

Countdown2K Sample Activities

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Welcome to Countdown2K!

This sampler gives you a taste of the Countdown2K program—8 activities from different points in the 50-day countdown, representing all four developmental domains. Each activity includes detailed instructions, materials lists, standards alignment, and extension ideas.

Literacy

Math

Fine Motor

Social-Emotional

The Full Countdown2K Program Includes:

- ✓ 50 daily activity cards (this sample includes 8)
- ✓ Comprehensive readiness assessment checklist
- ✓ Progress monitoring reports
- ✓ Parent engagement templates
- ✓ Standards alignment documentation
- ✓ Implementation support and guidance

Day 50 Social-Emotional

15-20 min

My Kindergarten Dreams

Children draw and discuss their hopes and feelings about starting kindergarten.

Materials

- Paper
- Crayons or markers
- Optional: kindergarten photos or books

Instructions

1. Gather children in a circle and explain that you'll be starting a special countdown to kindergarten
2. Ask: "What do you think kindergarten will be like?" Accept all answers without judgment
3. Give each child paper and crayons to draw a picture of themselves in kindergarten
4. As children draw, circulate and ask questions: "What are you doing in your picture?"
5. Invite children to share their drawings with a partner or the whole group
6. Acknowledge any worries: "It's okay to feel nervous. Kindergarten will have lots of fun things!"

Extension Activity

Create a class book of kindergarten dreams to read throughout the countdown.

Standards Addressed

SE.1: Self-awareness
LC.2: Expressive communication
AH.1: Visual arts

☆ **Teacher Tip:** This activity sets a positive, excited tone for the entire 50-day countdown journey.

Day 42 Math

15-20 min

Counting Collections

Children practice counting objects with one-to-one correspondence and sorting by attributes.

Materials

- Collections of 10-15 small objects per child (buttons, blocks, counters)
- Sorting mats or bowls
- Number cards 1-15

Instructions

1. Give each child a collection of small objects
2. Model touching each object while counting: "Watch me count. One, two, three..."
3. Have children count their own collections, touching each object
4. Ask: "How many do you have?" Encourage children to answer with the total
5. Challenge: "Can you sort your objects by color? By size?"
6. After sorting, count each group: "How many red ones? How many blue ones?"

Extension Activity

Have children trade collections with a partner and count again.

Standards Addressed

MA.1: Number sense
MA.4: Measurement and data
ATL.4: Persistence

☆ **Teacher Tip:** One-to-one correspondence is foundational for all counting. Touch-and-count builds this skill.

Beginning Sounds

Children identify the beginning sounds of familiar words and match objects to sounds.

Materials

- Picture cards or small objects
- Letter cards for B, M, S, T
- Sorting hoops or paper plates

Instructions

1. Show a picture or object (e.g., ball). Say the word slowly, emphasizing the first sound: "B-b-ball"
2. Ask: "What sound do you hear at the beginning? /b/!"
3. Repeat with several objects, focusing on 2-3 beginning sounds
4. Set out letter cards and have children sort objects by beginning sound
5. Play "I Spy": "I spy something that starts with /s/..."
6. End by having each child say their name and its beginning sound

Extension Activity

Go on a beginning sound hunt around the classroom.

Standards Addressed

LIT.1: Phonological awareness
LC.3: Vocabulary
ATL.1: Curiosity

★ **Teacher Tip:** Focus on the SOUND, not the letter name. This builds phonemic awareness for reading.

Lacing Cards Practice

Children strengthen hand muscles and develop coordination through lacing activities.

Materials

- Lacing cards (store-bought or hole-punched cardboard)
- Shoelaces or yarn with tape-wrapped ends
- Optional: beads for lacing

Instructions

1. Demonstrate holding the card in one hand and the lace in the other
2. Show how to push the lace through from the back and pull it through
3. Let children practice with simple cards first (fewer holes)
4. Encourage patterns: "Can you go in-out-in-out?"
5. For advanced children, try lacing in specific patterns
6. Celebrate persistence: "You're working so hard! Your hands are getting stronger!"

