
Verona Area Pre-K, 710 Lone Pine Way, Verona, WI 53593

Getting Ready for Kindergarten

The following checklist can guide you as you prepare your child for Kindergarten. It's best to look at the "My child" items as goals to work towards. Your child should accomplish these goals through everyday routines and fun activities that you've planned. Activities are also included under each developmental area. If your child is still working on these skills when they start Kindergarten, don't worry. Remember that children grow and develop at different rates.

Self-Help Skills

My child:

- Uses bathroom independently (wipe and dress)
- Blows their own nose with a tissue
- Asks for help when needed
- Gets clothes on independently

Activities to promote these skills:

- Pack a picnic lunch and eat outside
- Take a bath in the dark with glow sticks
- Have a job for your child to do to help around the house everyday
- Play dress-up
- Practice eating lunch in 15 minutes with a timer
- Get dressed
- Have your child pick out your own clothes

Fine Motor Skills:

My child:

- Snaps, buttons and zips clothing
- Starts to tie their own shoes
- Cuts straight and curved lines with scissors
- Draws pictures that represent people
- Prints first name with proper pencil grip
- Uses a variety of materials (paint, chalk, crayons, and pencils)
- Puts together a puzzle

Activities to promote these skills:

- Draw a family picture
- Draw pictures
- Make a card

- Play with playdough
- Practice writing your name with sidewalk chalk
- Draw a self portrait using Mat Man
- Make puppets (paper bag, spoons, socks . . .)
- Cutting magazines or coupons with a scissors

Gross Motor Skills:

My child:

- _____ Puts on jacket, pants, shirt, shoes, and boots
- _____ Marches, jumps, hops and walks backwards
- _____ Throws and kicks balls
- _____ Makes movements with hands crossing the body's midline

Activities to promote these skills:

- Have a dance party
- Wash your bike or scooter
- Build a fort
- Go for a bike ride
- Make an obstacle course for a bike or scooter
- Play Red Light, Green Light
- Draw a race track with chalk and race toy cars
- Jump in puddles

Social and Emotional Preparation

My child:

- _____ Follows 2 step directions
- _____ Shares toys or materials with another child
- _____ Takes turns during a game
- _____ Expresses their needs with words or pictures
- _____ Works independently
- _____ Works cooperatively in a group of 2 or 3 children
- _____ Expresses emotions
- _____ Has 2 or 3 strategies to solve a problem (share, take a turn, walk away . . .)
- _____ Is willing to try new things (food, going places, meeting people . . .)

Activities to promote these skills:

- Play simple games (Candy Land, High-Ho Cherry-O . . .)
- Make different feeling faces and take pictures
- Play restaurant
- Put on a puppet show
- Go to the park
- Have summer game night
- Talk about your day (share 3 things that you did)

Early Literacy Skills:

My child:

- _____ Is read to every day
- _____ Recognizes their own name
- _____ Identifies objects by name (body parts, animals, food, furniture . . .)
- _____ Sings songs
- _____ Sings alphabet song and points to the corresponding letters
- _____ Names the letters in their name and family members' names
- _____ Retells a simple story
- _____ Isolates the beginning sound in a word
- _____ Rhymes
- _____ Able to make the letter sounds correctly for letters in their name and family members' names

Activities to promote these skills:

- Write a letter and mail it to someone
- Build a letter with your bodies or with some friends
- Go to the library
- Go on an alphabet hunt
- Write or draw in a summer journal
- Make an ABC book
- Read books everyday
- Sing songs
- Play letter bingo
- Make letters with cooked spaghetti
- Magnetic letter activities *
- Read a story more than once and have the child practice retelling the story with pictures and just words (Three Little Pigs, Three Billy Goats Gruff...)
- Play "I Spy" with beginning sounds and rhyming words (Examples: I spy something that starts with the /c/ sound or I spy something that rhymes with frog)
- Sing songs that rhyme words with their name (Song: Willably Wallaby Woo)
- Clap how many syllables are in a word or family members' or friends' names

Numeracy Skills

My child:

- _____ Rote counts (counting verbally 1,2,3,4,5 . . . 20)
- _____ Touches and counts objects
- _____ Names basic shapes (square, rectangle, oval, circle, and triangle)
- _____ Describes objects by color, shape, and size
- _____ Recognizes numerals 1-10

Activities to promote these skills:

- Play hopscotch
- Bake your favorite food

- Count how many worms you see after it rains
- Build something (recyclable materials, blocks, boxes . . .)
- Go on a scavenger hunt with shapes and numbers
- Play number or shape bingo
- Play board games with dice or cards
- Play Go Fish
- Count (cars, silverware, toys . . .)
- Go on a treasure hunt using these words: above, beneath, over, under, next to, beside, and through
- Compare size and length by using larger, longer, smaller, shorter, equal, and same
- Weigh and measure your child and record how they grow
- Make a counting book
- Sort wash or dishes

Science Skills

My child:

- _____ Explores the outdoors
- _____ Communicates similarities and differences (bigger, smaller, color, shape)
- _____ Makes observations

Activities to promote these skills:

- Collect items from nature
- Play with water, sand, and snow
- Draw animals, trees, and flowers
- Go on a bug hunt
- Go to the zoo
- Lay in the grass and watch the clouds

Resources:

- http://www.ed.gov/parents/earlychild/ready/preschool/part_pg14html
- <http://www.readingpath.org/sitemap.html>
- Your Child's First School and Preschool and Your Child by Diana Townsend-Butterworth
- Ellen Booth Church (Parent & Child magazine), "Cooking Time"
- The Kindergarten Survival Handbook: The Before School Checklist & A Guide For Parents by Allana Elovson, Ph.D.
- Yardsticks: Children in the Classroom Ages 4-14: A Resource for Parents and Teachers by Chip Wood
- Your Five- and Six- Year- Old as They Grow by editors of Parents magazine and Marge Kennedy
- Learning Early by Dorothy Einon
- Kindergarten, It Isn't What It Used to Be: Getting Your Child Ready for The Positive Experience of Education by Susan Golant and Mitch Golant, Ph.D.