

# 5K SCHOOL READINESS CHECKLIST

Observe your child and check the skills they have to determine their readiness for 5K.



## EMOTIONAL READINESS

Does your child...

- Easily separate from adult
- Play or work on task independently within the home
- Have a healthy self-esteem
- Obey simple rules at home
- Have good self-care skills (toileting, handwashing, and feeding)
- Express basic emotions
- Seek help when needed



## SOCIAL READINESS

Does your child...

- Take turns with others
- Socialize with more than 1 peer
- Handle conflict independently
- Work in a group cooperatively
- Listen when an adult or peer is talking



## PHYSICAL/MOTOR READINESS

Does your child...

- Run and climb with ease
- Throw and catch a ball
- Walk along a straight line
- Hop on one and two legs
- Stand on 1 leg for 5 seconds
- Skip
- Cross the midline (hands or feet over the center of the body)
- Hold a crayon or pencil correctly
- Cut along a line with scissors
- Sit at a table with good posture
- Sit on the carpet with crossed legs



## COGNITIVE READINESS

Does your child...

- Recognize shapes and colors
  - Count one-to-one up to 5 objects
  - Copy simple patterns
  - Follow 2-3 step directions
  - Recall the sequence of events in a story (beginning, middle, end)
  - Memorize simple nursery rhymes
  - Identify rhyming words
  - Show an interest in books/reading
  - Identify the letters in their name
  - Concentrate on a task for 20 minutes
-

# 5K SCHOOL READINESS CHECKLIST



**CAREGIVER READINESS**

**Do you...**

- Assume a share of responsibility for school readiness
- Talk with your child about what will happen at school
- Participate in community-based activities
- Engage with your child in reading, singing songs, drawing, and playing games
- Take your child for their well-visits

