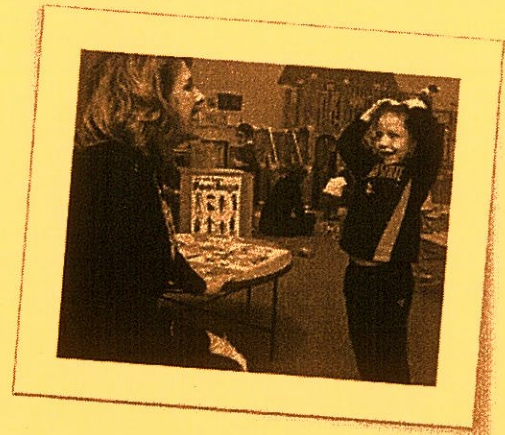


# Touch Your Toes! Kindergarten Readiness Study



## 2013 Spring 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 spring, we visited preschool and kindergarten classrooms and wanted to update you on what we have been doing:

**Who participated?** This spring, we followed over **150** children that we worked with last year in their preschool into kindergarten. We also continued to work with over **220** preschool children. Data collection took place at over **50** 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.

**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.

Here is a link to watch how one of our graduate students is using these games to help children prepare for school:

<http://health.oregonstate.edu/synergies/2013/ndfs-student-studies-ways-to-improve-childrens-school-readiness/>

Thank you for participating! We have included additional forms with information on how you can continue participating next year!

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