



Stadt Bielefeld

Ideen für den Schulstart
Englisch

 www.bielefeld.de

**Ideas for the start
of school**



Publishers imprint

Published by:



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Design:

Stadt Bielefeld, Zentrale Leistungen, Druckservice

Sponsored by:

Ministerium für Kinder, Jugend, Familie,
Gleichstellung, Flucht und Integration
des Landes Nordrhein-Westfalen



Ministerium für
Schule und Bildung
des Landes Nordrhein-Westfalen



This brochure is written in basic language

Available also in languages:

Albanian, Arabic, Bulgarian, English, Greek, Kurdish (Kurmanci, in Latin), Polish, Russian, Serbian, Turkish

Digital copies (pdf) at:

www.ki-bielefeld.de

Status: 07/2026



Schulstart



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1. Preface

Dear parents and guardians,

A new and important journey for your child is about to begin: starting school. Your child is already learning many of the skills they will need for this at nursery—through play, physical activity, and interacting with other children.

It is important to me that all children in Bielefeld grow up well and safely. This includes a good education, strong families, and a daily routine in which children are encouraged to be curious and receive support. This brochure offers simple ideas on how you can support your child in everyday life—without much effort and with enjoyment.

Together, we can ensure that every child has good opportunities. I wish your child a wonderful time in the period leading up to starting school. I also wish you much joy in accompanying them through this important phase.

Best regards



Dr Christiana Bauer
Mayor

2. Staying Active – The foundation of learning

Staying active helps the learning process. If your child likes to be active and likes moving around, she/he can learn better. Even the delicate motions of handwriting can be easier. There are a lot of opportunities to be active in everyday life.

Ideas:

- Take your child outside: to a park, to a forest or to a playground. Here she/he can run, climb, play ball or many other activities.



- Inside the apartment your child can play with pillows, mattresses and other objects, using them, jumping and acrobatics are no problem at home.
- Your child should play as often as possible with other children.
- Riding a bicycle or scooter is fun. Using them will train your child to keep her/his balance.



- Take your child to the swimming pool. It is good, if your child likes to have fun in the water. In a swimming class your child can learn how to swim.
- You are the most important role model for your child. Therefore you should be as active as possible!

**Trust the capabilities of your child.
Through exercises and activities your child can
learn, what she/he is capable of doing and
what she/he still needs to practice.**



3. Training hands

For writing and handicraft at school your child needs to be skillful with her/his hands. You can practice the skills in everyday life and playing games.

Ideas:

In the kitchen

- Cook together with your child. She/he can cut vegetables, knead dough and wash the dishes. This is fun and helps to develop agility.

Handicraft

- Prepare a space for your child, that she/he will use for handicraft. Here your child can draw, play with plasticine and cut paper. She/he can also prepare craft-projects with materials from the forest, such as wood or leaves.



Playing

- Many games improve skills.

For instance:

Puzzles, mikado, wooden blocks, beads, ball track system, Lego®



Pay attention, that your child is holding the pen or pencil correctly.

4. Becoming independent

Can your child already do many things by herself/himself? Then she/he will feel more confident at school. Independent children enjoy learning and are more confident.

For this reason you should repeatedly ask yourself: What can my child do by herself/himself? When does she/he still need my help?

Ideas:

- You can train your child to get dressed and undressed by herself/himself. For instance, putting on her/his shoes, jacket or sportswear.
- Think about this together with your child: Which tasks does your child want to do at home? For instance she/he can set the table. When your child has completed this task. Then praise her/him.
- Your child should be able to go to the toilet independently. She/he should also be able to wash her/his hands by herself/himself.



- At the beginning, pack your child's schoolbag with her/him together. After a while your child can pack her/his schoolpack herself/himself.
- Start showing your child the way to school early. Discover the surroundings together.



The enrolment at school will bring changes for the whole family. Maybe your child will be unsure in the first weeks. Be patient.

**Tell her/him over and over again:
"You can do it!"**

5. Being together with other kids

At the start of school, it is good when your child is together with other children. They play, eat, and draw together. They will argue and make up again. They will play wild and relax.

Ideas:

- Take your child regularly to the Kindergarten.
- Invite your child's friends over to play. Also your child should visit other children.
- Teach your children board games. Playing them, will teach her/him to win and to lose. She/he will also learn to obey rules.



