

10 Easy School Readiness Activities To Do At Home

Emotional Regulation



Feelings Charades

Act out different emotions (happy, sad, excited, frustrated) and guess them together.

Create a Calm-Down Box

Fill a box with calming activities like books, soft toys, fidget tools, and drawing materials.

Early Literacy



Storytime with Questions

After reading a story, ask your child questions like, "What do you think will happen next?" or "Why did that happen?"

Name Hunt

Help your child find and recognise their name around the house, on artwork, notes, or labels.

Social skills



Family Game Night

Play board games or card games that involve taking turns, sharing, and following rules.

Playdate Practice

Set up short playdates to help your child practice making friends, sharing, and solving small conflicts.

Early Numeracy



Shape Hunt

Go on a "shape hunt" around the house or park: find circles, squares, triangles, and rectangles!

Counting Helper

Invite your child to count everyday items with you, like setting the table (forks, plates) or packing groceries.

Independence



Lunchbox Practice

Let your child open and close their own lunchbox, drink bottle, and snack containers at home.

Dress For Success

Encourage your child to dress themselves, including putting on shoes, jackets, and hats independently.

Everyday moments build big skills!

At Milestones, we weave these activities into our daily curriculum to help children thrive.

**Want to see school readiness in action?
Book a tour at your local Milestones centre today!**