



# Bloom into KINDERGARTEN

All children grow and develop at their own pace.

Use this checklist to identify the skills you can help your child develop in order to prepare them for lifelong learning. Children who turn five on or before September 1 of the school year are eligible to enroll in kindergarten.

## Please help your child learn these skills



### Health and Well-Being

- I am healthy and my immunizations are up to date.
- I have good oral health and have visited my dentist.
- I am well-rested.
- I can put on my jacket and my shoes.
- I can kick balls, hop on one foot and climb the ladder at the park.
- I can eat, wash my hands, blow my nose and use the toilet by myself.
- I get at least 60 minutes a day of exercise and active play.



### Social and Emotional Development

- I take turns, share and help others.
- I stay focused and pay attention for 10-15 minutes at a time.
- I can keep trying, even when I don't know how to do something.
- I enjoy following the rules and helping to make the rules.
- I can work and play both independently and in a group.
- I can manage my behavior with help.
- I can calm myself down when I get frustrated.



### Language and Communication Skills

- I hear and understand the meaning of words, stories and songs.
- I use words to talk about thoughts, wants, needs and feelings.
- I speak clearly enough that other people understand.
- I use complete sentences and connect ideas to make long sentences.
- I can say or sing familiar songs and nursery rhymes.
- I follow one- and two-step directions such as, "Please pick up your plate and put it in the sink."



### Early Literacy

- I enjoy books and stories.
- I can use a crayon or pencil.
- I know how to use a book from start to finish and how to turn pages.
- I know some of the letters of the alphabet.
- I can write the letters in my first name.
- I know rhyming words like pat, hat, cat and bat.



### Mathematical Thinking

- I can count 10 items correctly.
- I know primary colors and shapes—red, blue and yellow; circle, square and triangle.
- I can sort silverware into spoons, knives and forks.
- I can put together a puzzle through trial and error.
- I can sort beads on a necklace in a color pattern.
- I can organize four objects from smallest to largest.

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