



***Ready to start 2026 –  
Multilingual activities for families  
with a migrant background in the  
transition from kindergarten to  
elementary school (Englisch)***

## Informationen für Familien mit Einwanderungsgeschichte

Die Aktivitäten für die Familien mit den Kindern sind innerhalb der AG Rucksack Übergang KiTa-Grundschule des KI NRW-Verbundes, 2020 fachlich begleitet durch die LaKI, ausgearbeitet worden.

Aufgrund der weiterhin bestehenden großen Nachfrage wurde die Broschüre 2026 überprüft, aktualisiert und in weitere Sprachen übersetzt.

Die entwickelte Handreichung für Familien erhebt keinen Anspruch auf Vollständigkeit und sollte nicht als Ersatz der Bemühungen im Übergang durch Regelangebote verstanden werden. Sie kann allerdings für mehrsprachige Familien eine sinnvolle Ergänzung im Übergang von der KiTa in die Grundschule darstellen.

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Verfügbar auch in den Sprachen:

Albanisch, Arabisch, Bulgarisch, Deutsch, Englisch, Farsi, Französisch, Griechisch, Italienisch, Kurmanci, Polnisch, Rumänisch, Ukrainisch, Russisch und Türkisch.

## Activities with the child

### That's me

When a child starts school it is not at all a beginner in the aspects of learning. After all it learned a lot since it was born, such as crawling, walking, talking, playing



### Exercise: Chalk picture „That's me“

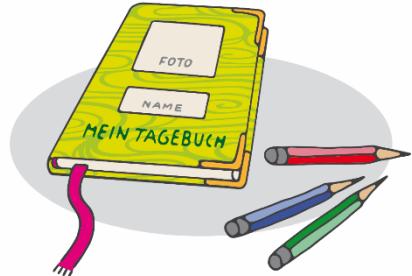


Go outside and look for a flat and smooth ground which is suitable for a chalk picture.

- 1) Your child lies down on the ground and you draw the contour of your child's body.
- 2) Now you switch roles. You lie down and your child draws the contour of your body.
- 3) Talk about what's missing and draw it: eyes, nose, ears, mouth, hair, clothes...
- 4) Write down your names above the chalk pictures.
- 5) Talk about the things you like and draw them around your bodies: ice-cream, toys, animals ...
- 6) Now you talk about the things you are good at: football, singing, climbing... Instead of drawing you could also act it out and the other person has to guess the activity.
- 7) Talk about the things you still want to learn and draw them as well.
- 8) End up taking a nice photo of your pictures. Maybe your child wants to take it to school. It could be a good help introducing herself / himself and encourages your child.

## Exercise: My diary „All by myself“

Trust comes from confidence. If your child experiences that you believe her / him capable of undertaking certain tasks and activities, she / he will gain courage and self-confidence. Self-confidence is a very important factor in transition periods. Talk about the things your child wants to do and the tasks she / he wants to be responsible for (watering flowers, setting the table, helping with cooking or baking).



- 1) Take some white paper and fold it up to a mini-book or buy an exercise book without lineation.
- 2) Your child sticks a photo on the frontpage and writes down her / his name.
- 3) Explain to your child that it is a children's diary. Every day your child can draw a picture of what she / he did and experienced during the day. And it is even nicer if you write it down under the pictures. Ask your child what you should write down.

Example: Today I set the table. Today I drove my scooter. Today I drew a spring picture.

How can I be a good companion for my child? What can I offer and provide to be well prepared for school?

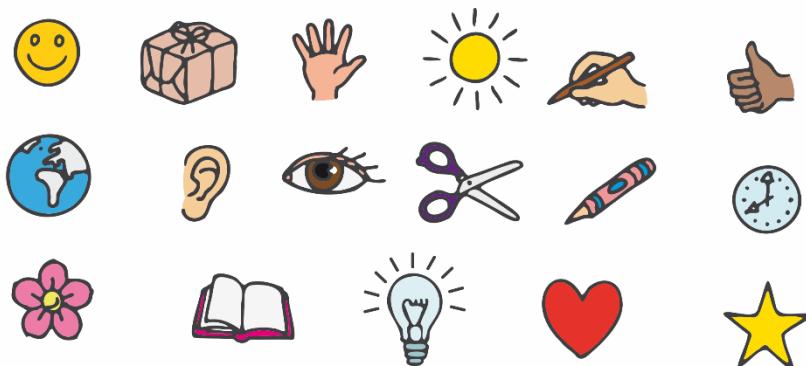


### Exercise: The school cone

Hang up a picture of an empty school cone in your flat or house. During the next weeks you fill it up together. Put in everything which prepares your child for school: love, trust, confidence, reading aloud from picture and story books, playing, painting and crafting, relationships to other people or animals ...

