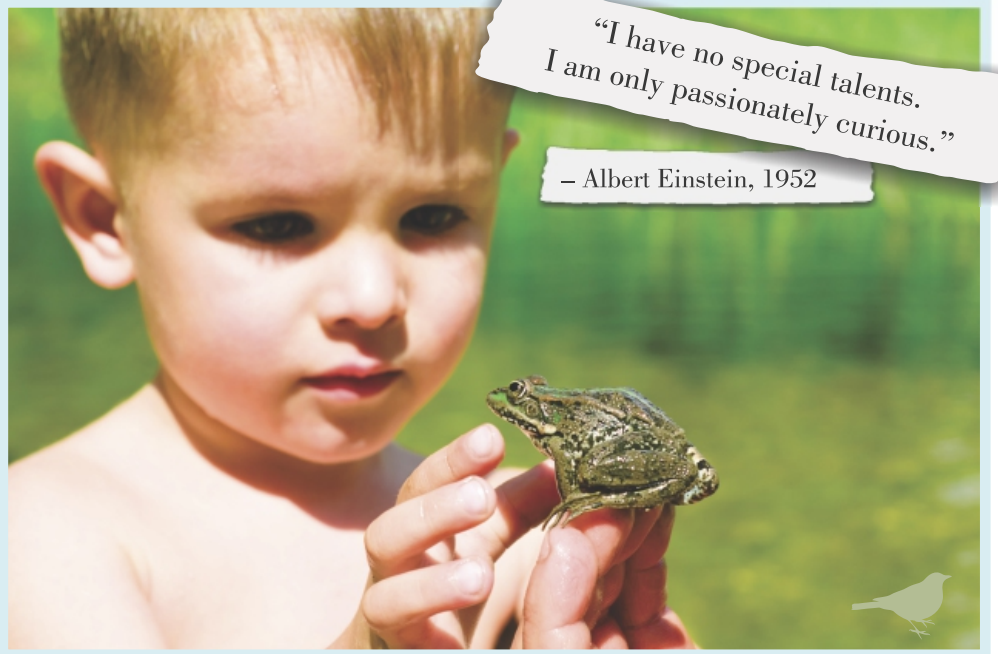
Being ready for school means doing a lot of new things.

Practicing at home really helps. Work together before school starts. Give your child the best chance to do well in school.

Is your child ready for kindergarten? Here are some ways to tell.

Help me learn to:

- Nicely take turns.
- Play with friends.
- Enjoy being praised.
- Put on my own shoes.
- Dress mostly by myself.
- Put on my own socks.
- Share my feelings with you.
- Eat with a spoon without spilling.
- Like to finish what I start.
- Understand why we take turns.
- Go potty in the potty every time.



*"I have no special talents.
I am only passionately curious."*

– Albert Einstein, 1952

- Hold a fork by my fingers, not my fist.
- Talk about my ideas and what I think.
- Go potty (use the bathroom) by myself.
- Give and follow directions while playing a game.
- Be able to focus even with distractions like noise.
- Be able to focus on my work even when in a group.
- Like to work through problems, have a "can-do" attitude.
- Use the side of the fork to cut large pieces of food into smaller pieces.
- Don't get too upset when I lose at a game or can't do what I want right now.
- Wipe myself after going to the bathroom, flush the toilet and wash my hands.

ASK your child:
Do you have any questions about school?

What is the name of your school?



Passes are available from June through the first week of August at all Louisville Free Public Library branches and Metro Parks Community Centers.

Visit www.visionlouisville.com

Get the pass, get in free, have fun, win prizes!



www.visionlouisville.com



Hidden Birds, Hidden Words

Look for the hidden bird.
How many can you find?

Look for these hidden words, hidden on the pages:
the, of, and, to, is, it, he, she, was, for, on, this,
have, had, by, what, all, we.

Acknowledgments

Hello, tomorrow! Thanks the work team for this project:

- C.E.&S. Foundation
- Kentucky Psychological Foundation
- Taylor Advertising LLC
- Wordsworth Group

Let's learn together,
as classmates and friends.

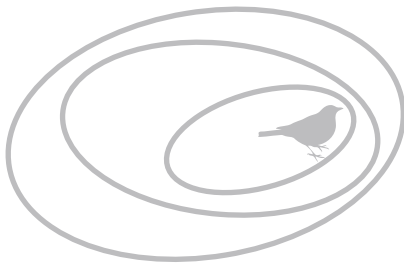


read

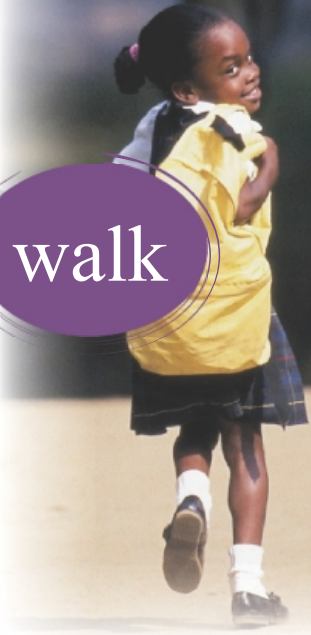


learn

play



walk



share



listen



was

show



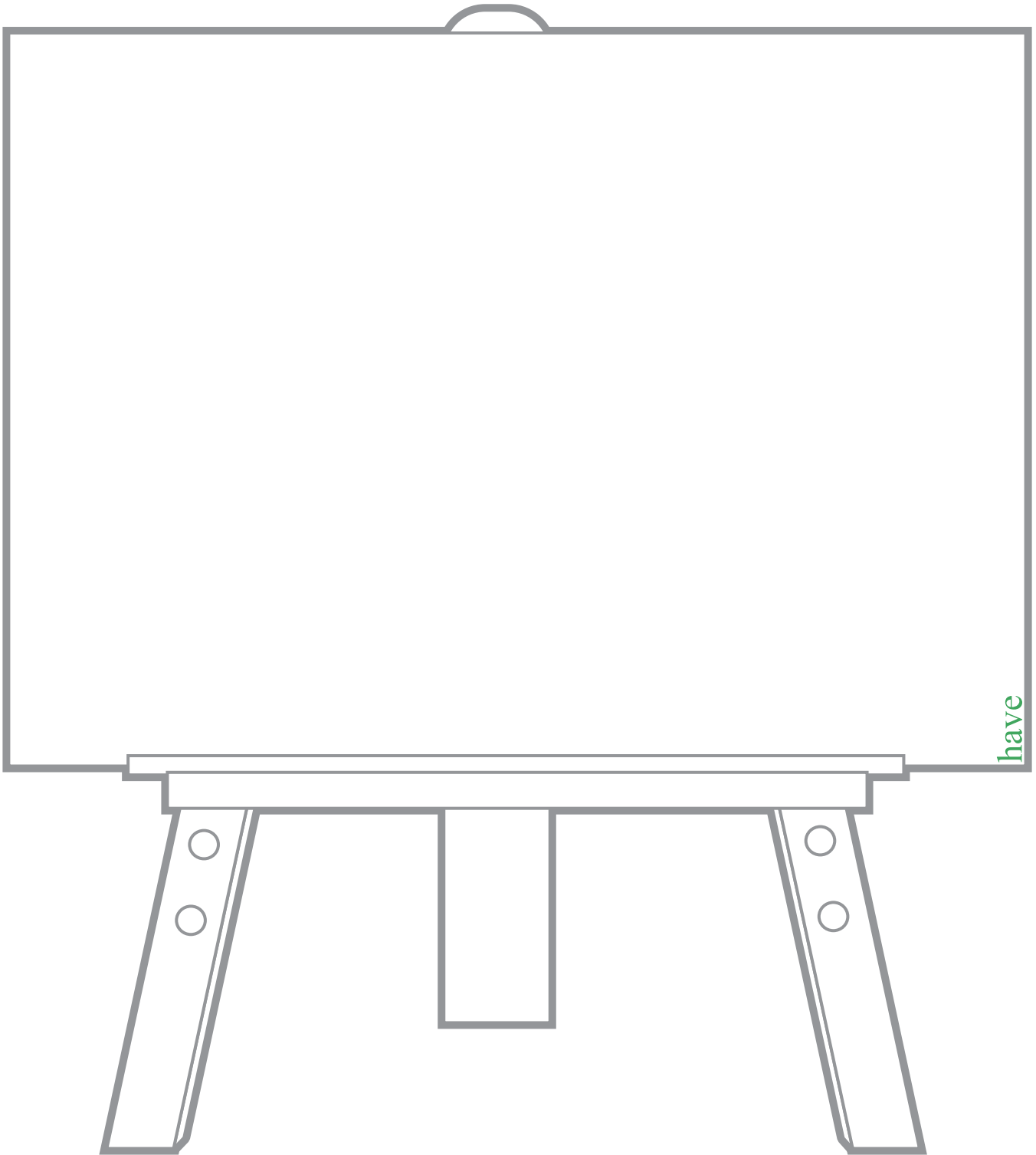
help



read



This book belongs to



Draw a picture of you! Now show me your cheeks, thumbs, ears, fingernails, nose, chin, elbows, knees, eyes, shoulders, arm, neck, belly, wrist, toes, mouth, eyelashes, teeth, and leg.



My first name

My last name

My adult's first name

My adult's last name



Knock, knock!

Who's there?

Lettuce.

Lettuce who?

Lettuce in and you'll find out!

Knock, knock!

Who's there?

Orange.

Orange who?

Orange you glad
I'm here?



Knock, knock!

Who's there?

Some bunny.

Some bunny who?

Some bunny who
loves you!



Draw whatever you want!





HAPPY

How do you feel today?
Let's talk about it.



