

99 Tips for School Readiness Checklist: School Readiness Activities for Children 4-5 Years Old

Self-Help Skills

Unbuttons Front Buttons
Walks to Classroom from Play Area, Following Adult
Goes to the Toilet Alone
Washes and Dries Hands
Feeds Self with Fork or Spoon, Held in Fingers
Helps Carry and Put Things Away
Serves Food to Self
Brushes Teeth without Assistance
Puts Shoes on Correct Feet
Washes and Dries Face
Rinses Mouth after Brushing Teeth
Zips Separating Front Zipper
Blows Nose
Spreads Food with a Popsicle Stick
Puts on Pullover Garment
Answers Questions about Safety
Undresses and Dresses Completely without Assistance
Laces Shoes
Cuts Food with Knife and Fork
Ties Shoe Laces

Social-Behavioral Skills

Performs for Others
Easily Separates from Parents
Engages in Play with Other Children
Tells Age
Calls Attention to Own Accomplishments
Initiates Conversation with Others in an Informal Setting
Expresses Sympathy to Peer Appropriately
Follows Established Rules and Routines
Identifies Emotions
Helps Peer When Asked
Comes to the Defense of a Peer in Trouble
Praises Peers for Their Accomplishments
Develops Group Cooperation and Trust
Chooses Friends
Goes on Errands

Knows Birth Date
Helps Teacher/Caretaker When Asked
Offers to Help a Teacher/Classmate
Plays in a Small Group
Tells Address, including Street, City and State

Motor Skills

Gross Motor Skills

Stands on One Foot for Five Seconds
Throws a Ball Overhand with Forward Release, without Falling
Hops on One Foot
Gallops
Walks Up and Down Stairs Using Alternating Feet
Rides Tricycle around Obstacles or Sharp Corners
Climbs Ladder of Playground Equipment
Balances on One Foot for Ten Seconds
Runs Safely on Whole Foot, Starting and Stopping with Ease
Skips

Fine Motor Skills

Traces a Diamond Pattern
Cuts with Scissors Following a Line
Copies a Cross from Example
Draws a Three-Part Person from Example
Folds and Creases Paper Two Times after Demonstration
Copies Square from Example
Puts Paper Clips on Papers
Inserts Folded Letter into an Envelope
Ties a Knot
Builds Four Steps with Ten Cubes after Demonstration

Language Skills

Responds to How and Where Questions
Demonstrates Understanding of Prepositions In, On, and Under
Delivers One-Part Verbal Message
Points to Eight Body Parts
Tells Use of Objects
Repeats Twelve-Syllable Sentence
Discriminates Letters from Pictures

Tells the Names of Two Printed Letters
Gives Account of Recent Experiences in Order of Occurrence
Tells What Common Things Are Made Of
Tells Printed Letters in Own Name
Tells Opposites
Follows Three-Step Directions
Tells a Story Using Pictures
Reads Common Word from Familiar Environment
Points to the Title of Book
Writes First and Last Name
Rhymes Words
Tells Beginning Sounds

Cognitive Skills

Identifies Primary Colors
Identifies Missing Part of Incomplete Person
Distinguishes between Long and Short
Stacks Five Rings on Cone in Order
Distinguishes between Night and Day
Completes a Six-Piece Puzzle
Repeats Three or Four Numbers
Gives Three Objects on Request
Points to a Square
Points to a Triangle
Names Numerals One through Three
Counts Ten Objects
Points to First in Line
Points to a Rectangle
Counts to Twenty
Arranges Shapes from Smallest to Largest
Tells the Number of Halves in a Whole
Describes the Weather
Names the Days of the Week
Tells the Number of Fingers on a Hand