

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.")