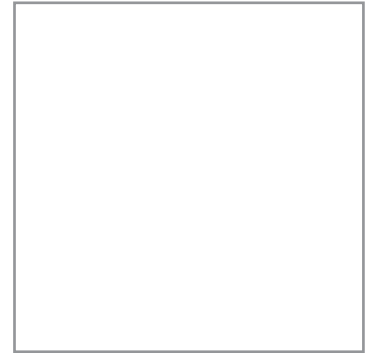
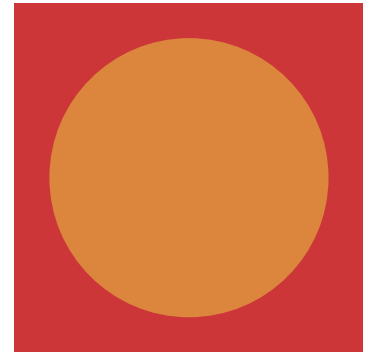
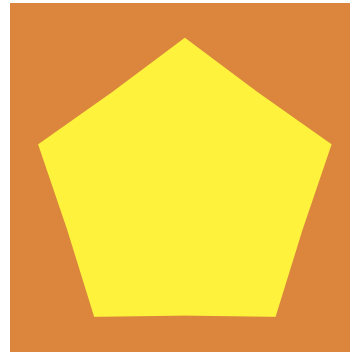
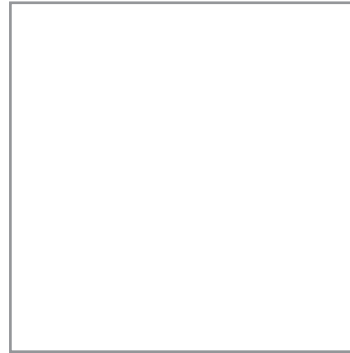
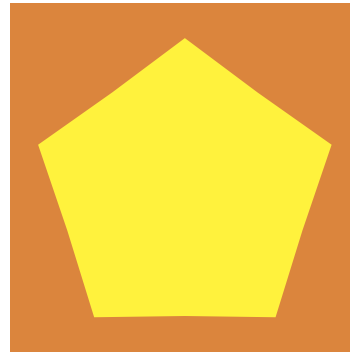
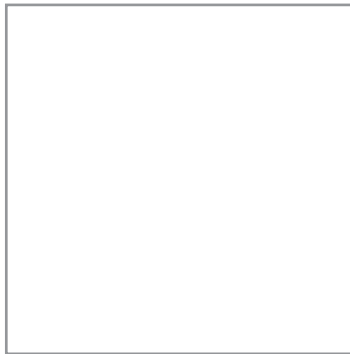
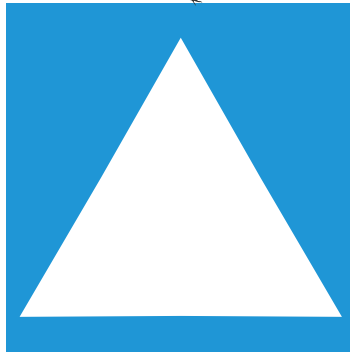
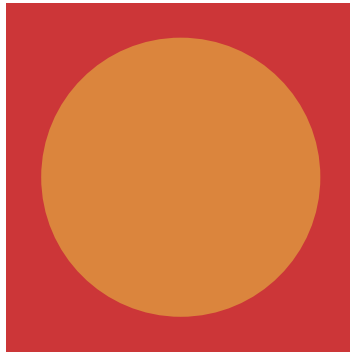
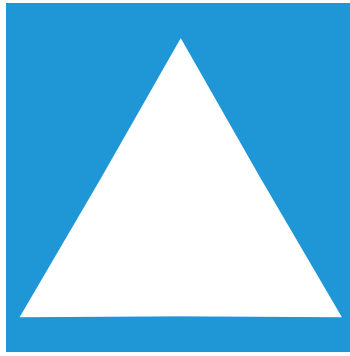
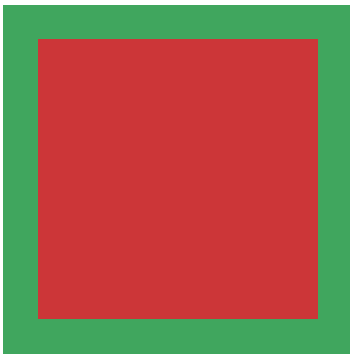
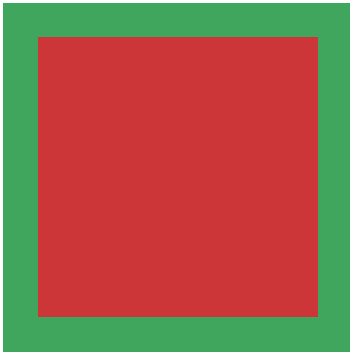
SAD



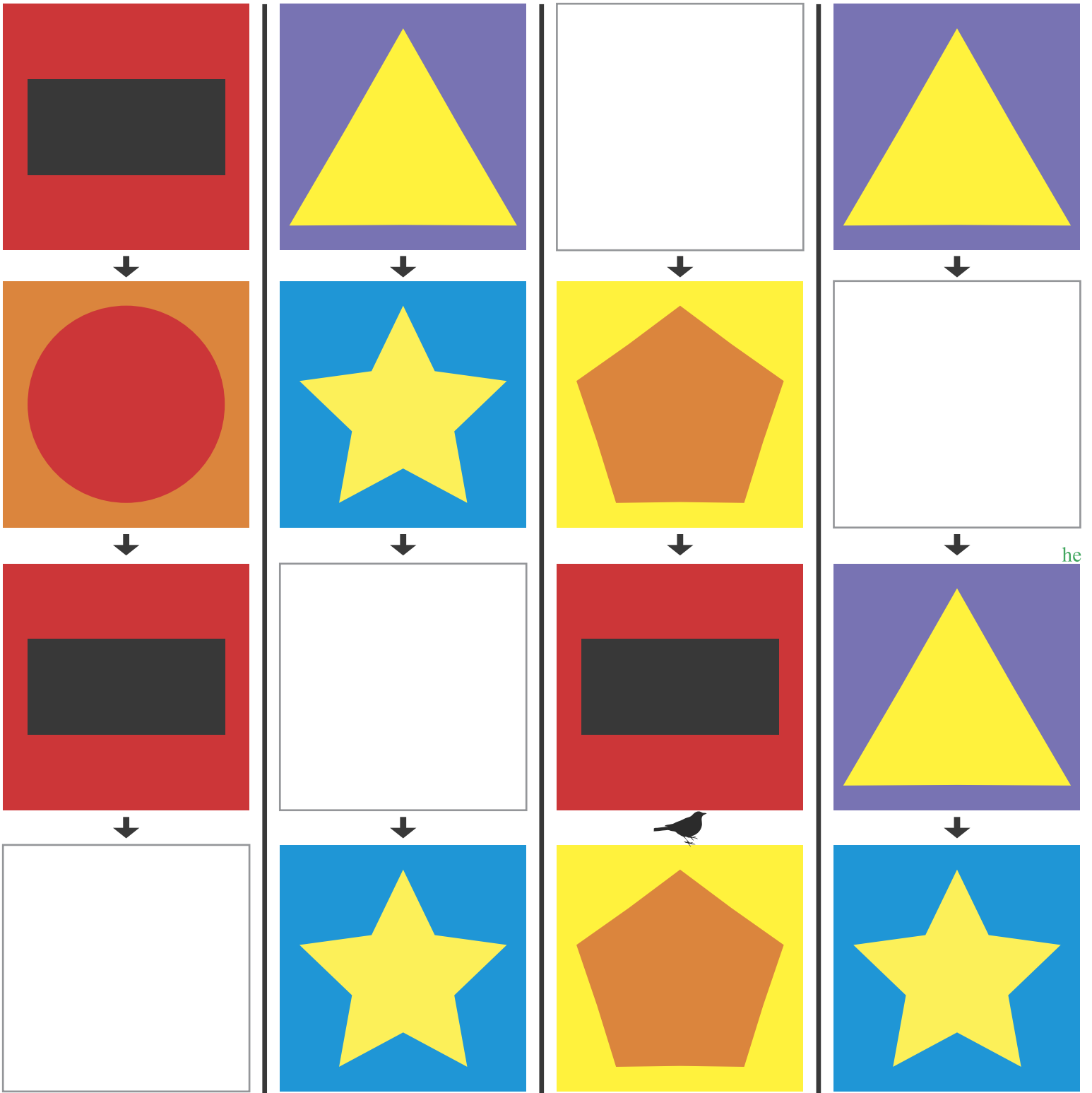
Can you tell the story?

Draw your own cartoon.

