

Weekly 10-Minute Kindergarten Prep Routine

A printable plan for busy parents (ages 4–6)

The 10-Minute Daily Structure

4 minutes — Reading (phonics or a short sentence)

4 minutes — Math (one skill)

2 minutes — Review (easy win)

Weekly Rotation

Monday

Reading: Letter sounds

Math: Counting

Tuesday

Reading: Blending (CVC words)

Math: Addition

Wednesday

Reading: Sight words

Math: Patterns

Thursday

Reading: Story retell

Math: Subtraction

Friday

Reading: Review + confidence

Math: Review + confidence

Tips to Make It Stick

- Same time each day

Start today's lesson: kindergartenstart.com/?src=pdf

- Keep it easy at first
- Celebrate effort
- Stop before your child gets tired

Notes (This Week's Focus)

Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)