You will have some more ideas!

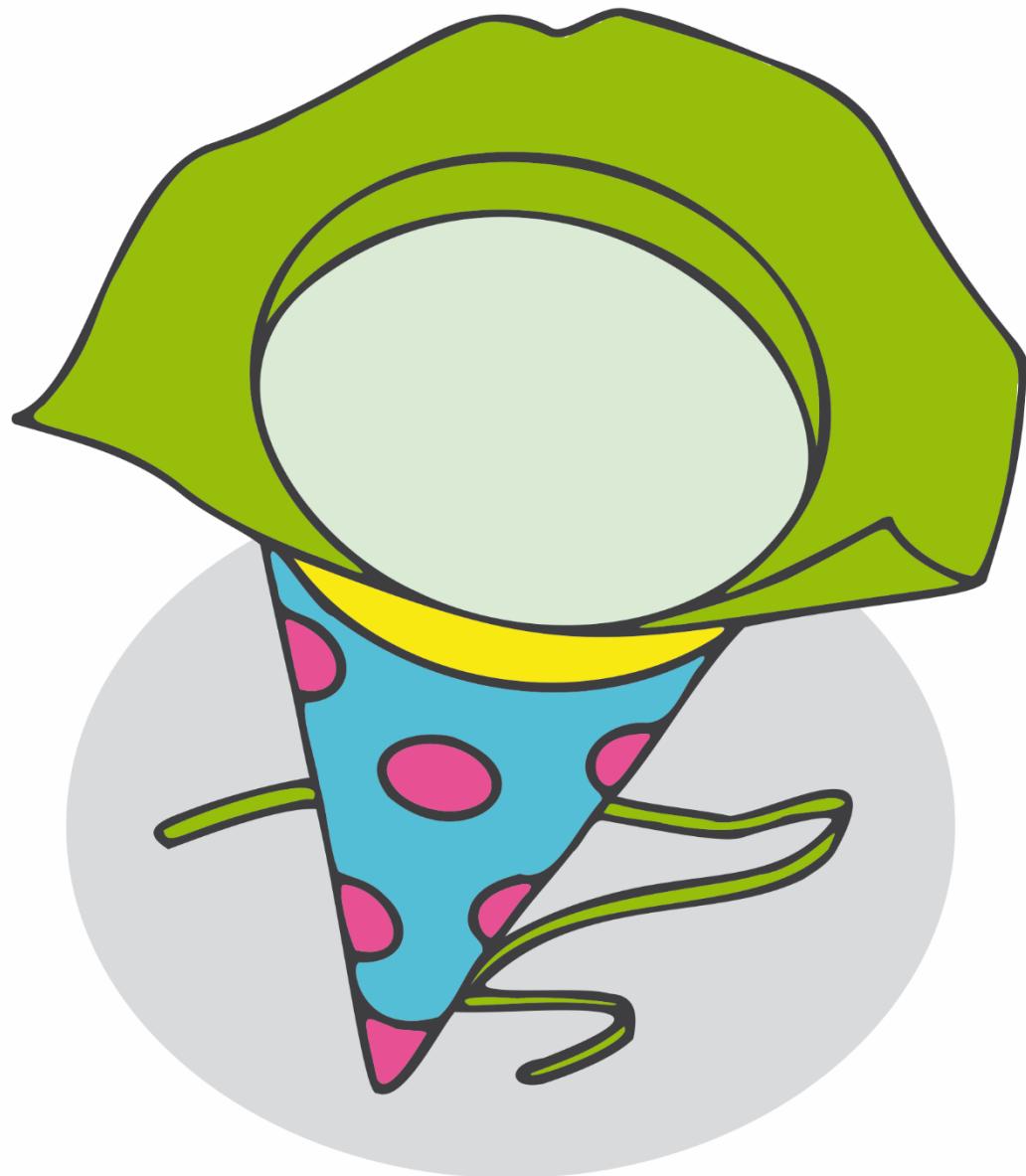
- 1) Each idea you have should be presented by a symbol. Your child draws the symbol and cuts it out. Here are some examples:



- 2) Stick the symbols into the school cone. Two or three times a week you add a new symbol.
- 3) Together with your child you fix a ritualized time of the day (for example before bedtime) when you look at the school cone together and talk about the symbols that are inside and how they will help to have an easy start in school.

## Crafting template: school cone

 cut it out.



## How to make a school cone

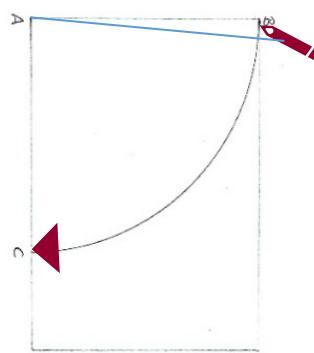
Together with your child you can build a school cone for the first day at school!