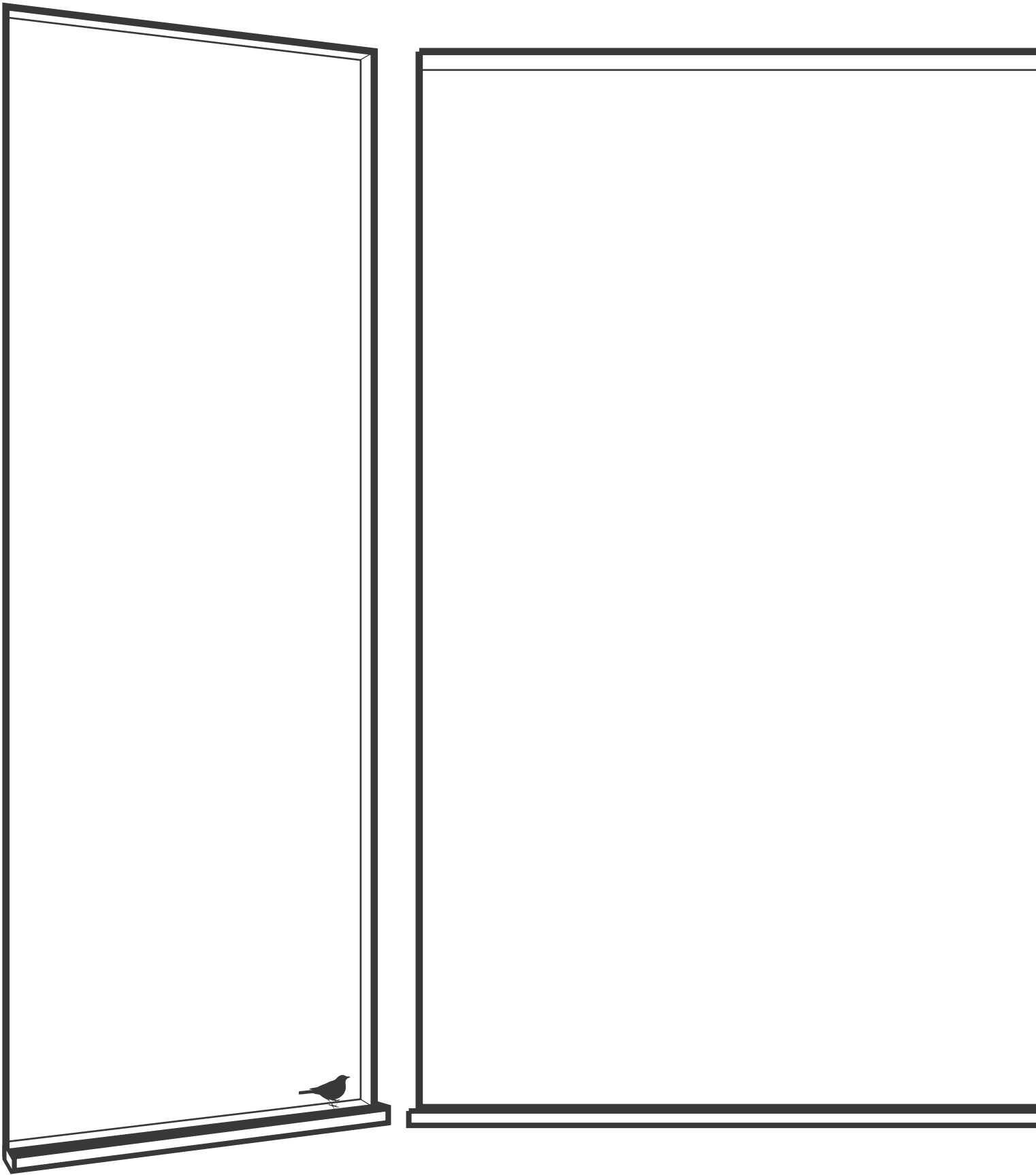




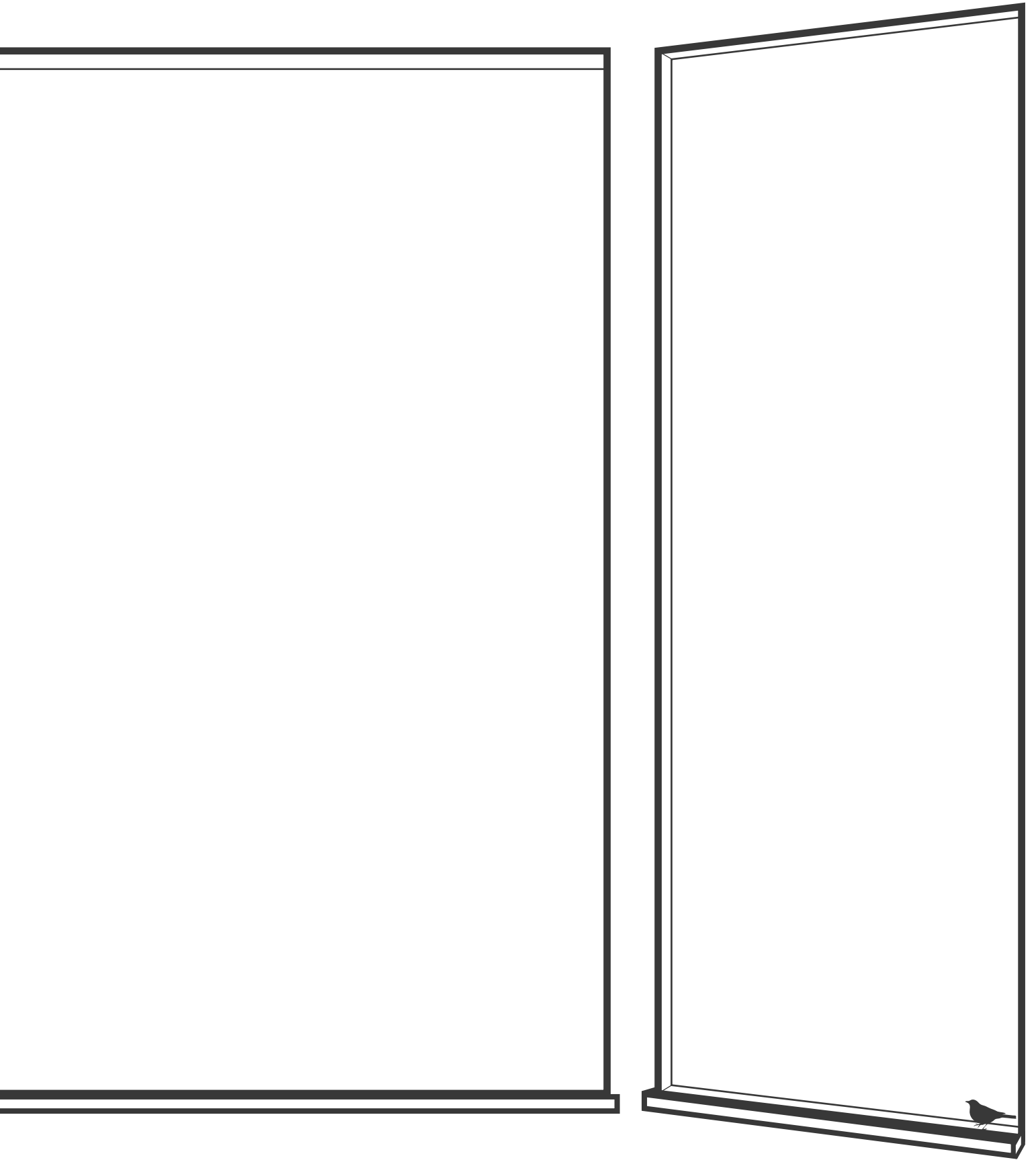
 Patterns repeat. What comes next



in each column?



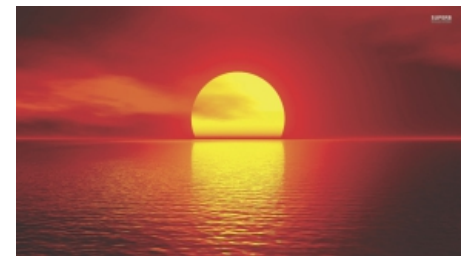
This is a window. Draw what



you what you can see outside.



this



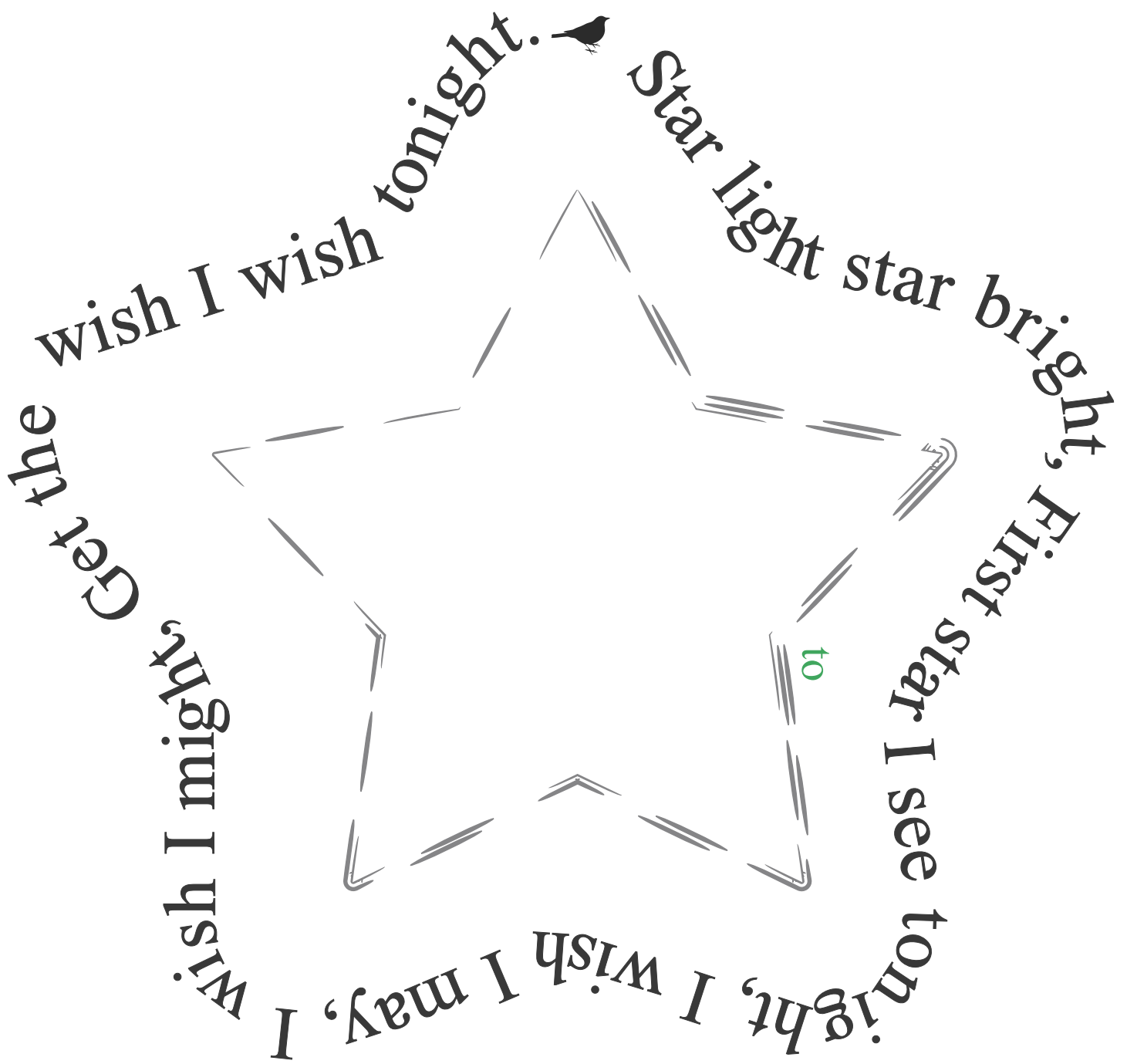
Point to the matches. For each match, say



she



if you can see, hear, taste, or touch it.

