



## Ready for school toolkit: Supporting early growth

### Early Development Instrument (EDI) resources and activities

This resource provides simple and fun activities that support children's development across the five EDI domains. These activities can be done at home and help children build skills to do well in school and life. Doing them every day helps children feel strong, confident and ready to learn.

#### What is EDI?

The EDI helps assess children's readiness for learning in school. The EDI is a questionnaire used by teachers for all senior kindergarten (year 2) children.

The EDI measures children's skills for their age in five development areas:

- **Physical health and well-being:** Children are healthy, independent and rested each day.
- **Social competence:** Children can play and get along with others, share and show self-confidence.
- **Emotional maturity:** Children can concentrate on tasks, help others, show patience, and are not often aggressive or angry.
- **Language and cognitive development:** Children are interested in reading and writing, counting, and can recognize numbers and shapes.
- **Communication skills and general knowledge:** Children can tell a story and communicate with other adults and other children.



### **Activity 1:** [Using playdough for number formation](#)

#### **Physical health and well-being - Fine motor skills**

Using playdough to fill number shapes helps children build hand and finger strength. It's fun and helps with:

- Finger strength (for writing, buttons, using forks).
- Hand-eye co-ordination (matching what they see with how they move).
- Using thumb and fingers together (for zippers and pencils).
- Understanding space and size.
- Using both hands together (for scissors or tying shoes).



### **Activity 2:** [Gross motor activities](#)

#### **Physical health and well-being - Gross motor skills**

Simple games like jumping, skipping, or balancing on one foot help children grow strong and move with control. These games:

- Build muscle strength.
- Help children move better and stay balanced.
- Make them feel more confident.
- Prepare them for gym class and learning at school.



### Activity 3: [Creating a visual calendar](#)

#### Social competence - Approaches to learning

A picture or list calendar (such as the one linked above) helps children know what to do each day. It helps them:

- Feel safe and ready for the day.
- Be more independent.
- Learn to manage time.
- Understand what comes first, next and last.
- Remember things without being told.
- Practice reading and following steps.
- Feel proud when tasks are done.



#### **Activity 4:** [Calming cards](#)

##### **Emotional maturity - Aggressive behaviour**

These are small cards with pictures or ideas that help children calm down. They help children:

- Take a break before acting out.
- Choose a way to feel better (like deep breaths or stretching).
- Feel safe knowing what to do.
- Learn about their feelings.
- Pick what works best for them.



#### **Activity 5:** [The zones of regulation](#)

##### **Emotional maturity - Anxious and fearful behaviour**

The zones of regulation is a framework that helps children identify, understand and manage their emotions. This is a way to help children name their feelings using colours:

- ● Blue – Sad, tired or bored.
- ● Green – Happy, calm and ready to learn.
- ● Yellow – Silly, nervous or frustrated.
- ● Red – Angry or very upset.

All feelings are okay! Children learn:

- To spot how they feel.
- To manage emotions in a healthy way.
- To talk about their feelings clearly.
- To understand what makes them feel a certain way.



### **Activity 6:** [Memory match game](#)

#### **Language and cognitive development - Interest in literacy, numeracy and memory**

In this game, players take turns flipping over two cards at a time to find matching pairs. The challenge is to remember where each card is and match all the pairs using as few attempts as possible. Matching cards helps children grow brain power. It supports:

- Remembering what they see.
- Keeping track of cards in their mind.
- Seeing patterns.
- Learning letters, numbers and words.
- Growing their vocabulary.
- Practicing counting.
- Learning early math ideas, like matching and sorting.





### **Activity 7: [General knowledge board game](#)**

#### **Communication skills and general knowledge**

A general knowledge board game (such as the one linked above) is great for:

- Talking clearly and listening.
- Learning fun facts about the world.
- Thinking and solving problems.
- Learning new words.
- Taking turns and talking with others.
- Feeling confident sharing ideas.

