

Kindergarten Readiness Skills

Self Help Skills

- Able to dress self appropriately for weather
- Get coats on and off and hang them up
- can manage own shoes (velcro or tie)
- Fasten and unfasten simple buttons and snaps
- Go to the bathroom and wash their hands
- Blow their nose and cover their mouth when they cough
- Eats neatly
- Open up a juice box and get the straw in.
- States full name and age
- Knows phone number, address, and birthday

Literacy/Phonemic Awareness Skills

- Enjoys being read to/listening to stories
- Recognizes environmental print (familiar logos, signs and words)
- Knows how to handle a book (i.e. holds book right side up, knows where it starts and ends)
- Recites the alphabet
- Identifies some letters and some of the sounds they make, either by sound to letter or letter to sound
- Recognizes own name in print
- Able to discern whether or not two words rhyme
- Tries to write own name or other ideas by using symbols or letters
- Writes own name (encourage name writing with one uppercase letter)
- Can draw a picture to express an idea

Number Recognition and Counting (Math Skills)

- Counts from 1 to 10
- Recognizes/points to/identifies basic shapes (square, circle, triangle, rectangle)
- Beginning to count with one-to-one correspondence
- Can sort items by one or more attributes

Fine Motor Skills

- Holds pencil/crayon in a non-fisted grip. We teach the tripod grip so as close to that as your child is capable is a great start.



Tripod Grip

- Able to control scissors to complete an intentional task
- Traces lines and basic shapes
- Copies basic figures such as a circle, square and a straight line

Gross Motor Skills

- Runs and skips
- Jumps with feet together and hops while balancing on one foot.
- Climbs stairs with alternating feet
- Walks backwards
- Bounces a kickball
- Attempts a two-handed catch of a kickball

Social/ Emotional Skills

- Can express and describe feelings
- shares with peers
- Separates from caregiver easily or without undue distress
- uses manners
- asks for help when needed
- Can initiate conversation with peers and adults