

# Kindergarten STAAR Power Pack

Pre-STAAR Foundations · Reading + Math

Free practice + simple cheat sheets + parent-guided Reading and Math fun.

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## Section 1: Cover + Parent Note

### Garland Kindergarten Pre-STAAR Power Pack

This pack helps Kindergarten kids grow with letters, sounds, numbers, shapes, and patterns.

Kindergarten is not a STAAR year.

STAAR starts in 3rd grade.

That is later.

Right now, the goal is joy.

The goal is confidence.

The goal is tiny wins.

Your child is learning to hear sounds, name letters, count objects, see shapes, follow stories, and talk about ideas.

#### **A note from the parent who built this:**

I built this pack because I have my own kid coming up through STAAR and couldn't find a free, no-strings, no-tracking resource I actually trusted. So I made one. If it helps your family, share it with another.

– Chase, RISE Studio Labs

This Power Pack is for parent co-reading.

Many Kindergarteners cannot read this alone yet.

That is normal.

A grown-up should read aloud, point, count, clap, and play along.

Keep it short.

Keep it fun.

Stop before it feels heavy.

## The Big Goal

- Know letters.
- Hear sounds.
- Listen to stories.
- Count objects.
- Name shapes.
- Find patterns.
- Feel brave.

## Good News

- Kindergarten is not STAAR-tested.
- Play is learning.
- Talking helps learning.
- Counting snacks counts.
- Reading signs counts.
- Singing letters counts.
- Small practice works.

## Parent Move

- Read aloud.
- Point to words.
- Let your child answer out loud.
- Use toys, snacks, blocks, coins, and crayons.
- Celebrate effort.
- Stop while it is still fun.

## Study Plan That Actually Works

Use this rhythm for one week:

- **5 minutes letters**
- **5 minutes numbers**

- **3 minutes story talk**

- Stop there.

Kindergarten practice should feel like a game.

Not a test.

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## **Section 2: Know the Test Without the Stress**

### **What Pre-STAAR Means**

STAAR does not start until 3rd grade.

Kindergarten is the beginning.

This year is about strong roots.

Your child is learning how to:

- Name letters.
- Match big and small letters.
- Hear letter sounds.
- Clap word parts.
- Hear rhymes.
- Listen to stories.
- Answer simple questions.
- Count to 100.
- Name numbers 0 to 20.
- Count one object at a time.
- Compare groups.
- Name shapes.
- Copy patterns.
- Use position words.

This is practice.

This is not pressure.

### **What Comes Later**

Later, kids read longer stories.

Later, kids solve harder math.

Later, kids take STAAR.

Not now.

Now we build the base.

## Question Types Your Child May Practice

This pack uses simple parent-guided practice:

- Point to the letter.
- Say the sound.
- Clap the syllables.
- Pick the rhyming word.
- Listen to a story.
- Answer who, what, where.
- Count objects.
- Name a number.
- Pick a shape.
- Finish a pattern.
- Use position words.

## Subject Overview

Subject	What to Practice	Big Skills
Reading	Letters, sounds, rhymes, listening, sight words	Hear, see, and understand
Math	Counting, numbers, shapes, patterns, more/fewer	Count, compare, and name

## Fast Confidence Builder

Start very small.

Try:

- One letter.
- One sound.
- One counting game.
- One shape hunt.
- One happy high-five.

Build wins first.

### Before Practice

- Sit close.
- Read aloud.
- Use a calm voice.
- Let your child point.
- Let your child move.
- Keep it fun.

### During Practice

- Ask: "What do you see?"
- Ask: "What sound do you hear?"
- Ask: "Can you count them?"
- Ask: "Which has more?"
- Ask: "What comes next?"
- Give wait time.

### After Practice

- Praise one good try.
- Stop after a win.
- Do not drill too long.
- End with a smile.

**Best parent line:** "Let's play one learning game."

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## Section 3: Reading

### Reading Cheat Sheet

Kindergarten reading starts before full reading.

Kids learn letters.

Kids learn sounds.

Kids listen to stories.

Kids talk about what happened.

That is real reading work.

