



WELCOME

to

KINDERGARTEN



2026-2027

FOX HOLLOW ELEMENTARY



The A to Z of Kindergarten Readiness



Alphabet: can recognize uppercase & lowercase letters	Bathroom: can use the bathroom independently	Concepts of print: know how to read a book and track words	Do your best: when presented with difficult tasks	Eat Independently: can open and close snack/ lunch	Friendly: can interact with new friends in a positive way
Get dressed: can put on & take off clothes independently	Handwriting: can print their name & uppercase letters	Independence: can problem solve	Just right noise level: can control their voice in different settings	Letter sounds: can produce letter sounds	Minutes: can focus on a specific task for 5-10 minutes
Name recognition: can recognize and write their name	Optimistic: is positive about coming to school	Pay attention: can pay attention to the teacher or activity	Quiet listener: can listen quietly	Rhyme: can recognize rhyming words	Trace: can trace straight and curved lines
Understand directions: can follow 1 & 2 step directions	Volunteer answers: can answer questions	Wait in line: can wait patiently in line	eXcited: is excited to be in school and learn new things	Yearly calendar: knows the names of months & seasons	Zippers, etc.: can use zippers & buttons on clothes



KINDERGARTEN

**Learning to Hear "No" :
Helping your child grow confident, patient,
and ready for school!**

My child is practicing...

- ☐ Hearing "no" and staying calm (most of the time)
- ☐ Waiting their turn without getting upset
- ☐ Following simple rules and directions
- ☐ Understanding that adults set limits to keep them safe
- ☐ Trying again when something doesn't go their way
- ☐ Using words instead of big reactions when frustrated
- ☐ Accepting that they won't always get what they want
- ☐ Moving on to a new activity after being told "no"

Parent Tip:

Saying "no" with a calm voice and a quick explanation (when needed) helps children feel safe and learn boundaries. It's okay if they're upset—this is how they build resilience!

Simple Phrases to Try at Home:

"I know that's hard. The answer is no."
"You can be upset, but the answer is still no."
"Let's find something else you can do!"

Remember:

Learning to hear "no" is a BIG step toward becoming a confident, capable kindergartener.



KINDERGARTEN READINESS



LANGUAGE AND COMMUNICATION:

- ☐ Understands a variety of words (actions, objects, descriptions)
- ☐ Answers who, what, where, when, and why questions
- ☐ Follows up to 3-step directions
- ☐ Speaks in 4–6 word sentences
- ☐ Tells stories and shares ideas with detail
- ☐ Speaks clearly enough to be understood

EARLY LITERACY (READING & WRITING)

- ☐ Listens to and engages with stories
- ☐ Retells familiar stories and experiences
- ☐ Participates in songs and rhymes
- ☐ Identifies rhyming words
- ☐ Recognizes and names letters
- ☐ Produces some letter sounds
- ☐ Recognizes and writes own name
- ☐ Writes some uppercase and lowercase letters

MATH & THINKING SKILLS

- ☐ Counts to at least 20
- ☐ Recognizes numbers (1–20)
- ☐ Counts objects accurately
- ☐ Understands “more” and “less”
- ☐ Sorts by color, shape, and size
- ☐ Recognizes and extends patterns
- ☐ Understands positional words
- ☐ Understands order (first, second, last)
- ☐ Arranges objects by size
- ☐ Recognizes shapes and colors

SOCIAL-EMOTIONAL SKILLS:

- ☐ Separates from caregiver
- ☐ Interacts positively with others
- ☐ Shares and takes turns
- ☐ Expresses emotions appropriately
- ☐ Shows empathy
- ☐ Asks for help when needed
- ☐ Waits for turns
- ☐ Accepts “no” and limits
- ☐ Uses words when frustrated
- ☐ Moves on after disappointment

COGNITIVE & LEARNING SKILLS

- ☐ Shows curiosity and tries new things
- ☐ Completes simple tasks independently
- ☐ Pays attention for 5–10 minutes
- ☐ Follows simple directions
- ☐ Adapts to new situations
- ☐ Participates in memory games
- ☐ Uses drawings to express ideas

SELF CARE & INDEPENDENCE:

- ☐ Uses the bathroom independently
- ☐ Practices hygiene (handwashing, brushing teeth)
- ☐ Dresses independently
- ☐ Eats independently
- ☐ Follows safety rules
- ☐ Communicates needs

PHYSICAL DEVELOPMENT:

Gross Motor

- ☐ Runs, jumps, hops, skips, balances
- ☐ Kicks, throws, and catches a ball

Fine Motor

- ☐ Holds pencil/crayons/markers correctly
- ☐ Uses scissors
- ☐ Uses glue
- ☐ Draws lines and shapes
- ☐ Uses proper grip (3-finger)

PLAY & CREATIVITY:

- ☐ Engages in pretend play
- ☐ Draws recognizable pictures
- ☐ Explores creativity through art
- ☐ Limits on screen time to less than 1 hour a day (ie: tv, ipad, computer, phone, video games)

PERSONAL KNOWLEDGE:

- ☐ Knows first and last name
 - ☐ Knows age and family members
 - ☐ Understands yesterday, today, tomorrow
 - ☐ Understands parts of the day
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