- Activities in sports, dance, and music are most fun when practiced in groups. (Sports-)Clubs and music schools offer a variety of options for children.

www.sportjugend-bielefeld.de

www.muku-bielefeld.de

- Participate in events that are held for families.

www.bielefeld.jetzt/termine/kinder



6. Healthy eating and drinking

Healthy food and drinks are important.
So that your child can grow and learn properly.

Some groceries should be eaten often by your child.
Others should not be eaten often. The Bundeszentrale für gesundheitliche Aufklärung gives examples:

These groceries should be eaten often by your children:

- Fruits, vegetables, potatoes, noodles, rice, bread
- Water, non-sugared tea

These groceries should only be eaten in moderation:

- Milk, cheese, meat, sausages, egg, fish

These groceries should not be eaten regularly:

- Butter, oil, cream, sweets, salty snacks

These groceries should only be eaten rarely:

- Fast food (fries, burger, pizza, . . .)
- Sweet drinks (lemonade, fruit juices, . . .)



Ideas:

- You should take time to eat together with your child. This family time is important to everyone. Your child learns a lot during dinner or lunchtime: How do I correctly use a fork and knife? When do I start to eat? When can I get up and leave the table?
- You should plan together what you would like to eat. You could for instance choose two dishes and your child could pick which one she/he would like to eat.
- Prepare the food together with your child. She/he will learn a lot about food. While helping to cut, she/he is training to use her/his hands more skillfully.
- Let your child decide, how much she/he wants to eat. Children can judge, when they are full. Trust your child's instincts.
- Children are thinking positive about food and drinks. They like to try new things. Offer your child different types of food.
- Products for children are often unhealthy. Pay attention to the labels which show the ingredients and the amounts of sugar and fat in them.
- Set an example for your children when it comes to shopping for groceries and food preparation.



7. Reading aloud, talking and playing with language

To read out loud is important! Your child is learning new words and sentences. It will help the child to learn reading and writing. Your child will learn plenty about the world from books and stories.

This is why reading out loud and talking should be a part of everyday life of any family.

Ideas:

- Do you look at picture-books with your child? You can talk about the pictures in it. You can ask for instance: What do you see on that picture?
- Search for words that rhyme. E.g. house – mouse.
- Ask your child, which book you should read to her/him.
- Read with excitement. Change the tone of your voice: The bear can talk with a deep voice and growls. The mouse can whisper. The snake can hiss.
- Always read to your child at a specific time. For instance, before she/he goes to bed. Enjoy how close you and your child are.





Parents who read are role models for their children!

- Take your child to the library.
- Play with language on a long drive in the car or on the train. Your child can collect words for example: Which animals live underwater? Which animals are living in the air?
- Describe an animal and your child has to guess which one you are describing. E.g.: I know an animal; it has a long trunk. Your child can also describe animals to you, and you can guess them.
- Start to tell the beginning of a story. Let your child find out, which story it is. Or let her/him continue with the story.
- Play with your child: "I spy with my little eye: something that is blue. What is it?" Your child can search for the object.
- Show your child letters, fonts and symbols outside. Your child can discover car license plates, signs, logos or names.

8. Speaking multiple languages

Many children in Germany grow up with multiple languages. These different languages are a big asset for our society.

Do you (often) speak another language than German at home?

Then you should support your child in learning your family-language!