### **When You Read Together...**

- Hold the book.
- Point to the title.
- Start at the top.
- Move left to right.
- Go line by line.
- Turn the page.
- Talk about pictures.
- Ask simple questions.

### **Top Skills to Watch**

- Big letters
  - Small letters
  - Letter sounds
  - Rhyming words
  - Beginning sounds
  - Clapping syllables
  - Sight words
  - Listening to stories
  - Who, what, where
  - First, next, last
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## RLA Power Moves

RLA Power Move	What It Means	Why It Helps
1. Point to the letter	Touch the letter you see.	Eyes learn letters.
2. Say the sound	Make the letter sound.	Ears learn sounds.
3. Clap the word	Clap word parts.	Syllables build word sense.
4. Find the rhyme	Listen for same ending sounds.	Rhymes help reading.
5. Track the words	Move left to right.	This is how books work.
6. Listen for who	Name the character.	Stories have people or animals.
7. Tell what happened	Say the action.	Stories make sense.

## Letter Power

Letters have names.

Letters have sounds.

Some letters are uppercase.

Some letters are lowercase.

Examples:

- A and a
- B and b
- M and m
- S and s

### Letter Power Move

Say it like this:

“This is M. M says /m/.”

## Sound Power

Words start with sounds.

Examples:

- Mom starts with /m/.

- Sun starts with /s/.
- Cat starts with /c/.
- Dog starts with /d/.

### **Sound Power Move**

Stretch the first sound.

Mmmmmom.

Ssssun.

### **Rhyme Power**

Rhyming words sound the same at the end.

Examples:

- cat, hat
- sun, fun
- dog, log
- bee, tree

### **Rhyme Power Move**

Say both words out loud.

Listen to the ending.

### **Syllable Power**

Syllables are word beats.

Clap them.

Examples:

- cat = 1 clap
- apple = 2 claps
- banana = 3 claps

### **Syllable Power Move**

Say the word.

Clap the beats.

### **Sight Word Power**

Some words show up a lot.

Practice these:

- the
- a
- I
- is
- see
- like
- can
- go
- to
- my
- we
- am
- at
- it
- in
- and

### **Sight Word Power Move**

See it.

Say it.

Use it.

Example:

I see a dog.

### **Story Power**

When a grown-up reads, listen for:

- Who is in the story?
- Where are they?
- What do they do?
- What happens first?
- What happens next?
- What happens at the end?

## Section 3B: Reading Practice Problems

*Parent: Read this story aloud to your child. Then ask the questions together.*

### Read-Aloud Story: Max and the Rain

Max had a red hat.

Max went outside.

Plip, plop.

Rain fell down.

Max ran to the tree.

A bird sat in the tree.

The bird was wet.

Max held up his hat.

The bird hopped under it.

Max smiled.

The rain stopped.

Max and the bird went home.

### Questions

1. Who is in the story? *easy*
  - A. Max
  - B. Sam
  - C. Mom
  - D. Ben
2. What does Max have? *easy*
  - A. a red hat
  - B. a blue ball
  - C. a big kite
  - D. a toy car
3. What falls down? *easy*
  - A. snow
  - B. rain

- C. leaves
  - D. rocks
4. Where does Max run? *easy*
- A. to the tree
  - B. to the car
  - C. to the bed
  - D. to the store
5. Who is wet? *easy*
- A. a dog
  - B. a cat
  - C. a bird
  - D. a fish
6. What does Max do to help? *medium*
- A. He gives the bird food.
  - B. He holds up his hat.
  - C. He sings a song.
  - D. He jumps in mud.
7. What happens at the end? *medium*
- A. The rain stops.
  - B. The hat flies away.
  - C. Max goes to school.
  - D. The bird swims.
8. Which word rhymes with **hat**? *easy*
- A. cat
  - B. sun
  - C. dog
  - D. tree
9. Which word starts with /m/? *easy*
- A. Max
  - B. rain
  - C. bird
  - D. hat
10. Clap the word **rainbow**. How many claps? *medium*
- A. 1
  - B. 2
  - C. 3
  - D. 4

11. Which letter is uppercase M? *easy*

- A. M
- B. s
- C. b
- D. t

12. Which word is a sight word? *easy*

- A. the
  - B. zebra
  - C. backpack
  - D. cupcake
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## RLA Quick Strategies

### When You Get Stuck

- Point to the letter.
- Say the sound.
- Say the word out loud.
- Clap the word.
- Listen again.
- Look at the picture.
- Ask a grown-up to read it again.

