

Kindergarten Life Skills Checklist

BATHROOM SKILLS

- Flush the toilet
- Use a urinal without pulling your pants all the way down
- Wipe yourself
- Shutting and locking a bathroom stall door
- Undo clothing

EATING LUNCH

- Open a milk carton
- Open string cheese
- Open every item in their lunchbox independently
- Clean up at the end of lunch
- What to throw away vs what to keep (disposable vs. reusable)
- Know if they brought a lunchbox that day
- How to put their lunchbox in their backpack
- Know what their lunchbox looks like

CLOTHING

- Zip, button, snap, tie
- Put on a jacket
- Fasten their belt
- Tie shoes
- Understand that they must keep their clothes on at school

FAMILY INFO

- Their first and last name
- Their parents first and last name
- Caretakers phone number

CLASSROOM 101

- Sit in a chair
- How to follow a 2-step direction
- Sit quietly and listen to a story
- Keep hands to themselves
- How to do NON-PREFERRED tasks
- Pack their backpack independently
- Positional words
- Blow their nose

MOTOR SKILLS

- hold a pencil
- use crayons
- hold scissors
- roll play dough

SOCIAL SKILLS

- Respectfully answer an adult
- Respond when their name is called
- How to wait their turn
- How to gracefully lose
- Be kind to one another
- Tattling vs telling