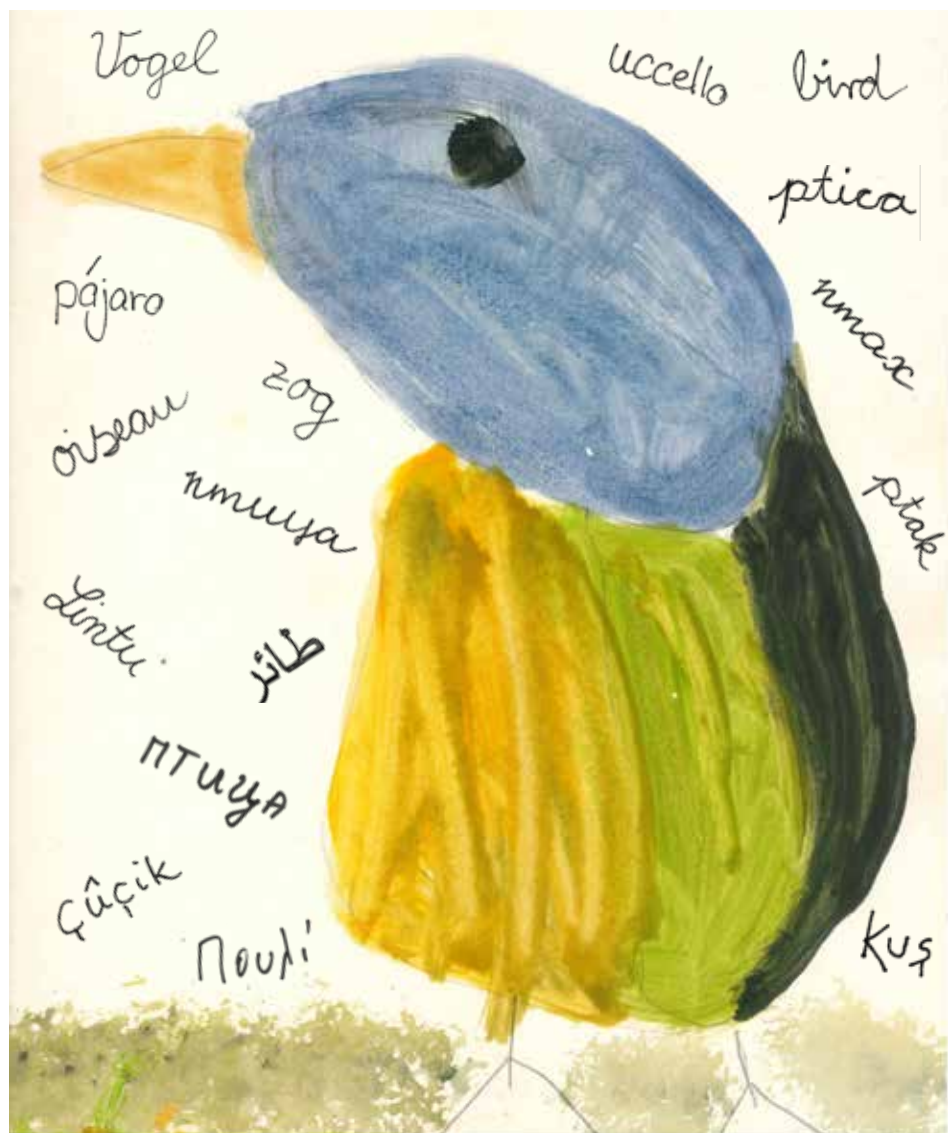
Because: Your child can learn both; your family-language and German.

Important is, that your child is using both languages on a daily basis.

Ideas:

- You are the most important model for your child. Even with regard to your language. Speak a lot to your child. The more words your child is using, the better she/he will understand the world.
- Support your child's interest in the family language: tell your childhood stories. Talk to her/him in rhymes. Sing songs from your childhood together.
- You can borrow books and audiobooks in your language free of charge at the library.

When you enroll your child at school, you can ask, if they offer a language course in your family-language. (Herkunftssprachlicher Unterricht).



9. Creating music, playing with sounds

Children love music. They dance, as soon as they hear music. They try out everything that is creating a sound or noise.

Music helps your child in her/his development.

Those who sing, find it easier learning to speak.

Those who dance, move better.

Together with other children music is even more fun.

Ideas:

- Sing with your child. Learn children rhymes by heart with her/him.
- Do you celebrate holidays? Then you can sing traditional songs.
- Pots, glasses and the tabletops sound great! Let your child try out the sounds. Even if it sometimes appears exhausting for you.



- Create your own instruments together with your child. You can fill up old cans or cups for example with buttons or rice.
- Pay attention to the sounds of everyday life with your child. What do you hear in the nature? What do you hear on the street? What in the house?
- Listen to different types of music with your child. For instance, songs for children, pop-music or classical music.
- Music schools and dance schools offer classes for children. Also (sports-) clubs offer dancing classes.



10. Discovering maths in everyday life

Maths is everywhere. In everyday life you will find numbers, shapes and measures. By playing games you can fascinate your child with maths.

Ideas:

- Count together with your child. For example: pieces of fruit on a plate, marbles in a jar or bottles in a box.
- Search for numbers with your child. For instance: House numbers, license plates or prices labels at the supermarket.
- Play card games with numbers, dominos and games with dice.



- Make your child aware of time. Show her/him the big and the small hand on a clock as well as the numbers.
- Tell your child what time it is. E.g., when you bring her/him to the Kindergarten or when she/he goes to bed.
- Talk to your child about the seven days of the week. Talk to your child about what you have planned together and on what day of the week.

- Let your child participate in the kitchen. Let her/him weigh the flour and sugar with a measuring-cup or with scales.



- Let your child compare things.

For example:

Find the longest stick.

Find the highest house.

Find the smallest tomato.