### RLA Power Move: Listen Again

If you do not know, listen again.

Good readers listen and think.

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## Section 4: Math

### Math Cheat Sheet

Kindergarten math starts with seeing and counting.

Kids count things.

Kids name numbers.

Kids compare groups.

Kids find shapes.

Kids copy patterns.

Kids use words like above, below, next to, in front, and behind.

Math is everywhere.

## Math Power Moves

Math Power Move	Say This	Why It Helps
1. Touch and count	"One, two, three."	One touch for one number.
2. Count slowly	"Do not skip."	Slow counting is strong counting.
3. Look for more	"Which group has more?"	Comparing builds number sense.
4. Name the shape	"Circle, square, triangle."	Shapes are all around us.
5. Find the pattern	"What comes next?"	Patterns help math thinking.
6. Use position words	"Above, below, next to."	Position words help kids describe space.

## Counting Power

Count to 100.

Start small.

Count toys.

Count snacks.

Count steps.

Count claps.

### Counting Power Move

Touch one thing.

Say one number.

Do not count the same thing twice.

## Number Power

Numbers have symbols.

Practice 0 to 20.

Examples:

- 0 means none.
- 1 means one.
- 7 means seven.
- 10 means ten.
- 20 means twenty.

### **Number Power Move**

See the number.

Say the number.

Show that many fingers or objects.

### **More, Fewer, Same**

Groups can be compared.

- More means a bigger group.
- Fewer means a smaller group.
- Same means equal.

Example:

[3 apples] and [5 apples]

5 apples is more.

3 apples is fewer.

### **Compare Power Move**

Count both groups.

Then choose more, fewer, or same.

### **Shape Power**

2D shapes are flat.

- Circle
- Square
- Triangle
- Rectangle

3D shapes are solid.

- Cube, like a block
- Sphere, like a ball
- Cylinder, like a can

### **Shape Power Move**

Look at the shape.

Ask:

- Is it flat?
- Is it solid?
- Does it roll?
- Does it have corners?

### **Pattern Power**

A pattern repeats.

AB pattern:

red, blue, red, blue, red, blue

ABB pattern:

clap, stomp, stomp, clap, stomp, stomp

### **Pattern Power Move**

Say the pattern out loud.

Then ask: "What comes next?"

### **Position Power**

Position words tell where something is.

- above
- below
- in front
- behind
- next to
- inside
- outside

Example:

The cat is under the table.

The book is on the chair.

## Section 4B: Math Practice Problems

*Parent: Read each question aloud. Let your child point, count, or answer out loud.*

1. Which number is 7? *easy*

- A. 3
- B. 7
- C. 12
- D. 20

2. Which number is 15? *easy*

- A. 5
- B. 10
- C. 15
- D. 50

3. Count the stars. How many? *easy*



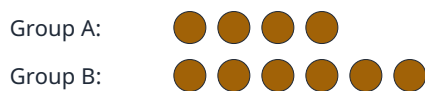
- A. 3
- B. 4
- C. 5
- D. 6

4. Count the apples. How many? *easy*



- A. 6
- B. 7
- C. 8
- D. 9

5. Which group has more? *medium*



- A. Group A
- B. Group B

C. They are the same

D. No cookies

6. Which groups are the same? *medium*

Group A: 

Group B: 

Group C: 

A. Group A and Group B

B. Group B and Group C

C. Group A and Group C

D. None are the same

7. Which shape is a circle? *easy*



circle



square



triangle



rectangle

A. circle

B. square

C. triangle

D. rectangle

8. Which shape has 3 sides? *easy*

A. circle

B. square

C. triangle

D. rectangle

9. Which shape is like a ball? *easy*

A. cube

B. sphere

C. cylinder

D. rectangle

10. What comes next? *medium*

red, blue, red, blue, \_\_\_

A. red

B. blue

C. green

D. yellow

11. What comes next? *medium*

clap, stomp, stomp, clap, stomp, stomp, \_\_\_

A. clap

- B. stomp
- C. jump
- D. sit

12. Where is the dog? easy



[next to]