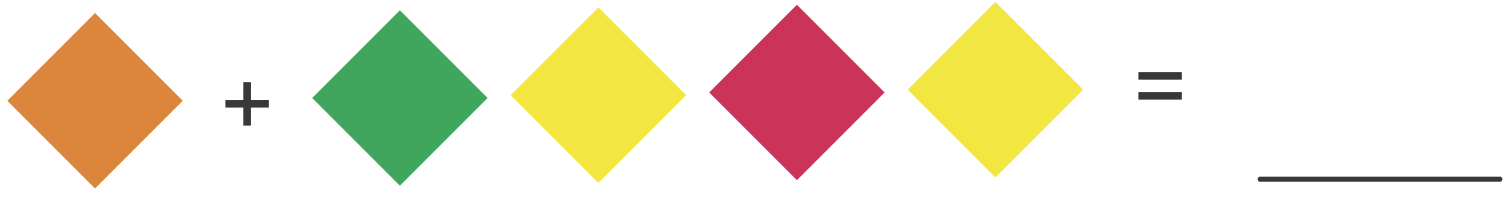
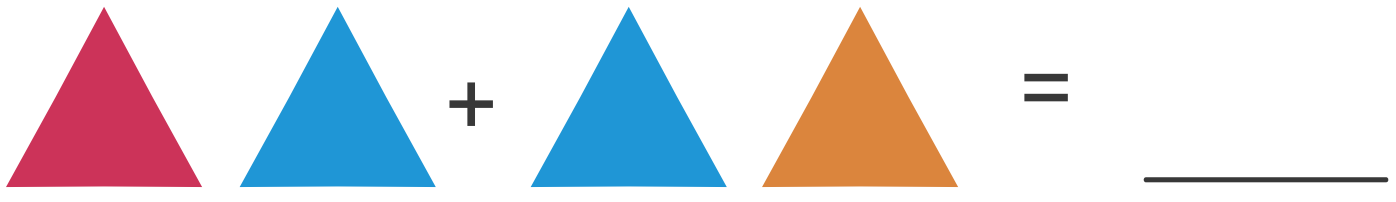
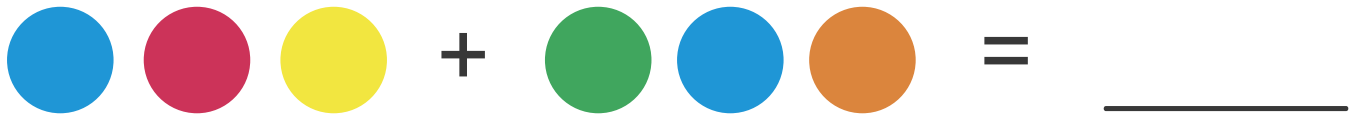


Color the star.

Do you ever see stars at night?

and

What's
your
wish?



How many shapes all together?

what
1

3

4

6

5

9

2

7

6

8

3

4

1

2

5

7

4

6

1

3

3

4

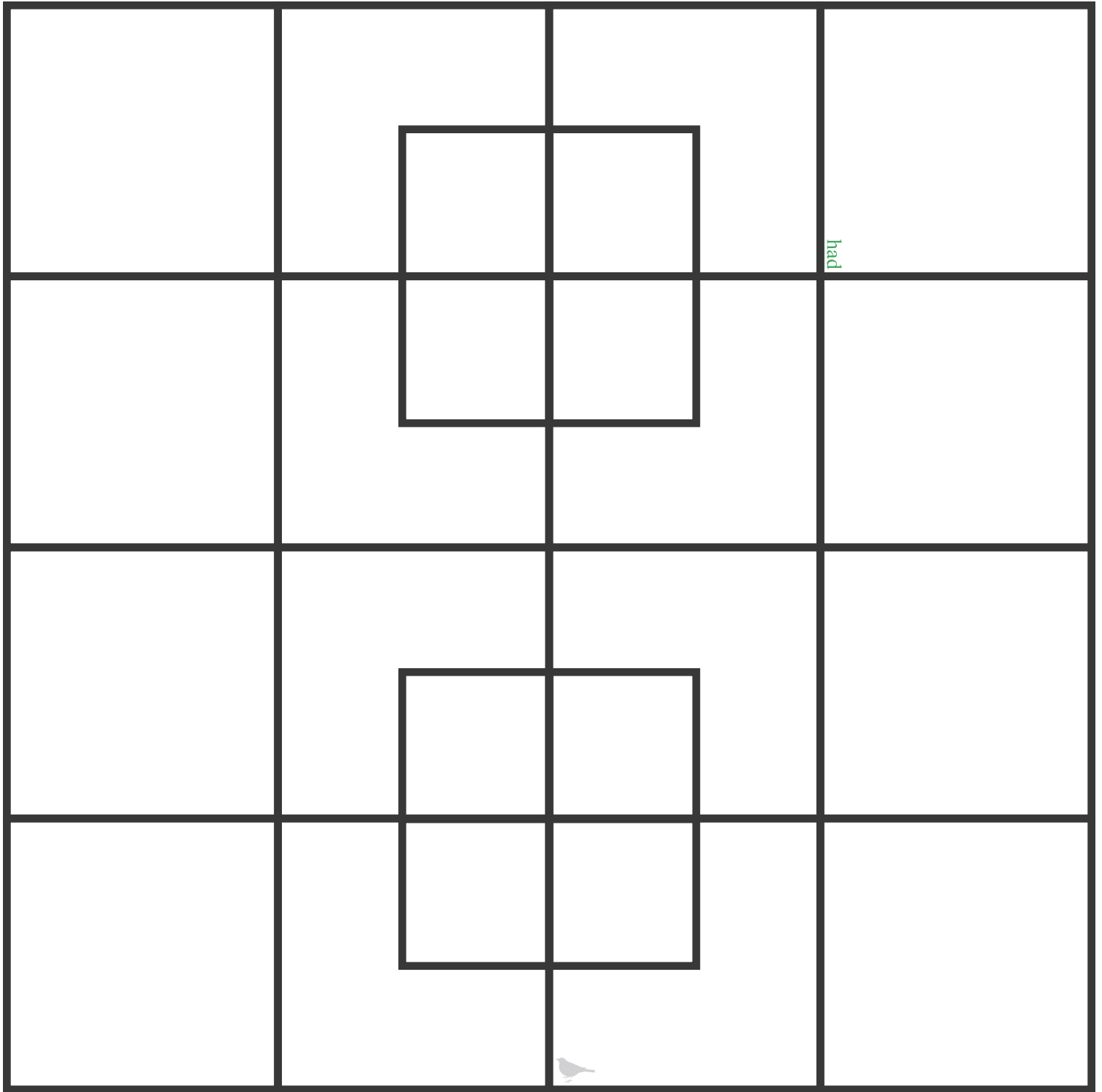
6

2

Circle odd numbers

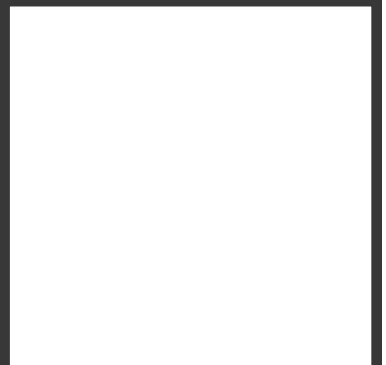
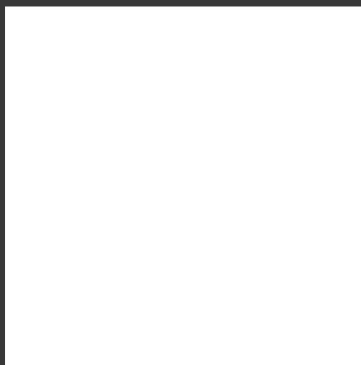
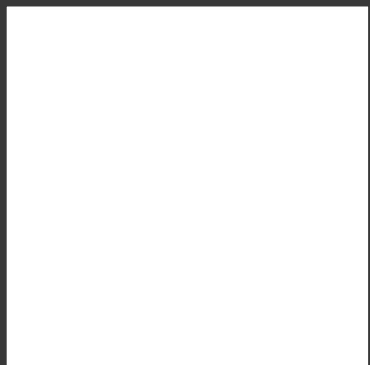
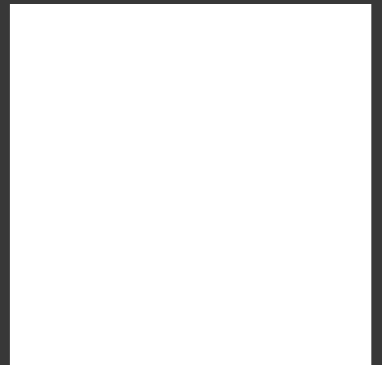
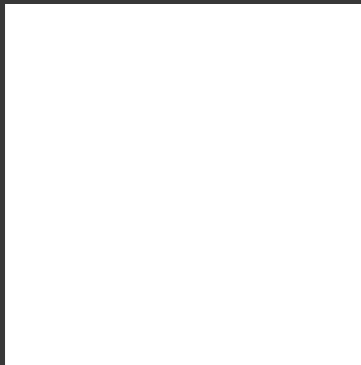
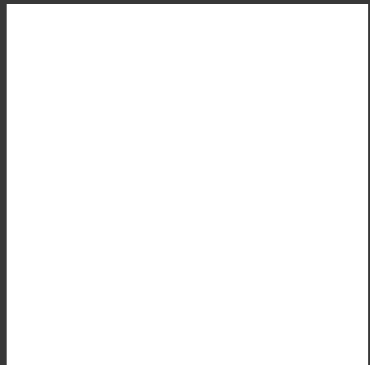
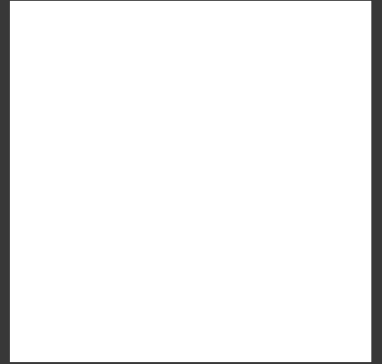
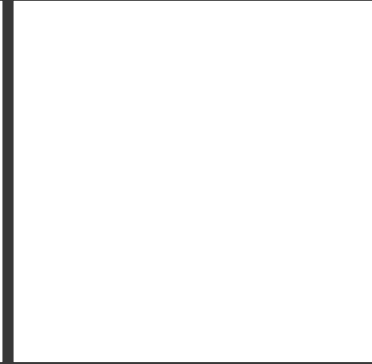
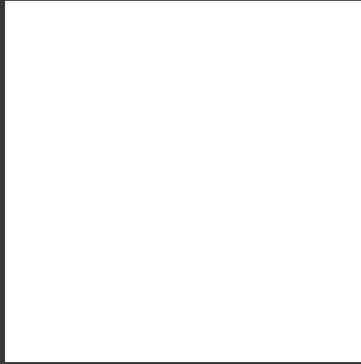
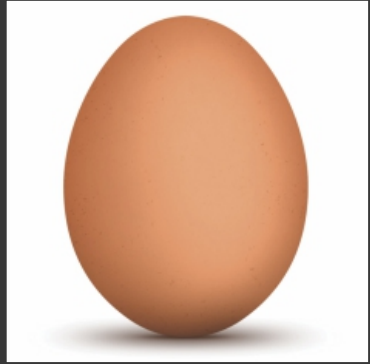
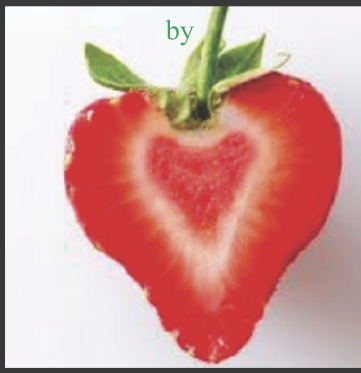
Odd numbers cannot be evenly divided by two.

