

**Oakdale Joint Unified School District**  
**Suggested Skills For Incoming Kindergarten Students**

***Social Skills:***

- Getting along with other – (sharing, taking turns, cooperating with others)
- Hygiene awareness – (out of pull-ups, hair combed, face washed, teeth brushed)
- Self help skills – (zip pants, tie shoes, buckle pants)
- Music and movement
- Separation from parents

***Academics:***

- Hold pencil and crayon correctly
- Write first name with a capital letter
- Know and say: (name, address, phone number, birthday)
- Exposure to: (over, under, top, bottom)
- Exposure to Alphabet (letters)
- Know colors (black, brown, red, blue, green, yellow, orange, purple)
- Know body parts (elbow, knee, head, body, legs, arms, foot, hand, ankle, wrist, neck)
- Expose students to Literature
- Expose students to Nursery Rhymes
- Counting from 0-10
- Exposure to numbers from 0-10
- Exposure to shapes (square, circle, rectangle, triangle)
- Exposure to Calendars

***Motor Skills:***

- Holding a pencil
- Cut with scissors
- Jumping, hopping, balancing, bouncing balls, throwing and catching
- Coloring, painting, pasting, gluing, and cooking skills
- Uses clay, salt, etc., for fine motor skills

***Listening Skills:***

- Sitting in large groups
- Following simple directions
- Raising hands