



# Kindergarten

HERE I COME!



Going to school is a big transition for a child. To help with this transition, we've compiled a list of skills that builds the foundation for success in kindergarten. Use this sheet as a way to mark off all the amazing things your child has already learned and practice those items that still need to be worked on. Remember, every child grows and develops at their own pace. If you have questions about your child's readiness for school, please contact your physician and your school principal.

## Self-Help Skills

- Eats independently
- Uses the restroom, including handwashing
- Puts on and removes their own clothing (e.g. zips, buttons and ties)
- Asks questions and seeks help when needed
- Cleans up after self

## Things You Can Do

Patently encourage your child to do things independently, even if it takes more time.

## Small Motor Skills

- Holds pencils, crayons, scissors correctly
- Writes his/her first name
- Uses scissors to cut straight and curved lines
- Turns a single page in a book

## Things You Can Do

Provide opportunities and support for your child to practice writing, drawing, and cutting. Help them practice lacing items, such as shoes and beads. Have your child pour, stir, craft, pick up small items with their pincher fingers and thumb and other things with their hands.

## Large Motor Skills

- Performs activities that cross the midline of the body (e.g. right hand touching left foot, left elbow touching right knee)
- Hops, jumps, walks, and runs
- Bounces, catches, kicks, and throws balls
- Walks in a straight line forward and backward
- Balances on dominant foot for ten seconds

## Things You Can Do

Provide opportunities to develop strength and coordination. Play games with your child outside. Walk to the park, balance on a curb, ride a bike, play catch, bounce a ball, play tag, and do summersaults and cartwheels.



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### Math Skills

- Counts aloud to 10 correctly
- Beginning to count to 20
- Beginning to use counting strategies like touching one object at a time.
- Beginning to recognize and create groups of 2, 3, 4, or 5 objects
- Is beginning to sort similar items (e.g. blue toys and red toys)
- Beginning to identify and name simple shapes (e.g. circle, triangle, square, and rectangle)
- Sometimes uses comparative words (e.g. more/less, bigger/smaller, longer/shorter, heavier/lighter)

### Things You Can Do

Play games in which your child counts out loud (e.g. hide and seek). Encourage your child to count objects in the environment (e.g. number of socks in the laundry, people in the family) Point out shapes in the environment.

### Social and Emotional Skills

- Tries new things
- Shares and takes turns
- Waits and listens while others talk
- Shows concern for others
- Plays cooperatively with others
- Works well independently and in small groups
- Separates from parent or guardian without undue anxiety
- Reasonably manages his/her emotions
- Knows his/her first and last name and can tell an adult
- Knows parent's or guardian's first and last names and can tell an adult

### Things You Can Do

Provide opportunities for exploration, play, and socialization with other children and adults. These experiences allow your child to practice their social skills. Sharing objects or time with an adult is different from doing so with another child.

### Literacy Skills

- Listens attentively and responds to stories and books
- Speaks in complete sentences
- Speaks clearly enough to be understood by others
- Identifies some rhyming words in stories, poems and songs
- Knows that letters of the alphabet have specific sounds
- Identifies the first sound he/she hears in random words
- Identifies some uppercase and lowercase letters, including those in his/her name
- Uses beginning writing skills (e.g. drawing, scribbling, writing) to express ideas

### Things You Can Do

Have many conversations with your child. Take turns asking questions. Practice the back and forth of a conversation. Ask your child to describe things they see, hear, smell, taste, and/or feel. Read a variety of books with your child.