1 3 5 7 9 



How many squares can you count?
Can you draw inside the squares?

Look around.



What shapes can you find in your world?

circle square heart star rectangle hexagon oval

Want or need?



Circles things you could need.
X things you could want.



It's 8 a.m., in the morning.
What do we do in the morning?



It's 12 noon.
What do we do in the
middle of the day?



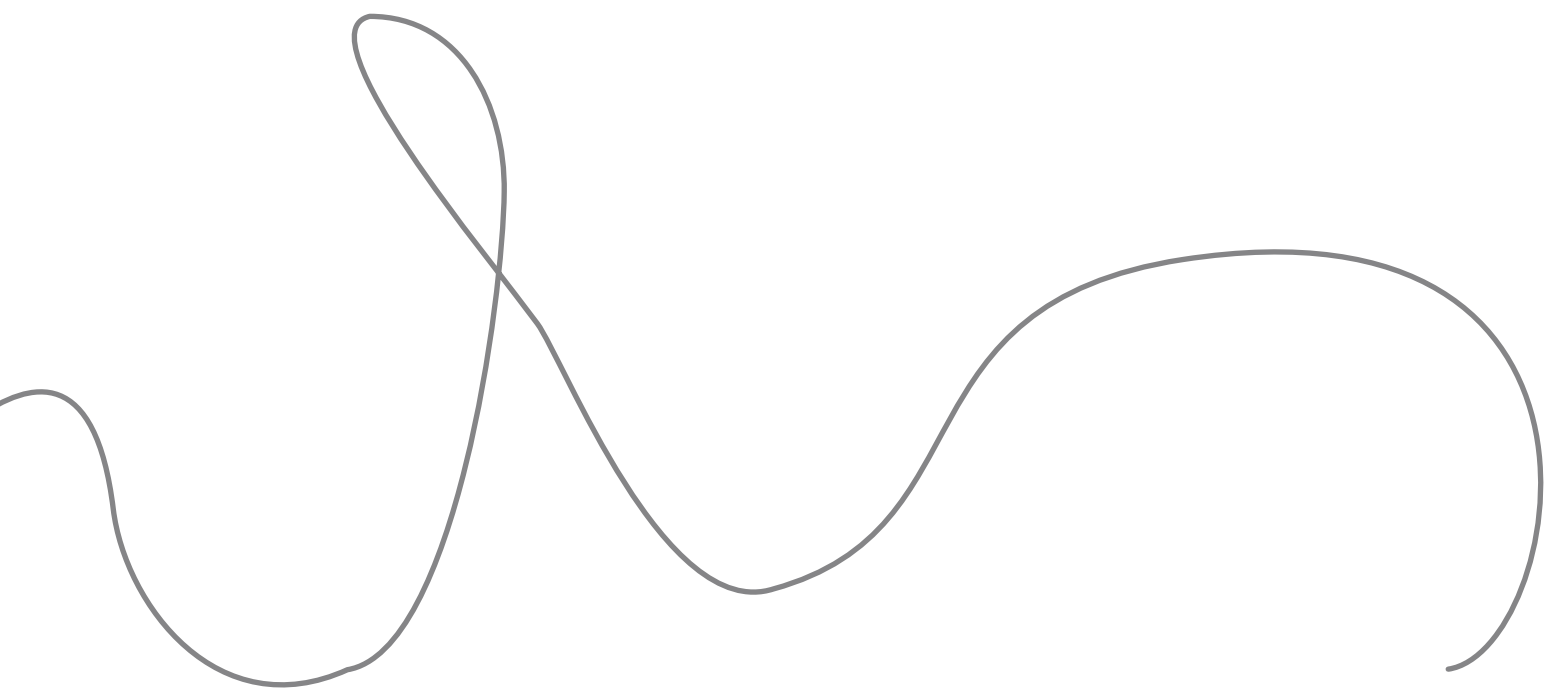
It's 4 p.m. in the afternoon.
What do we do at the end
of the day?



It's 8 p.m. at night.
What do we do at night?



“A line is a dot that went for a walk.” – Paul Klee
Where did it go? 



SOCIAL HEALTH

I am a good friend.

MENTAL HEALTH

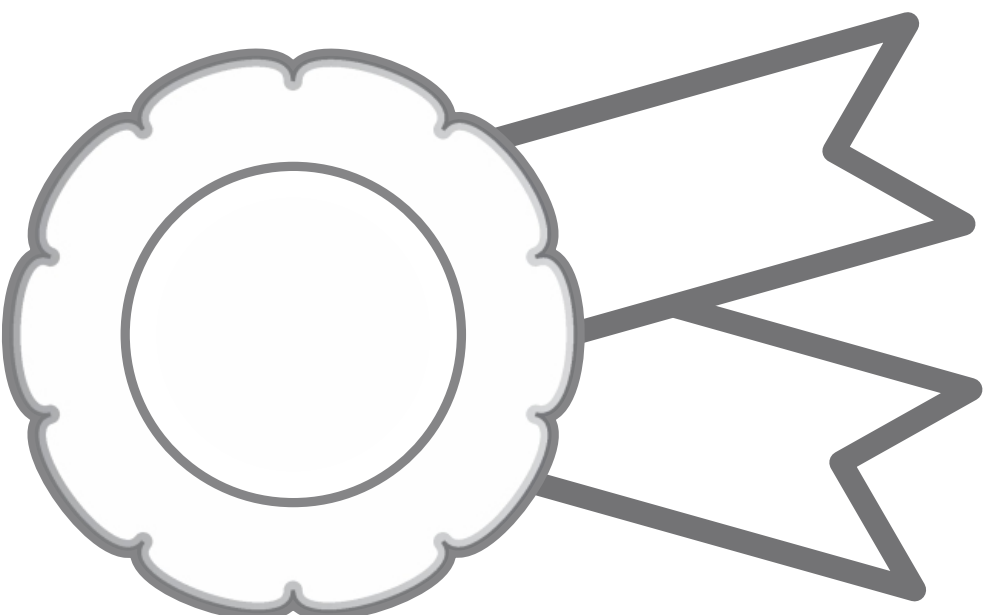
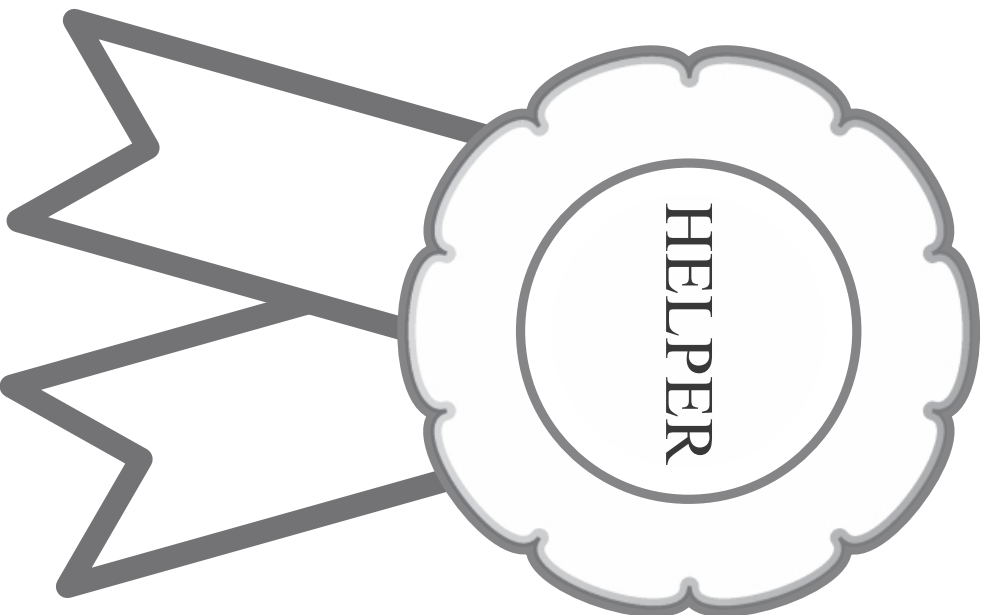
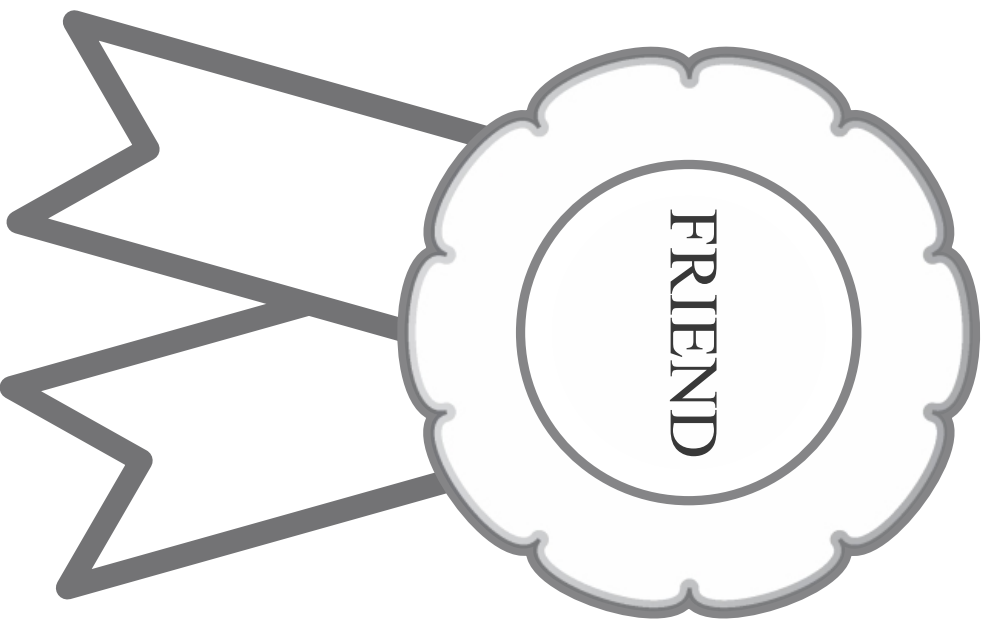
I talk about my feelings.