- Let your child sort things by size, color and shape.

What is round?

What has three corners?

What has four corners?



- Play with your child in the sandpit. Let her/him play with sand and water and fill them in different sized buckets.

11. Experimenting and being in awe

Children are curious. They want to discover and understand the world. You can help your child with this.

Science awaits us both in the house and outside.

Ideas:

In the house

- You can bake a cake together. You can take a recipe with yeast. You can show the child the yeast before baking. Together you can watch what happens to the yeast in the dough.
- Fill Water in a big glass bowl. Let your child put different things in that bowl of water. E. g. coins, stones, marbles, wooden blocks or ice cubes. Watch with your child: What is swimming above the water? What sinks directly?
- Build a tower out of (wooden) blocks or carton boxes. Let your child try it: How can I build a high tower, without it falling?



- You can also practise with your child, how to use electronic devices. E. g. the vacuum cleaner or the stereo-system.
- Is the vacuum cleaner not working? Then look together with your child for the reason. Is the bag filled? Is the pipe clogged?

Outside

- Make a kite with your child. Together watch it rise. Watch how must I move the kite, to make it fly? Which role does the wind play?
- Is there a stream in your area? You can build a dam with your child. Let her/him watch what happens. What are good materials to build a dam? Does it still let water through? Why?

In libraries you can find lots of books, audiobooks and films with regard to experiments in your everyday life. Also suitable TV-shows for example: Die Sendung mit der Maus, Löwezahn, Wissen macht Ah! or Checker Tobi.



Why isn't it possible for you, to seesaw alone?

12. Discovering and protecting nature

Take your child to the park or into the forest. There she/he can get to know nature.

These trips can help your child to treat animals and the environment with care. Your child will learn more and more to respect the environment.

Ideas:

- In the nature there is plenty to discover. Take your child for a walk. Show her/him trees, flowers and animals.
- Talk to your child about the four Seasons.
How does nature change in the spring or autumn?
- Pick a tree with your child. Watch the tree for a few weeks:
What is changing?
What is happening with the leaves?
Does the tree carry fruits? How does the bark feel?
- Allow your child to be responsible.
She/he could take care of a plant at home.
- Differentiate with your child between edible and non-edible plants. You can plant cress for example. With your child you can watch how the cress is growing. Later you can harvest the cress. It is delicious in soups and on top of bread.
- On a trip to the animal park your child can get to know different animals, feed them and pet some.

- Show your child where milk and eggs come from. Visit together a farm or cow pasture.
- Train your child to treat nature with care. Show her/him, how to avoid garbage. For example take a bag for shopping.
- Explain to her/him, that you are not to throw garbage outside in the nature. The garbage belongs in the bin.
- Environmental protection can also be practiced at home. For example: Communicate with your child: Which garbage belongs into which bin? Explain to her/him, that there is no such thing as an infinite amount of water. Turn off the water while brushing teeth.



13. Using media

Today children grow up with a lot of media. For example, computers, smartphones and tablets. They like how much they can do with them. Accompany your child when she/he is using these devices. TV and smartphone should be changed for other games and exercise.

Ideas:

- Pre-school-age children like to watch short movies on TV. Pick a short film with your child. For that you can use www.flimmo.de, for instance. Pay attention for what age group the film is released. The age rating will be found after the letters "FSK".
- Watch the film together with your child. Talk to her/him about the content. Does your child want to paint a picture after watching the film? This can help her/him to work through the content.
- Decide how long your child is allowed to use these media devices. Together you can time it by using an egg timer to set the limit. Per day your child shouldn't watch more TV than about 30 minutes.
- Your child can listen to audiobooks, radio plays and songs for children alone. But you should be near by. You should be aware of what your child is listening to. You can borrow audiobooks at the library.
- Does your child have a question? Then look together for an answer. For that also a search machine could be useful, for instance www.fragfinn.de.



- On a games console or a smartphone your child can play games. For that you should keep the internet function switched off. Pay attention that the age is not restricted for your child. Stay with your child. Quit the game when your child acts restless.
- Let your child take pictures and videos by herself/himself. Afterwards your child can talk about what she/he experienced. That's how memories are kept alive.

You can read in more detail about these tips on the internet:

www.schau-hin.info

More information for instance on:

www.klicksafe.de

Searchengines for children:

www.blinde-kuh.de

www.fragfinn.de

Websites about TV:

www.kinderfilmwelt.de

www.flimmo.de

www.tivi.de

www.checkeins.de

www.kika.de



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Notes

