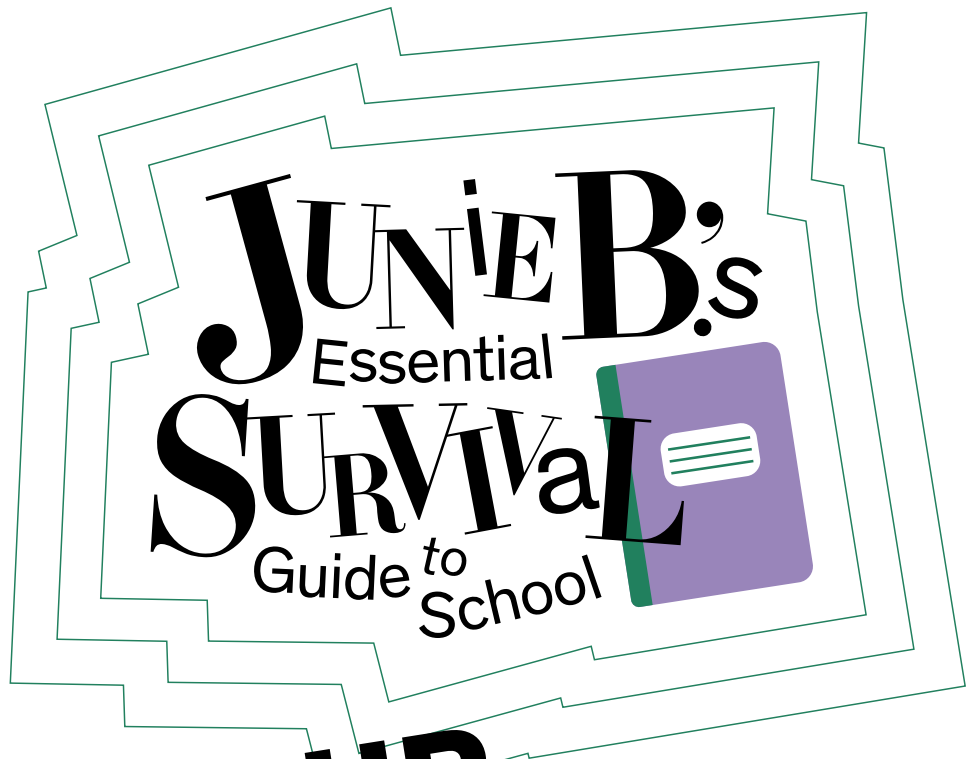




**92NY Theater
for Young
Audiences**

Presented by The Diamond Family



THIS IS YOUR ESSENTIAL SURVIVAL GUIDE TO SCHOOL!



This Essential Survival Guide is inspired by 92NY's Theater for Young Audiences production of *Junie B.'s Essential Survival Guide to School*. It is meant to be used as a resource for parents to help prepare your child for the exciting, sometimes scary, new world of school. This guide is designed for Pre-K to First Grade, and is broken down by grade level. While some activities and resources are specific to the age level, some can be used for all ages.



Preparing for preschool can be a little scary, but here are some things you can do at home to help make the transition a little easier for both you and your little one:

PRE-SCHOOL Readiness

Visit the School

Take a trip to the preschool together before the first day of school. You may need to schedule an appointment with the preschool, but see if you can tour the classroom or play on the playground. This will help create a familiarity of the new environment for your little one so that the first day of school isn't as scary.



Establish a New Daily Routine

Establishing a daily routine will help your little one not only adjust to a new school schedule, but build confidence and provide them with a daily predictability they can count on. A consistent daily routine aids in their social emotional development as well. You can make it fun too – turn the new daily routine into a game! There are numerous charts out there to help provide visuals and incentive for your little one to learn the daily routine and make it a habit. You can make your own or check out these favorites from Amazon: [Dinosaur Daily Routine Chart](#) or [Wooden Visual Schedule](#).