PHYSICAL HEALTH

I try new foods.

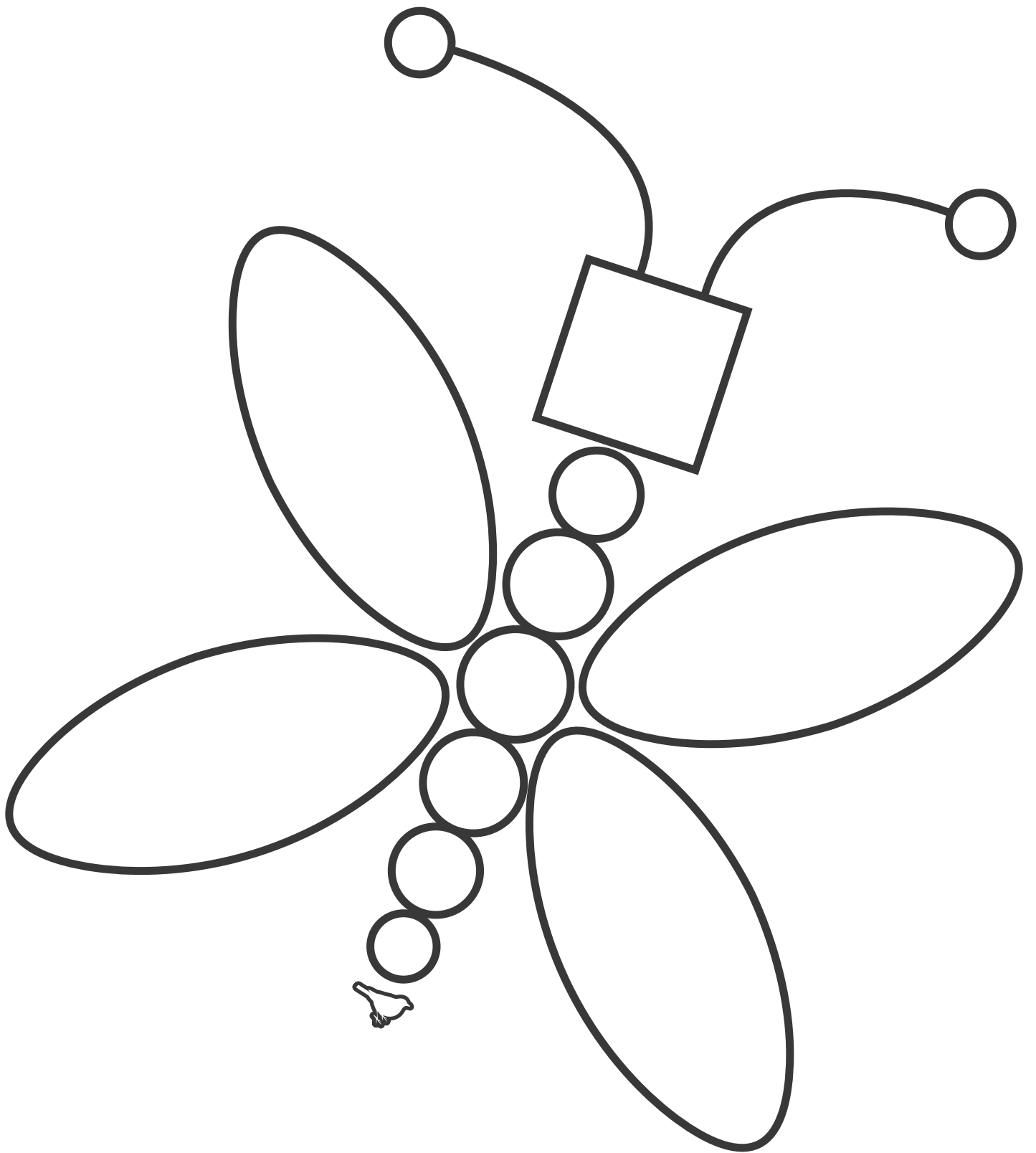
Write or draw ways you are healthy.

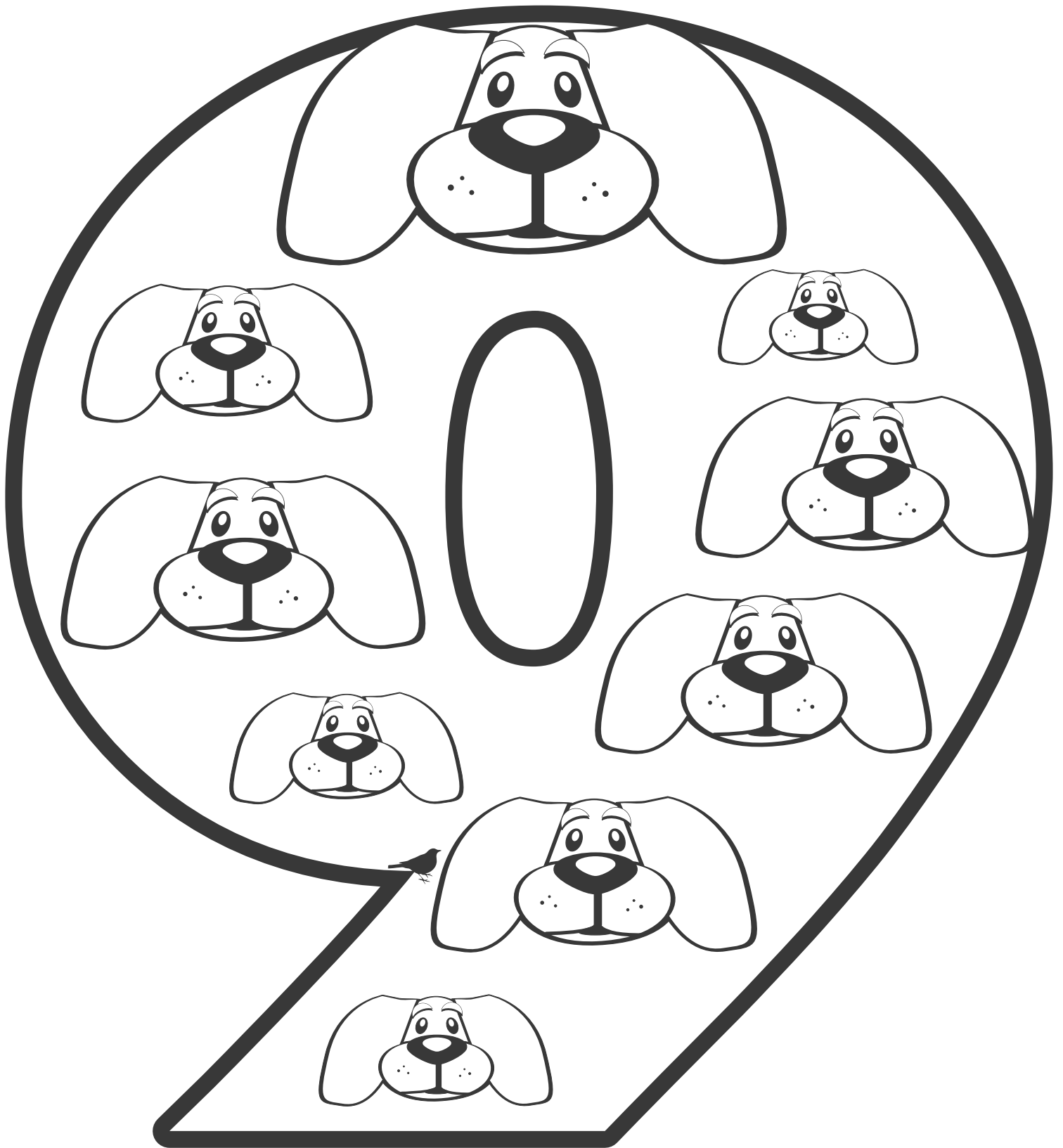
COLOR AND GIVE THESE



THIS ONE'S
FOR YOU







Explore nature. What do you find?





Deer



Raccoon



Bear



Bird

Who made these tracks?

