

KINDERGARTEN READINESS CHECKLIST

Your child does not need to master every skill before school begins.
This checklist helps highlight areas to gently support

✓ SOCIAL & EMOTIONAL SKILLS

- ☐ Can name common feelings (happy, sad, mad, scared, excited)
- ☐ Can calm down with simple strategies (deep breaths, quiet space, squeeze a toy)
- ☐ Can share, take turns, and play cooperatively
- ☐ Can follow simple rules and routines
- ☐ Can separate from parents with minimal distress

✓ EARLY LANGUAGE & LITERACY

- ☐ Recognizes their name in print
- ☐ Can hold a book right-side up and turn pages
- ☐ Identifies some letters (especially in their name)
- ☐ Recognizes beginning sounds of familiar words
- ☐ Speaks in clear sentences and can express needs

✓ EARLY MATH & THINKING SKILLS

- ☐ Can count to 10
- ☐ Recognizes numbers 1-10
- ☐ Identifies basic shapes (circle, square, triangle, rectangle)
- ☐ Knows common colors
- ☐ Can sort objects by color, size, or type
- ☐ Can spot the “odd one out” in a group



✓ FINE MOTOR SKILLS

- ☐ Holds a pencil with a tripod grip
- ☐ Can trace lines, shapes, letters, or numbers
- ☐ Can cut along lines with child-safe scissors
- ☐ Can draw basic people (head, body, legs, arms)
- ☐ Can use playdough to roll, pinch, and shape



✓ GROSS MOTOR SKILLS

- ☐ Runs, jumps, hops, and climbs with confidence
- ☐ Can catch or throw a ball
- ☐ Can balance on one foot for a few seconds

✓ INDEPENDENCE & DAILY ROUTINES

- ☐ Can dress themselves (shoes, jacket, zippers)
- ☐ Uses the bathroom independently
- ☐ Can open lunchbox items
- ☐ Washes hands properly
- ☐ Helps tidy up toys or activities
- ☐ Follows a simple routine

✓ SCHOOL FAMILIARITY

- ☐ Knows the days of the week
- ☐ Understands seasons and simple weather terms
- ☐ Recognizes basic classroom expectations
- ☐ Can introduce themselves ("My name is _____. I am ____ years old.")