- A. above the box
  - B. below the box
  - C. next to the box
  - D. behind the box
- 

## Math Quick Strategies

### When You Get Stuck

- Touch each object.
- Count slowly.
- Point to the number.
- Count both groups.
- Look at the shape.
- Say the pattern out loud.
- Use position words.
- Try again.

### Math Power Move: Touch and Count

Touch one object.

Say one number.

That is strong counting.

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## Section 5: Test-Day Power Moves

### For Students

Kindergarten does not take STAAR.

You are learning.

You are growing.

You are practicing.

### Brain Reset If You Get Stuck

- Take a slow breath.
- Point to the question.
- Try one part.
- Ask for help.
- Try again.

### Test-Day Power Moves

Power Move	What To Do
<b>Start calm</b>	This is practice.
<b>Listen first</b>	Let the grown-up read.
<b>Point to it</b>	Point to letters, numbers, and shapes.
<b>Say it out loud</b>	Sounds and words need practice.
<b>Touch and count</b>	Count one thing at a time.
<b>Try again</b>	Mistakes help you learn.
<b>Finish proud</b>	You practiced today.

### Confidence Script

I am learning.

I can listen.

I can point.

I can count.

I can say sounds.

I can try again.

### Night Before Practice

- Sleep.
- Read a fun book.
- Pick crayons.

- Keep it calm.

## Morning Of Practice

- Eat breakfast.
- Drink water.
- Start with one easy win.
- Use a kind voice.

## After Practice

- Take a break.
- Celebrate one try.
- Fix one thing.
- Stop while it is still fun.

## Parent Notes

Kindergarten kids are young.

They need play.

They need patience.

They need short practice.

Good parent lines:

- "Point to it."
- "Let's count together."
- "What sound do you hear?"
- "Try one more."
- "Good thinking."
- "You are learning."

Avoid:

- "Hurry up."
- "This is easy."
- "You should know this."
- "Why did you forget?"
- "You need to get ready for STAAR."

Kindergarten should build confidence first.

## Section 6: Quick Mixed Review

Use this page like a game.

Read the prompt.

Let your child point or answer.

Keep it fast and happy.

Type	Try This	Hint
Reading	Find uppercase M.	M
Reading	Find lowercase m.	m
Reading	What sound starts Mom?	/m/
Reading	What rhymes with cat?	hat
Reading	Clap apple.	2 claps
Reading	Read: I see.	Two sight words.
Math	Count to 10.	Touch each finger.
Math	Which number is 9?	Point to 9.
Math	Which has more: 2 or 5?	5 is more.
Math	Name a circle.	A plate can be a circle.
Math	red, blue, red, blue, ___	red
Math	Where is the toy?	Use above, below, or next to.

### Parent Move

Ask your child:

- “Can you point?”
- “Can you say the sound?”
- “Can you count them?”
- “Can you find the shape?”
- “What comes next?”

Teaching it back is powerful.

Even in Kindergarten.