### Things you need:

- 1) coloured construction paper (A1 oder A2)
- 2) a pencil, scissors, 1 meter of string
- 3) coloured crepe paper and a colourful ribbon
- 4) gluestick, liquid glue or double-sided tape
- 5) coloured construction paper for the decorations and motives



### Instruction:



- 1) Unfold the construction paper and fix the string around the pencil.



- 3) Assist your child while cutting out a quarter-circle along the line.

- 4) Put some liquid glue or double-sided tape along one straight side of the construction paper.

- 5) Now roll it up to a cone. The pointed side should not have an opening.



- 6) Stick a rectangular piece of crepe paper onto the inside of the school cone. The rectangular piece should be about 5 cm longer than the topcircle of the school cone and about 35 cm wide.



- 7) Decorate the school cone with motives that your child likes. Draw them on the construction paper, cut them out and place them onto the school cone.

***Have fun!***

## My way to school

**On the way to school there are a lot of things to learn.**

Nowadays we often prefer to take the car, but in fact, the way to school is a very important learning field. On the way to school your child learns a lot of things: orientation, time management, to get mentally and physically prepared for the school day, traffic rules and especially that it is a lot of fun and feels good to move about in the fresh air!



Walking to school helps staying healthy, well-balanced and concentrated. In the beginning parents should accompany the child and act as a good role-model.



More information you will find in: **Schulwegratgeber** provided by the ADAC; Free download: [www.adac.de](http://www.adac.de), search item: Schulwegratgeber. (in German language)

### Practicing together is very important and increases safety

In order to prepare your child to be a safe pedestrian with a good orientation you should practice the way to school together with your child. Take some time and train regularly in order to get to know the way to school very well.

Not always the shortest way is best way. Choose the way which holds the fewest hazard points. Here are some ideas on how to train:

## Exercise: Traffic-safe clothes

Light and bright colours are better seen by car drivers and are therefore safer. Reflectors on schoolbags or clothes are even better in the dark seasons.



Try out these activities together with your child:

- 1) Put on some dark clothes and darken the room. Isn't it hard to see each other now?
- 2) Now you change to light and bright clothes and darken the room. Talk about the difference.
- 3) Or do some flashlight photos with dark and light / bright clothes. Which clothes are better seen?
- 4) Afterwards you could play a sorting game: How fast is your child in separating traffic-safe clothes from non-traffic-safe clothes?
- 5) Exercise for your child: Colour the clothes and the schoolbags of the children in a way, that they can be seen well in the dark.
- 6) Talk with your child about the importance of traffic-safe clothes.

## Traffic-safe clothes



*Colour the clothes and the schoolbags of the children in a way, that they can be seen well in the dark.*

## Exercise: Safe way to school

Train the way to school several times and talk about all important traffic rules and hazard points. Try out the following exercises:



- 1) Take some chalk with you and mark all hazard points with a red ! Always talk with your child about the reasons why exactly a point is a hazard point.
- 2) The next time maybe your child is already able to mark the hazard points ! by herself / himself.
- 3) The third time you can switch roles: now your child is the mother / father, explains the traffic rules and determines hazard points.
- 4) It is also a good idea to draw a picture of the way to school. The drawing process should be accompanied by conversation: „What did you see on the way? Do you remember the hazard points? Which part of the way do you like? Do you remember how often we have to cross roads? Which direction we have to take first?“

Traffic rules and regulations are very important to provide safety. Try out these exercises with your child:

Practice the rules in rhymes. It will help your child to memorize them:

„Stop say the red lights, go say the green. Get ready say the yellow lights in between.“

„What saves me - is to watch out carefully.“

„If I wish to cross the street – watch left, right left is what I need.“

„You better stay - mostly on the walkway.“

Also songs are a good way to memorize the rules. For example a song to distinguish between left and right written by Rolf Zuckowski. You can listen to it and sing together on youtube.



