

# The Facts of School Readiness



Children thrive when we focus on what truly matters.



## 1. Self-Regulation

Children learn to manage their emotions, attention and energy. This is the foundation for learning, relationships and future independence.



## 2. Conflict Resolution

Children learn to navigate relationships with guidance and modelling. They build empathy, solve problems peacefully and develop social confidence.



## 3. Active Play

Movement supports brain and body development. It builds coordination, focus and resilience through exploration, trial and error and even risky play.



## 4. Reading Every Day

Reading together builds language, imagination and connection. It nurtures early literacy and a lifelong love of books.



## 5. Responsive & Strengths-Based

We respond to each child's interests and abilities and see them through their strengths, not their deficits. This builds confidence and a sense of belonging.



## 6. Joy of Learning in Community

Children learn best in group environments where they feel accepted, included and excited to participate. Connection fuels motivation and well-being.



## 7. Every Child is Unique

Every child has their own learning preference, just like adults. Our role is to support them on their own learning journey.



## 8. Children are Mighty Learners

When we believe in their potential and support their curiosity, children become confident, capable and lifelong learners.

## Learning is Experiential & Joyful

Sitting criss cross applesauce is not how children learn best! They learn through:



Movement and active play



Relationships and connection



Trial and error



Play, including risky play

These experiences bring more dopamine to the brain—optimizing attention, motivation and learning.



## What Matters Most

Let's create a joy of learning in group environments. It's the adults' role to support each child's unique journey and see all children as **mighty learners.**



When we focus on connection, curiosity and joy,  
every child is ready to thrive.