

KINDERGARTEN LIFE SKILLS CHECKLIST

BATHROOM SKILLS

- ☐ Flush the toilet
- ☐ Use a urinal without pulling your pants all the way down
- ☐ Wipe yourself
- ☐ Shutting and locking a bathroom stall door
- ☐ Undo clothing

EATING LUNCH

- ☐ Open a milk carton
- ☐ Open string cheese
- ☐ Open every item in their lunchbox independently
- ☐ Clean up at the end of lunch
- ☐ What to throw away vs what to keep (disposable vs. reusable)
- ☐ Know if they brought a lunchbox that day
- ☐ How to put their lunchbox in their backpack
- ☐ Know what their lunchbox looks like

CLOTHING

- ☐ Zip, button, snap, tie
- ☐ Put on a jacket
- ☐ Fasten their belt
- ☐ Tie shoes
- ☐ Understand that they must keep their clothes on at school

FAMILY INFO

- ☐ Their first and last name
- ☐ Their parents first and last name
- ☐ Caretakers phone number

CLASSROOM 101

- ☐ Sit in a chair
- ☐ How to follow a 2-step direction
- ☐ Sit quietly and listen to a story
- ☐ Keep hands to themselves
- ☐ How to do NON-PREFERRED tasks
- ☐ Pack their backpack independently
- ☐ Positional words
- ☐ Blow their nose

MOTOR SKILLS

- ☐ hold a pencil
- ☐ use crayons
- ☐ hold scissors
- ☐ roll play dough

SOCIAL SKILLS

- ☐ Respectfully answer an adult
- ☐ Respond when their name is called
- ☐ How to wait their turn
- ☐ How to gracefully lose
- ☐ Be kind to one another
- ☐ Tattling vs telling



KINDERGARTEN ACADEMIC READINESS CHECKLIST

Literacy and Phonemic Awareness

- ☐ Recognizes the meaning of common signs
 - ☐ Stop sign, McDonalds logo, etc.
- ☐ Knows how to correctly hold a book
 - ☐ Correctly turns the pages
- ☐ Understands that we read from left to right
- ☐ Can say/sing letters of the alphabet
- ☐ Can point to and identify most letters of the alphabet
- ☐ Understands that letters represent sounds
 - ☐ Should know the sounds represented by letters in their name.
- ☐ Understands that letters form words
- ☐ Understands that each word is separated by a space
- ☐ Rhyming
 - ☐ Given two words, can tell you if they rhyme
 - ☐ Given one word, can tell you a word that rhymes
- ☐ Enjoys listening to stories and being read to
- ☐ Recognizes letters in name
- ☐ Can retell you what happened in a story

Social / Emotional Skills

- ☐ Separates from caregiver without strong emotions
- ☐ Shows and understands basic emotions
 - ☐ Reacts appropriately when someone is sad
 - ☐ Expresses emotions (happy, sad, surprised, angry)
- ☐ Knows how to take turns with other children
- ☐ Can focus and pay attention for at least 5 minutes to a task led by an adult
- ☐ Can win or lose without major emotions

Fine Motor Skills

- ☐ Can grip a pencil or crayon correctly (not with their fists)
- ☐ Can grasp scissors correctly
- ☐ Can correctly trace dotted lines
- ☐ Can draw basic shapes or letters with pencil control

Math Skills

- ☐ Can count up to 20
- ☐ Can count up to 10 objects by pointing to each object when counting
- ☐ Can identify basic shapes
- ☐ Can sort objects by color, size and shape
 - ☐ square, circle, triangle
- ☐ Recognizes a group of up to four objects without having to count them

Language / Listening Skills

- ☐ Can follow multi-step directions
 - ☐ "Push in your chair, put on your jacket and line up at the door."
- ☐ Speaks in sentences (4-6 words)
- ☐ Listens to a story without interrupting
- ☐ Asks questions when curious
- ☐ Can participate in a back and forth conversation
- ☐ Answers "wh" questions
 - ☐ Who, what, where, why

Self-Help Skills

- ☐ Knows parent/guardians names
- ☐ Knows how to go to the bathroom independently
- ☐ Independently washes hands
- ☐ Can communicate basic needs
 - ☐ My belly hurts, I'm hungry
- ☐ Knows to ask for help when confused
 - ☐ Knows to ask an adult
 - ☐ Knows how to communicate their problem

Gross Motor Skills

- ☐ Walk up stairs
- ☐ Run
- ☐ Catches a ball with two hands
- ☐ Jump with both feet together
- ☐ Hop on one foot