Get Ready for Everyday!

There will be elements of the school day that require your child to zip up a backpack or fasten a button on a coat or hang up a coat on a hook. You can help prepare your child for these daily school activities by doing them at home ahead of time. Check out this book on [Everyday Skills](#), or make your own, to encourage practice at home! Bonus: This helps build fine motor skills too!



Preschool Readiness Activity Worksheets

Check out these preschool readiness activity worksheets by *Scholastic* that you can do with your little one at home!

[My Whole Body Listens](#)

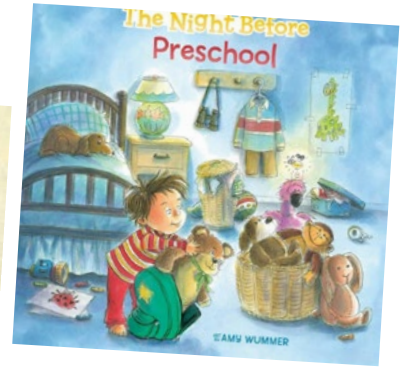
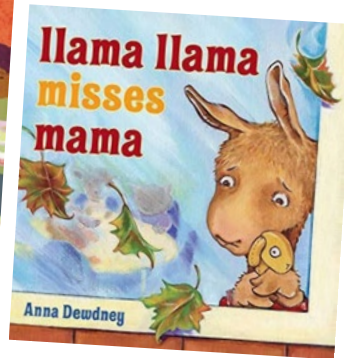
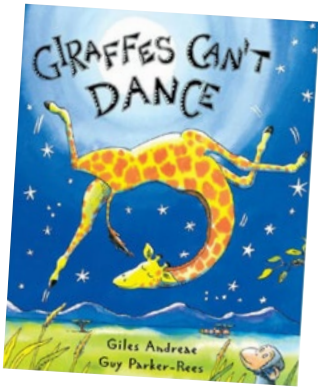
[Cleanup Time](#)



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Take a Trip to the Library!

There are many books out there that talk about getting ready for preschool and are great introductions for what to expect. Take a trip to the library and check out some of our favorites!



KINDERGARTEN Readiness

“Sheldon Potts’s Backpacks on Parade”

Having the right backpack may not seem important, but besides being a way to transport homework and school supplies, the right backpack can make school exciting! Does yours have “a pocket for an extra chocolate milk” or “slots for things like notepads or a ruler”? Celebrate this milestone by letting your child design their own backpack!

Check out this [Personalized Backpack](#) from Etsy that allows you to customize your child’s name on the backpack.



If your child wants to have the freedom to design and redesign their backpacks throughout the year, check out [BeccoBags](#). Once you buy the base backpack, you can design it on the daily with numerous fun patches to choose from!

Emotional Intelligence 101

One of the toughest things for children to navigate is learning how to manage their emotions. Check out these meditative and sensory brain breaks that can provide your child with a tool to help manage their emotions:

