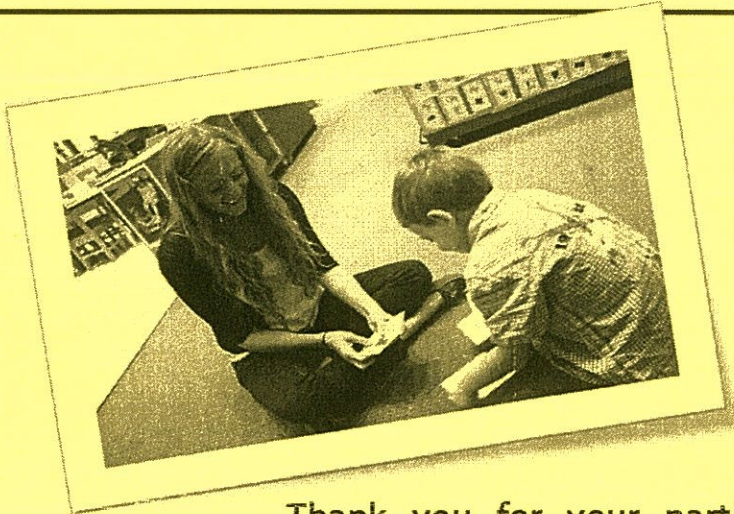


# Touch Your Toes! Kindergarten Readiness Study



## 2012 Fall Progress Report

### Head-Toes-Knees-Shoulders

This is an opposites game!  
When children are asked to touch their head, they touch their toes

### Simon Says

Children are asked to do an action when they hear "Simon says" before the instruction, and to be still if they don't hear "Simon says" before the instruction

### Day-Night Card Game

In this card game, children are asked to say the opposite of what they see on the card. If they see a moon, they say "day", and if they see a sun, they say "night".

Thank you for your participation with the *Touch Your Toes! Kindergarten Readiness Study*! This fall, we visited preschool and kindergarten classrooms and wanted to update you on what we have been doing:

**Who participated?** This fall, we followed 160 children that we worked with last year in their preschool into kindergarten. We also recruited 220 new preschool children. Data collection took place at 45 local elementary schools and preschools.

**What did we do?** The purpose of this study is to develop a measure of school readiness that can be used in schools and which predicts early school success. Research assistants worked with children on games assessing children's self-control, motor skills, and early academic skills.

**What kinds of games did we play?** The games we play with children measure a child's ability to pay attention, follow directions, and demonstrate self-control. The games are fun and children enjoy playing them!

**What have we found so far?** Our initial work is showing that strong self-control is an important predictor of early school success. Self-control also helps children develop fine motor skills and strong academic skills.

**What can you do with this information?** To help your child strengthen his/her self-control skills, try playing games such as **Simon Says** or the **Freeze Game** (have children dance when music is on and 'freeze' when music stops). These games are easy and fun to play at home, and can help strengthen self-control and early achievement. For more information you can also see an article from the NY Times, which references some of our current work:

<http://wall.blogs.nytimes.com/2012/08/23/simon-says-dont-use-flashcards/>

**What else is going on related to this research?** We are completing an intervention study using some of the games above to help children practice self-control and be ready for kindergarten. We have also been working to recommend kindergarten readiness assessments for the state of Oregon.

Thank you for participating and sending back the forms that we recently sent out! We could not do this study without you!

**Oregon State**  
UNIVERSITY

Megan M. McClelland, Ph.D., Associate Professor  
Hallie E. Ford Center for Healthy Children & Families  
College of Public Health and Human Sciences  
2631 SW Campus Way  
Corvallis, OR 97331 USA

T 541-737-9225 | F 541-737-1076 | [megan.mcclelland@oregonstate.edu](mailto:megan.mcclelland@oregonstate.edu)