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## Section 7: Answer Key

### Reading Answer Key

1. **Answer: A. Max.**

**Why:** Max is the child in the story.

**This teaches:** Listen for who is in the story.

2. **Answer: A. a red hat.**

**Why:** The story says Max had a red hat.

**This teaches:** Listen for details.

3. **Answer: B. rain.**

**Why:** The story says rain fell down.

**This teaches:** Listen for what happened.

4. **Answer: A. to the tree.**

**Why:** Max ran to the tree.

**This teaches:** Listen for where the character goes.

5. **Answer: C. a bird.**

**Why:** The bird was wet.

**This teaches:** Listen for story details.

6. **Answer: B. He holds up his hat.**

**Why:** Max holds up his hat so the bird can get under it.

**This teaches:** Characters can help.

7. **Answer: A. The rain stops.**

**Why:** At the end, the rain stops.

**This teaches:** Stories have endings.

8. **Answer: A. cat.**

**Why:** Hat and cat rhyme.

**This teaches:** Rhyming words sound the same at the end.

9. **Answer: A. Max.**

**Why:** Max starts with the /m/ sound.

**This teaches:** Listen for beginning sounds.

10. **Answer: B. 2.**

**Why:** Rainbow has two claps: rain-bow.

**This teaches:** Syllables are word beats.

11. **Answer: A. M.**

**Why:** M is uppercase M.

**This teaches:** Letters can be uppercase or lowercase.

12. **Answer: A. the.**

**Why:** The is a high-frequency sight word.

**This teaches:** Sight words show up often.

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## Math Answer Key

1. **Answer: B. 7.**

**Why:** The number 7 is shown in choice B.

**This teaches:** Numbers have symbols.

2. **Answer: C. 15.**

**Why:** The number 15 is shown in choice C.

**This teaches:** Number recognition builds counting strength.

3. **Answer: C. 5.**

**Why:** There are 5 stars.

**This teaches:** Touch and count each object once.

4. **Answer: C. 8.**

**Why:** There are 8 apples.

**This teaches:** Count slowly and carefully.

5. **Answer: B. Group B.**

**Why:** Group B has 6 cookies. Group A has 4 cookies. Six is more than four.

**This teaches:** More means the bigger group.

6. **Answer: C. Group A and Group C.**

**Why:** Group A has 3 balls. Group C has 3 balls too.

**This teaches:** Same means equal.

7. **Answer: A. circle.**

**Why:** A circle is round.

**This teaches:** Shape names match shape features.

8. **Answer: C. triangle.**

**Why:** A triangle has 3 sides.

**This teaches:** Count sides to name shapes.

9. **Answer: B. sphere.**

**Why:** A sphere is shaped like a ball.

**This teaches:** 3D shapes are solid shapes.

10. **Answer: A. red.**

**Why:** The pattern is red, blue, red, blue. Red comes next.

**This teaches:** Patterns repeat.

11. **Answer: A. clap.**

**Why:** The pattern is clap, stomp, stomp. Then it repeats with clap.

**This teaches:** Say the pattern out loud.

12. **Answer: C. next to the box.**

**Why:** The dog is beside the box. That means next to the box.

**This teaches:** Position words tell where things are.

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## Section 8: 7-Day Parent Action Plan

### Day 1: Letter Hunt

- Pick one letter.
- Look for it in a book.
- Find big and small versions.
- Say the sound.

Example: M and m say /m/.

### Day 2: Count Real Things

- Count 10 toys.
- Count 10 snacks.
- Count 10 steps.
- Touch one item for each number.

Stop before it gets boring.

### Day 3: Rhyme Game

- Say cat.
- Ask for a rhyme.
- Try hat, bat, mat.
- Keep it silly.

Silly rhymes count.

### **Day 4: Shape Walk**

- Walk around the house.
- Find a circle.
- Find a square.
- Find a rectangle.
- Find a ball shape.

Say the shape names out loud.

### **Day 5: Sight Word Hunt**

- Pick 3 words: I, see, the.
- Look for them in a book.
- Point and say them.
- Use one in a sentence.

Example: I see the dog.

### **Day 6: Pattern Play**

- Use crayons, blocks, or claps.
- Make red, blue, red, blue.
- Ask what comes next.
- Try clap, stomp, stomp.

Make it active.

### **Day 7: Light Confidence Review**

- Read one short book.
- Count one small group.
- Name one shape.
- Say one letter sound.
- Praise one strong try.

End happy.

## Section 9: Keep Going

There are more practice questions, daily missions, flashcards, and review tools waiting at [staartest.app/kindergarten](https://staartest.app/kindergarten).

No account needed.

Free forever.

Use this printable pack for quick home practice.

Then use the website for more letters, numbers, shapes, and confidence reps.

Kindergarten is not a STAAR testing year.

It is a joy year.

It is a confidence year.

It is a “look what I can do” year.

You’ve got this.

One tiny win at a time.