

# FROM K2 TO PRIMARY

A Mindful Transition



Inside this  
guide



“

Will my child cope with the new routine?

“

Can they follow instructions confidently?

“

Are there already bullies in Primary One?!

## 4 KEY PRACTICAL TIPS

Regular bonding time with sharing of your personal experiences (P3)

Practise everyday social scenarios (P3)

Build an 'Emotional First-Aid Kit' for students (P4)

Involve your child in P1 prep process (P4)



**ITOTA**  
Important Things Other Than  
Academics



# “No one child is the same - and that’s okay.”

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All children start Primary 1 on the same day, yet it does not mean that every child is of the same readiness level to begin. As we support our children through this new chapter, it is important to **guide and prepare our child according to the level he or she needs**. This paced guidance will grow their awareness and confidence for the journey ahead.

While many parents spend significant effort to academic preparation, learning how to handle big feelings like frustration, build new friendships, and follow instructions is just as important, if not more. Preparing the whole child means nurturing qualities that help them not just survive Primary 1, but thrive in it.

We are here to set the right mindset going. Let’s begin to take the steps in guiding them to be **confident and happy children from within**.

## NOTES

**Learning to cope and understand emotions doesn’t happen overnight.** We might face our uncertainty moments too. But these moments allow us to be more empathetic and patient towards guiding our children in this aspect.

And when the formal school days start, there might still be some ups and downs from the daily school events, you can be sure that these conversations and preparations help their learning.

I like to say, **think of these prep work as planting seeds in their minds**. Each time you introduce an idea or talk through a situation, it becomes part of their memory. Then, when a similar experience arises, they’re more likely to recall that guidance and apply it. The more frequently we share and reinforce these ideas, the more easily and confidently our children can access them—and respond in ways that support their well-being.

*As the situations arise, they are able to pull that memory out and guide them. The more we expose and share with the child, the faster they are able to pull that recollection out from their memory, and thereby support them at that instance.*



*Home remains the **foundation**, and school is the **real-world stage**. Let’s have our children join such workshops that are like “**rehearsal halls**” where they put emotional and social learning to practise with peers of similar age.*

## #TIP 1: REGULAR BONDING TIME ACCOMPANIED WITH SHARING OF YOUR PERSONAL EXPERIENCES

Set up regular bonding time prior to the start of Primary 1. Each session need not be too long, but to **keep it regular** with intentional check-ins and conversations.

Also, we find it exceptionally **useful and fun when we share our own stories** with our children. I often talk openly about how I felt insecure during the first few days of my Primary 1. I was unsure of myself, but there was a confident girl who kindly guided me around. Her support made such a difference and she eventually became my best friend for many many years! Sharings like these help children feel less alone in their own new experiences.

### EXAMPLES OF INTENTIONAL CHECK-INS:

- *What's one good and not so good thing in school today? Like did someone scream in class today?*
- *From 1 to 10, with 1 being the best, can you give me a number for your day?*
- *Do you have a mixed rice stall in the canteen? I always wanted to try when I was in Primary school, but felt a bit lost by the many choices.*
- *What did you and your friends do when you are done with snacks during Recess time?*



## #TIP 2: PRACTISE EVERYDAY SOCIAL SCENARIOS

It is useful to make use of different materials and/or settings to practise social scenarios with your child. When your child role play social scenarios such as “how to introduce themselves”, “ask for a turn”, or “say “no” politely”, they're building “**neural pathways**” for those responses.

These neural pathways are akin to tiny roads in our brains that help messages travel. The more a child practises a skill—like saying “hello” or “asking nicely”, the stronger and faster those roads become (“speed of car”), making it easier to use that skill in real life

### EXAMPLE OF MATERIALS:

- *Social Emotion Scenario cards/Boardgame*
  - *You can access some scenario cards via [www.twinkl.com](http://www.twinkl.com)*
  - *Examples of social emotions boardgames like Junior Learning Social Skills Board Games and Emotional Rollercoaster*
- *TV or Video scenes*
  - *Examples of TV series like ‘Paw Patrol’, ‘Bluey’, ‘Spidey & His Amazing Friend’ as well as movies like ‘Inside Out’, ‘Turning Red’ have scenes that you can create conversations with your child on. Through the scenes, ask them if they might do otherwise.*
- *Observations in malls, playgrounds or libraries, etc*

### #TIP 3 BUILD A SOCIAL EMOTIONAL (SE) TOOLBOX (AN EMOTIONAL FIRST-AID KIT FOR STUDENTS)

Create a SE toolbox for children to have a **good association** of methods that they can use to support them socially and emotionally when they are away from their parents.

Having familiar and relatable objects can be especially helpful for children. These items serve as reference points, making it **easier for them to express their thoughts and emotions**.

#### EXAMPLES OF TOOLS:



##### **Ruler – “Am I feeling uncomfortable?”**

- *If yes, walk away to take the “thermometer”*
- *If not, continue playing and enjoy playing with your friends!*



##### **Bubbles Maker – A preferred breathing method?**

- *Practice using the same breathing technique at home with the child. E.g., star or rainbow breathing method*



##### **Thermometer – Anger thermometer, Bullying thermometer**

- *Guide your child to identify the degree of anger or bullying that they face.*
- *Talk about the steps that they can take in each degree. (Refer to other guides and our IG posts on reference to making these thermometers)*



##### **Pen – Make it a point to share with trusted adults**

- *Check with your child on his/her list of trusted adults. Be aware who he/she will look for to confide or check in with.*
- *Share the support this group of trusted adults have on the child.*



### #TIP 4 INVOLVE YOUR CHILD IN PI PREP PROCESS

When a child is actively involved in the preparation process, it naturally boosts their sense of confidence and readiness. If you happen to pass by the school with your child during school hours, take a moment to observe the students intentionally.

Sharing these observations with your child can help them become **more familiar with the environment** and better prepared for the setting they'll soon be part of.

#### TRY THESE:

- *Shop for uniforms and books together*
- *Walk by the school and watch students during recess*
- *Discuss what you see (e.g., “Look, that boy is queuing. Do you know how to queue?”)*

# You've laid the foundation at home—now let's bring it to life!

Starting Primary 1 is a big milestone – exciting, but sometimes overwhelming. If you're looking for hands-on support and a safe space for your child to build essential skills, our **Primary 1 Mental Preparation Workshop** offers fun, interactive activities, curated by child development specialists, that nurture confidence, resilience, and school readiness.

Think of it as a rehearsal hall – where your child can practice understanding emotions, routines, and social situations before stepping into school.

Ready to help them shine from day one? **Contact us at 9363 6162** to learn more or reserve a spot.



## Workshops Supercharge Children's Learning

Children get to **practice real-time social cues**

Learn to see **perspectives beyond their own family**

Feel free to **test emotions & actions** in a neutral setting, support children to gain confidence and identity outside home.

Enhance “**social fluency**”: they don't just know what the theory behind kindness is – they experience it.

Children get to **mirror helpful behaviours** and **learn from subtle missteps**

### WHAT MORE?

More workshops to boost your child's soft skills

Check this out! Scan the QR Code or visit: <https://www.funcommune.com/short-master-workshops>.

**SCAN ME**