Extension Activity

Create a class lacing project like a paper plate wreath or shape outline.

Standards Addressed

PH.1: Fine motor skills
ATL.4: Persistence
AH.1: Visual arts

★ **Teacher Tip:** Lacing builds the exact hand muscles needed for writing. Make it fun, not frustrating!

Day 18 Social-Emotional

15-20 min

Problem Solving Practice

Children learn and practice strategies for solving common social problems.

Materials

- Puppet or stuffed animal
- Problem scenario cards
- Solution choice cards

Instructions

1. Introduce a puppet who needs help solving problems
2. Present a scenario: "Puppet wants to play with the blocks, but they're all being used"
3. Ask: "What could Puppet do?" Accept and discuss various solutions
4. Introduce the problem-solving steps: Stop, Think, Choose, Try
5. Role-play the scenario with children trying different solutions
6. Discuss: "Which solution worked best? Why?"

Extension Activity

Create a classroom "Solution Station" where children can go to solve problems.

Standards Addressed

SE.3: Social relationships
SE.2: Self-regulation
LC.2: Expressive communication

★ **Teacher Tip:** Kindergarten success depends heavily on problem-solving skills. Practice makes progress!

Alphabet Sequence

Children practice the alphabet sequence and identify letters in and out of order.

Materials

- Alphabet chart
- Letter cards A-Z
- Alphabet song recording (optional)

Instructions

1. Sing or chant the alphabet together, pointing to each letter on the chart
2. Stop at different points and ask: "What letter comes next?"
3. Mix up a few letter cards and have children put them in order
4. Play "What's Missing?": Remove a letter and have children identify it
5. Practice sequences: "What comes after M? What comes before T?"
6. End by having each child find the first letter of their name on the chart

Extension Activity

Create alphabet books or hunt for letters in classroom books.

Standards Addressed

LIT.2: Alphabet knowledge
ATL.2: Self-direction
LC.1: Receptive communication

★ **Teacher Tip:** Alphabet knowledge is one of the strongest predictors of reading success!

Zippering & Buttoning Practice

Children practice self-help skills they'll need for independent kindergarten routines.

Materials

- Dress-up clothes with zippers, buttons, snaps
- Dressing boards or frames
- Children's own jackets and sweaters

Instructions

1. Talk about how kindergartners take care of themselves: "You'll zip your own coat!"
2. Demonstrate each skill slowly: zipping, buttoning, snapping
3. Set up stations for children to practice different fasteners
4. Offer specific praise: "You got the zipper started! That's the hardest part!"
5. Have children practice with their own jackets or sweaters
6. Celebrate: "You're getting so ready for kindergarten!"

Extension Activity

Create a "I Can Do It!" chart where children mark off self-help skills they've mastered.

Standards Addressed

PH.3: Health and safety
PH.1: Fine motor
SE.1: Self-awareness

☆ **Teacher Tip:** These practical skills build confidence and independence for the kindergarten classroom.

Day 1 Social-Emotional

20-30 min

Ready for Kindergarten!

Children celebrate their growth and express confidence about starting kindergarten.

Materials

- Paper for self-portraits
- Crayons/markers
- Celebration items (stickers, certificates)
- Camera for photos

Instructions

1. Gather children and reflect: "We've been counting down for 50 days! Tomorrow is kindergarten!"
2. Review some favorite activities and skills learned
3. Have each child draw a self-portrait as a kindergartner
4. Ask children to share: "One thing I'm excited about is..."
5. Present completion certificates (see Parent Engagement Templates)
6. Take photos and celebrate: "You are SO ready for kindergarten!"

Extension Activity

Create a time capsule of countdown memories to open at the end of kindergarten.

Standards Addressed

SE.1: Self-awareness
SE.4: Empathy and caring
AH.1: Visual arts

☆ **Teacher Tip:** End on a high note! Children should feel proud, excited, and confident about their new adventure.

Ready for the Full Countdown2K Experience?

Get all 50 daily activities, assessment tools, parent resources, and implementation support.