



No "Brain Freeze"

Dear Incoming First Graders and Families,

We are all very excited to meet you next August! You have learned so much in kindergarten and we want to help you be prepared for first grade. The following is a list which contains things that you can do over the summer for exercising your brain and helping with the transition to first grade in August.

Basic Skills:

- Recognize the basic 10 colors
- Cut with scissors properly
- Color neatly in the lines
- Zip and button clothing and tie shoes
- Use a tissue to blow your nose
- Use the bathroom properly
- Wash hands
- Eat snack and lunch using good manners

Reading:

- Read to your child on a regular basis
- If they are reading, help them continue by practicing on a regular schedule
- Review kindergarten high frequency words (reading and in written form)
- Begin reading and spelling the first grade high frequency words (attached)

Math:

- Practice skip counting and writing numbers 0-50
- Use the IXL web site for K/1st grade review and skill practice

Writing:

- Practice writing first name using only a beginning capital letter
- Practice writing the upper and lower case letters of the alphabet

Have a great summer and most of all enjoy your child. We look forward to meeting you and your child in August.

Sincerely,

Nancy Breckenridge, Celia Doherty, Melissa Mielke - TCKS First Grade Team

First Grade High Frequency Words

a	it	show	eight	know
can	over	together	once	sound
go	too	under	saw	their
have	be	want	upon	warm
I	ride	away	walked	against
like	run	school	about	below
see	come	today	give	does
the	down	way	pretty	fall
to	good	why	says	orange
we	pull	call	write	sure
and	help	funny	better	yellow
are	now	how	buy	air
do	use	more	change	enough
he	very	so	move	eyes
is	her	there	ball	learn
play	our	every	head	open
said	they	from	never	always
she	two	into	should	father
this	eat	people	shout	four
you	no	soon	also	love
for	of	your	because	mother
has	some	after	blue	alone
here	who	find	or	early
little	live	new	other	instead
look	many	old	until	nothing
me	out	work	another	thought
my	place	any	climbed	build
was	again	boy	full	goes
were	could	by	poor	laugh
what	make	does	through	only
where	one	friends	grew	been
with	then	girl	house	before
jump	three	water	knew	gone
not	all	across	would	searching
up	put	carry	great	around