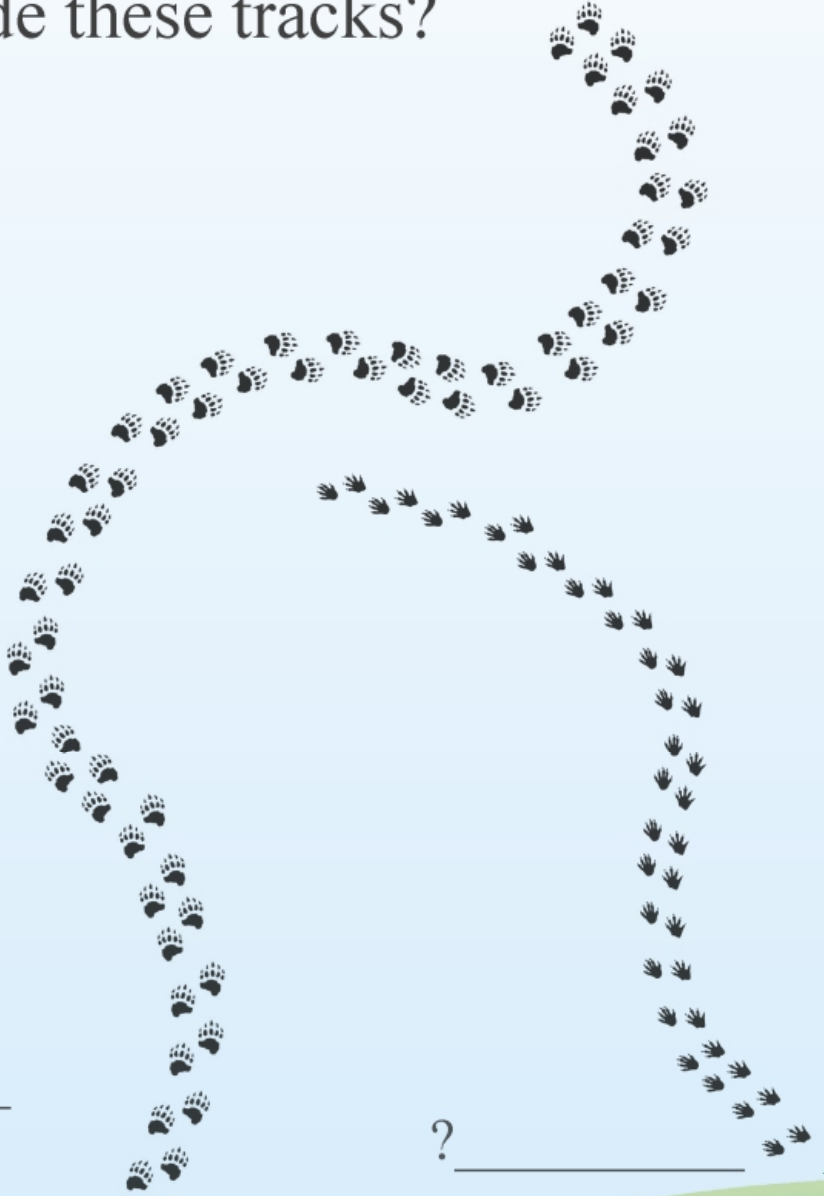


? _____

? _____

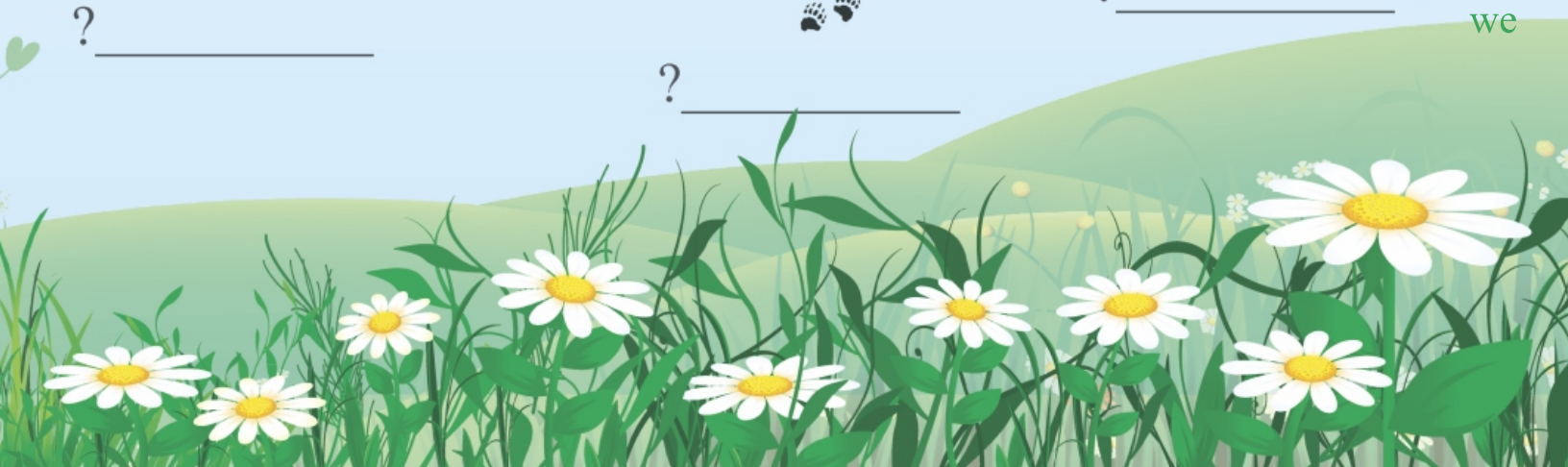


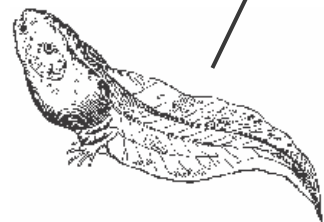
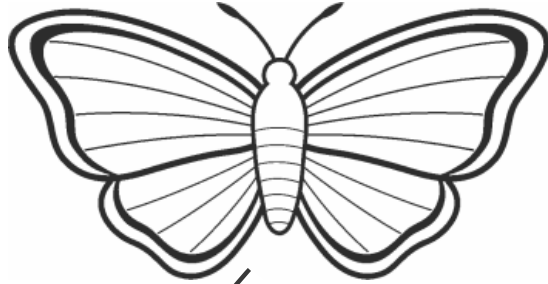
? _____



? _____

we

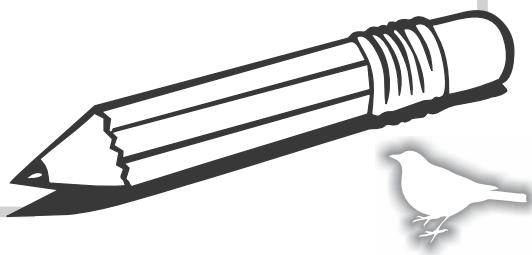
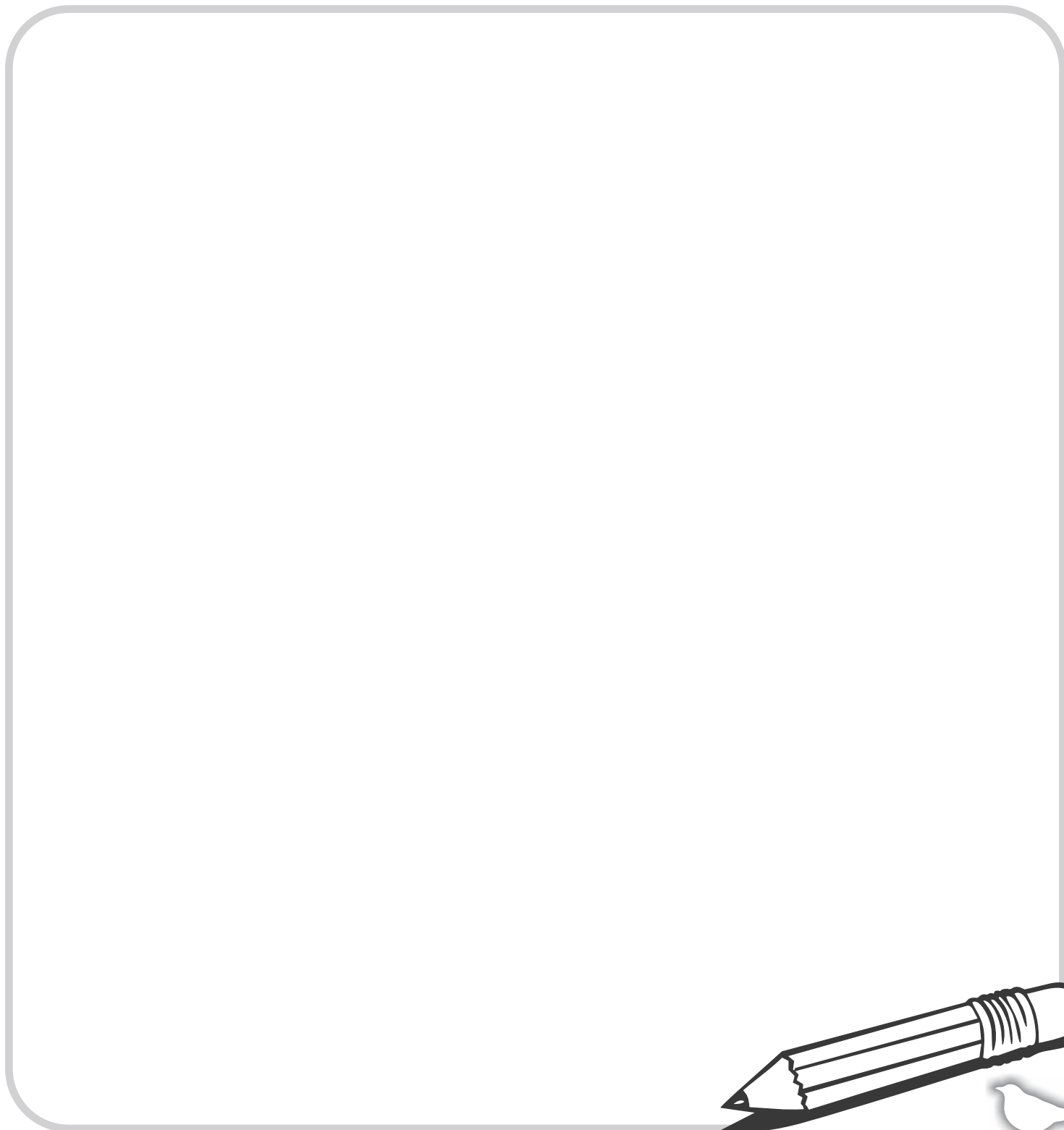




Draw a line to help the
mommies find their babies.