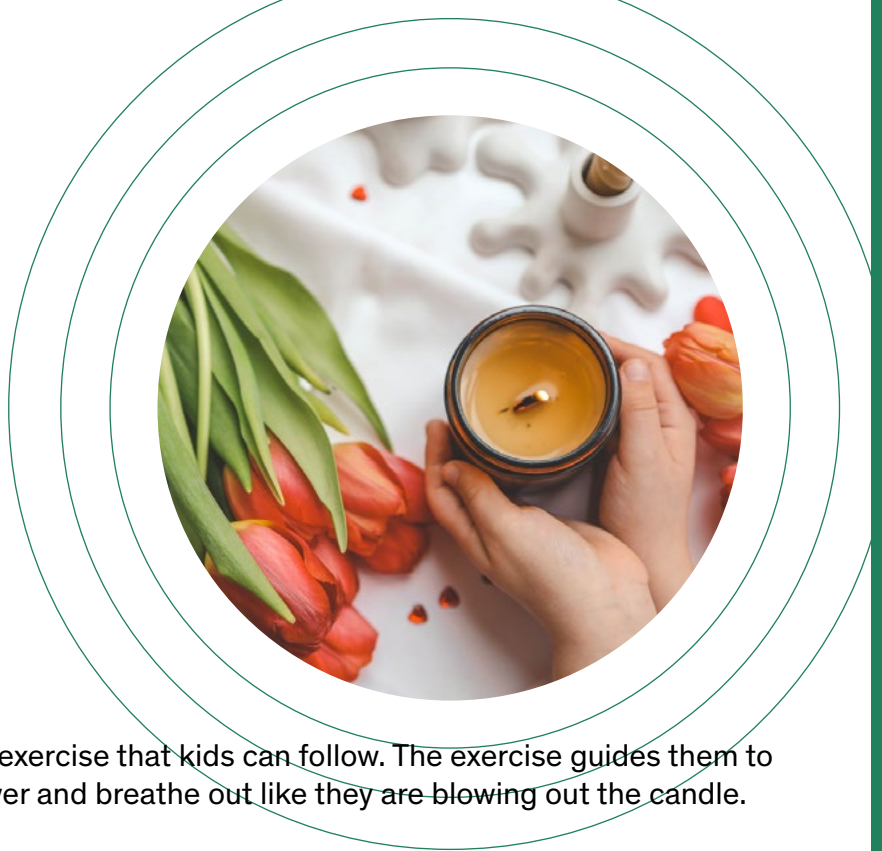
Candle and Flower Breathing:

Visit this [link](#) for an enjoyable breathing exercise that kids can follow. The exercise guides them to breathe in like they are smelling the flower and breathe out like they are blowing out the candle.

Visual Art Projects:

The simple act of coloring can help calm children's minds and bodies. The only preparation you need to do ahead of time is print coloring sheets and gather coloring materials (i.e. crayons, markers, or colored pencils). Check out these [FREE coloring sheets](#) from Crayola! As they say, limitation breeds creativity – challenge your young one to only color with two colors!

Visit [Kidlinks Social Emotional Skills Resource](#) for more helpful musical tools and free downloadable guidebooks.



My BFF – Best Friend Forever!



Your child may already have their BFF from when they were a toddler, but navigating new friendships and relationships can be quite the roller coaster. One day they enjoy playing together on the playground and the next they may be upset at them for not sharing a toy. Check out these books on friendship to help talk to your child about making friends and what it means to be one.

“You don’t have to like everyone, Junie B. But you do have to get along.”
- Grampa Miller

FIRST GRADE Readiness



I Love School Supplies!

Have some fun shopping “for usefully fabulous, magic, spectacular wonderful school supplies!”

Go together to pick out school supplies – this gives your child some sense of autonomy and individuality. While you will want to check with your child’s school for specific details on what school supplies they need, you can count on these standbys:

- Composition Notebook
- Pocket plastic folders
- Make it fun with different colors or cool animated designs!
- #2 Pencils
- Erasers

- Box of Crayola Crayons
- Colored Pencils
- Safety Scissors
- Elmer’s Washable Glue
- A backpack...of course!



Traveling to School

No matter how your child travels to and from school, it is never a bad idea to talk to them about street safety tips, especially in New York City. Check out this [link](#) for some talking points and safety tips provided by the NYC Department of Transportation.



How Many Rules Are There?

As Junie B. learns, “rules are important for safety and keeping order.” Learning to follow them can be a bit hard, but you can help your child by continuing the conversation at home. Check out this [Read Aloud](#) of *I Can Follow the Rules* by Molly Smith. Create your own rules to follow together at home to reinforce the habit!



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92NY Theater for Young Audiences (TYA)

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Kid-sized musicals. Giant-sized heart. The magic of musical theater in classic and original productions created especially for young audiences and their families — introducing a new generation to the joy of the art form in an intimate setting with unforgettable performances.

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