On Rolf Zuckowskis official webside you can find the complete songtext as download:

<https://www.musik-fuer-dich.de/liedtexte/>

## Exercise: The traffic light

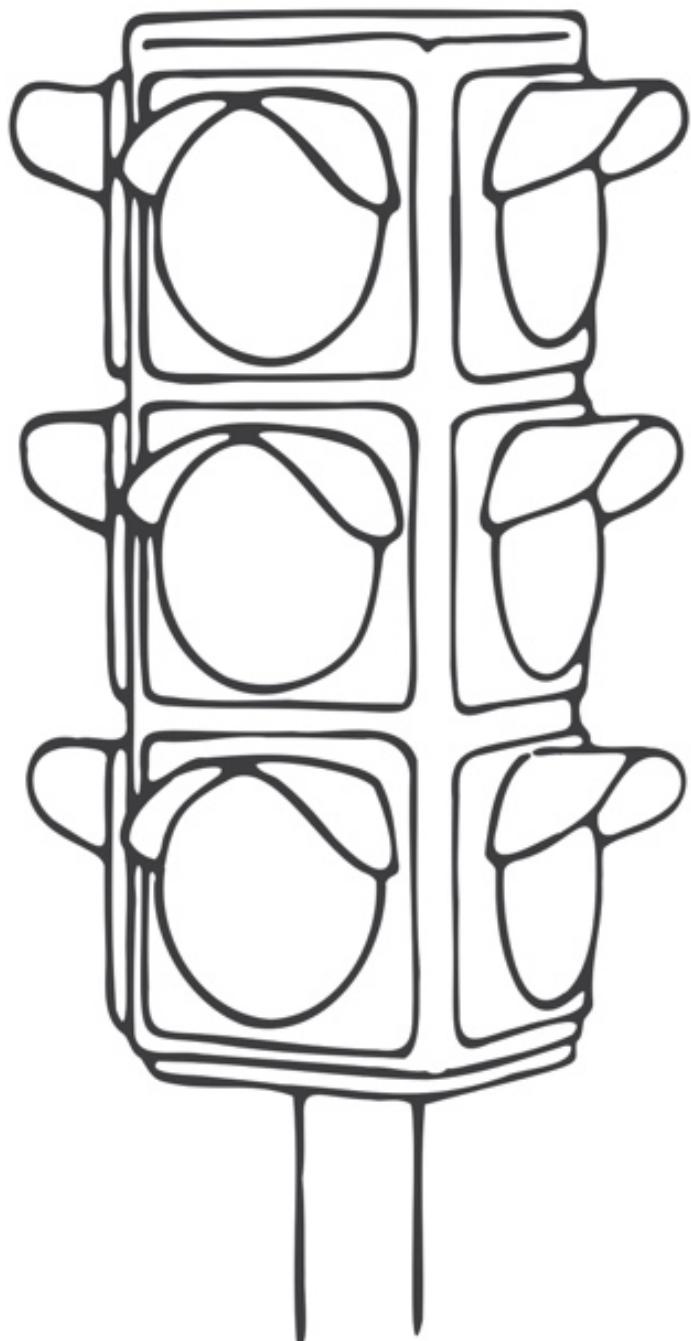
The signal colours green and red are very important in our traffic system.

Try out the following exercises with your child:



- 1) Your child colours the traffic light below with red, yellow and green colours...
- 2) Now you make up some movements (jumping on one leg, jogging, dancing, jumping-Jack...)
- 3) Point with your finger on the green circle and start the movement. Point on the yellow and shortly after on the red circle and stop the movement.
- 4) Now you can switch the roles. Make sure that your child knows that you never stop walking in the middle of the road, even if the traffic light turns red. In this case you should walk on quickly.

## Traffic light



*Colour the traffic light in red, yellow and green colours!*

## Links für vertiefende Hinweise:

### Wichtige Links, zuständige Ansprechpersonen sowie Informationen zum Bereich Herkunftssprachlicher Unterricht

🔗 <https://www.bra.nrw.de/bildung-schule/unterricht/integration-durch-bildung/herkunftssprachlicher-unterricht-hsu>

### Mehrsprachiges Informationsmaterial zum Thema „Die Schule NRW?“

🔗 <https://broschuerenservice.nrw.de/default/shop/willkommen-in-nrw.-deutsch-arabisch-fur-grundschulkinder|324>

### Mehrsprachiges Informationsmaterial zum Bildungs- und Teilhabepaket:

🔗 **Deutsch:** <https://broschuerenservice.nrw.de/default/shop/bildungs-und-teilhabepaket|578#image-1949>

🔗 **Arabisch:** <https://broschuerenservice.nrw.de/default/shop/bildungs-und-teilhabepaket.-arabisch|580#image-1957>

🔗 **Türkisch:** <https://broschuerenservice.nrw.de/default/shop/bildungs-und-teilhabepaket.-tuerkisch|583#image-1969>

🔗 **Russisch:** <https://broschuerenservice.nrw.de/default/shop/bildungs-und-teilhabepaket-russisch|581#image-1961>

Wir möchten Sie zudem auf das nun mehrsprachige Familienportal des Landes NRW hinweisen. Unter folgendem Link finden Sie viele wichtige Informationen u.a. für Familien.

🔗 <https://www.familienportal.nrw/de>



***All the best for you and your child!***