Mommy Daddy Teacher Grandma Sister Brother Aunt



Who can help you at home? Who can help you at school? Draw who helps you.

Bird Song

Each bird shall fill a minute
For me to drink.
Within it,
This cool, clear minute
Will be memory
Of song. Oh, eagerly,
My lips will tremble on the brink
When each bird fills a minute
For me to drink.

Mary Carolyn Davies



Calming down

One:

SUN



Look up to the sky and take a deep breath.

Two:

SHOE



Breathe all the way down to your foot in your shoe.

Three:

ME



Breath up from your shoes and all the way to your head.

Four:

ONE MORE

If the first three felt good, try one more.



To Our Garden

Now we take

A spade

And hoe.

Now we plant

The seeds.

Grow, grow

Little seeds.

Grow up to be

Cabbage, carrot,

Bean, and pea.

When you're thirsty,

Drink the rain.

It will come

Again, again.

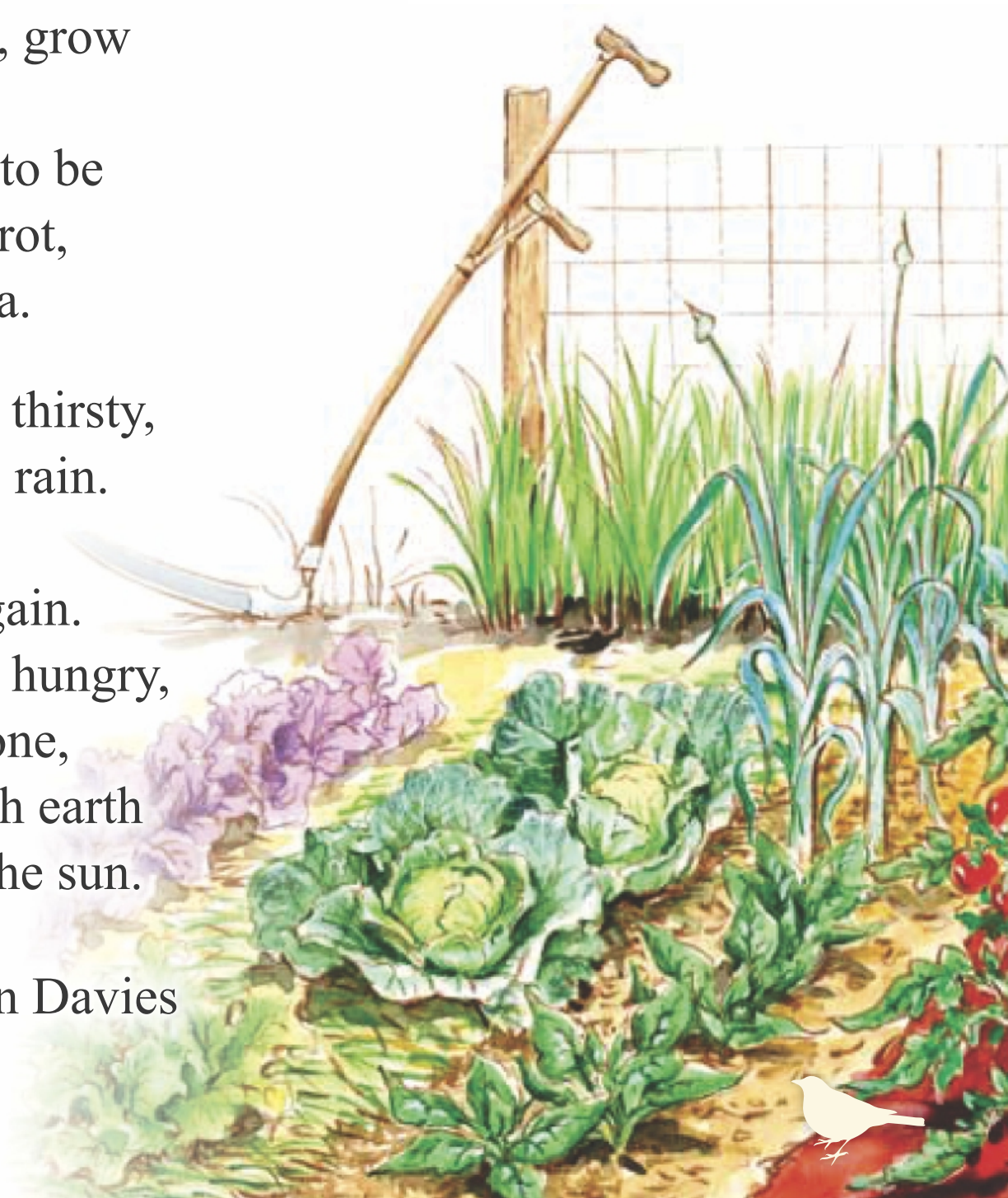
When you're hungry,

Seeds, each one,

Break through earth

And eat the sun.

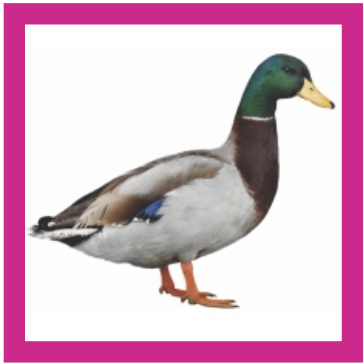
Mary Carolyn Davies



Draw what you want to grow in your garden.



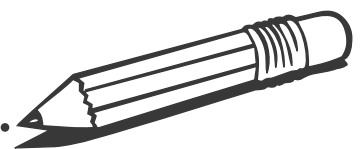
FISH BUTTERFLY DOG SHEEP
BEAR DUCK LADYBUG PARROT



Point to each creature.



Draw your favorite animal.



PIG BIRD BUG BEE PENGUIN CAT
TURTLE CHICKEN RABBIT HORSE



Brain Building Basics

5 things to remember
for building your child's brain

1. Look



Make eye contact so you and your child are looking at each other.

2. Chat



Talk about the things you see, hear and do together, and explain what's happening around you.

3. Follow



Take your child's lead by responding to their sounds and actions, even before they are old enough to talk. When they do start talking, ask follow up questions like "What do you think...?" or "Why did you like that?"

4. Stretch



Make each moment longer by building upon what your child does and says.

5. Take Turns



With sounds, words, faces and actions, go back and forth to create a conversation or a game.



vr&om

Momentos para desarrollar el cerebro

Sonidos del exterior

Cuando estés al aire libre, escucha los sonidos con tu pequeño. Juntos, decidan si un sonido es fuerte o suave.


Pídele a tu pequeño que imite un sonido y luego imita tú un sonido.

Túrnense imitando todos los sonidos que escuchen.

El cerebro de un niño se desarrolla más rápidamente en los primeros **5** años de su vida. Con actividades simples como esta, puedes hacer que el cerebro de tu bebé se desarrolle cada momento que pasa contigo.

Aprende más en joinvroom.org

descarga
VR&OM Del Día

Consíguelo en el
 **App Store**

APLICACIÓN DE ANDROID EN
 **Google play**

Disponible en
 **fire**

Apple y el logotipo de Apple son marcas comerciales de Apple Inc., registradas en EE. UU. y otros países. App Store es un marca de servicio de Apple Inc. Google Play es una marca comercial de Google Inc.

You are your child's first teacher.

Going to school is a big step for any child.

Now you can help them get ready.

Everything your child needs to know to be ready is in this book.

Work together, page by page, and watch your child succeed.

Here are some ways to help your child get ready:

- Let your child draw, paint, use scissors and glue, and be proud of the work.
- Even if you didn't like school, or do well in school, now is the time to help your child learn to love learning. Always speak in a positive way about school. Talk about how fun it can be to make new friends, how the teacher can help, and to ask questions.
- Read books to and with your child every day. Free books are available at every library.
- Talk with your child, ask them questions and value their opinions. Never make fun of your child. All children learn in their own way.
- Help your child share their feelings by asking, "Are you sad about that?" or "Are you scared of something?"
- Help your child think about things. Ask questions like "What else could we learn?" or "How can you find out?"
- Spend time one-on-one with your child every day, by playing, cuddling, hugging, and giving them compliments.
- Stick to a regular routine for meals, homework and bedtime.
- Take walks and talk about everything you see. Kids who talk with adults learn more words and are better readers.
- Let them play with friends, especially outside.
- Talk in a calm tone. Model respect by showing your own manners.
- Take time to listen, to talk and to explain when your child asks a question. Encourage your child to ask for help when needed.
- Help your child learn to take care of things, and put them away.

I can do it, with your help!

SPECIAL THANKS TO THE

Kentucky Psychological Foundation,

for promoting healthy and meaningful lives, and working to build a psychologically healthy Kentucky. KPF's mission includes educating the public on psychological topics, health, and mind-body wholeness. KPF provides content and content review for Hello, tomorrow! activity book to ensure consistency with psychological principles, research, and ethics.

In appreciation of

Joe Edwards, Psy.D; Jessica K. Beal Korhonen, Psy.D;

Jennifer Price, Ph.D; David Susman, Ph.D;

Lisa Willner, Ph.D; Paul J. Rosen, Ph.D;

DeDe Wohlfarth, Psy.D; Felicia Smith, Ph.D;

Dan Florell, Ph.D; Cay Shawler, MS; Claire Horton, MA;

Mackenzie Hoffman, MA; and Paul Morgan, MA.





Kentucky Psychological Foundation

promoting healthy and meaningful lives



The Kentucky Psychological Foundation works to build a psychologically healthy Kentucky through:

- Promoting healthy behaviors throughout life
- Decreasing mental illness and stigma
- Embracing diversity in our communities
- Educating the public on psychological topics, health, and mind-body wholeness, including the award-winning Heads Up! and Heads Up for Kids! educational and public art campaigns.

KPF is a nonprofit 501(c)(3) organization. We welcome your support of the Kentucky Psychological Foundation with your tax deductible contribution. Donate online: www.kpa.org/donations or mail your donation to:

Kentucky Psychological Foundation
120 Sears Avenue #214
Louisville, KY 40207



Visit www.kpa.org for Heads Up! Kentucky Healthy Living Guides

