

# Kindergarten Readiness Checklist for Parents & Preschoolers



## Social-Emotional Skills To Know Before Kindergarten

- Interacts with peers, plays in small groups
- Participates in conversations and group discussions
- Shares toys (most of the time)
- Uses words (not hands or biting) to solve social problems
- Expresses when they are upset and why
- Can (usually) handle strong emotions appropriately
- Able to follow simple directions
- Able to separate from parents with little to no distress
- Can delay gratification (wait their turn for a toy or wait in line)
- Able to function in new situations
- Can pay attention to a short story time or circle activity
- Uses the bathroom independently (occasional accidents are normal)
- Gets dressed on their own
- Washes hands properly

## Social-Emotional Skills To Know Before Kindergarten

- Recognizes most or all upper-case letters of the alphabet
- Recognizes some or most lower-case letters of the alphabet
- Recognizes and produces rhyming words, creates rhymes, and recites familiar nursery rhymes
- Recognizes their full name when written
- Able to write their first name
- Recognizes and produces most or all letter sounds
- Holds books correctly
- Re-tells familiar stories
- Engages in conversations of 3-4 exchanges



## Physical Skills To Have Before Kindergarten

- Holds a pencil with a 3-finger grip (may be too high or too low)
- Uses scissors
- Draws straight lines and recognizable images
- Can Pedal a tricycle
- Can hop on one foot
- Runs easily without falling
- Can Button or zipper clothing
- Uses utensils correctly

## Cognitive & Math Skills to Know Before Kindergarten

- Counts 1-10 or counts to 20 but may skip a number or two
- Recognizes a small set of objects instantly (two or three items)
- Recognizes and names basic shapes (square, circle, triangle, star, etc.)
- Recognizes and names common colors (red, blue, green, yellow, etc.)
- Able to complete simple puzzles
- Recognizes familiar signs or logos like popular stores and restaurants, stop signs, exit signs, etc.
- Solves simple problems (how to fix a block tower that falls, navigate around something in their path, etc.)

## Signs Your Child Isn't Ready for Kindergarten

- They have trouble sitting still or participating in group events like story time.
- They struggle to follow one and two-step directions
- They struggle with social skills like sharing, making friends, and playing with other children
- They are rarely able to control their emotions or express themselves in intense or upsetting situations
- They cannot recognize their own name when written
- They cannot name any letters or numbers or recognize them
- They struggle with shape and color recognition
- They are not fully potty-trained (occasional accidents are ok and expected)
- They suffer from extreme separation anxiety
- They are unable to speak in complete sentences
- They can only draw scribbles

