

# Kindergarten Readiness Checklist

A skills checklist to help parents prepare a child for kindergarten.

## Academic basics

- Recognizes and can say most letters of the alphabet.
- Recognizes and writes their own first name.
- Counts to at least 10 or 20 aloud.
- Identifies basic shapes and primary colors.
- Holds a crayon or pencil with a workable grip.
- Enjoys being read to and looks at books.

## Social and emotional

- Separates from a parent without lasting distress.
- Takes turns and shares during play.
- Plays cooperatively with other children.
- Follows simple rules and routines.
- Manages big feelings with some support.  
Calming skills grow with practice and patience.
- Asks an adult for help when needed.

## Language and communication

- Speaks in full sentences others can understand.
- Follows two-step spoken instructions.
- Answers simple questions about themselves.
- Listens during a short story or group time.
- Uses words to express needs and wants.

## Self-care and independence

- Uses the bathroom independently.
- Washes and dries their hands on their own.
- Puts on a coat and shoes with little help.
- Opens lunch containers and feeds themselves.
- Cleans up toys and personal items.
- Recognizes their own belongings.

## Physical development

- Runs, jumps and climbs with coordination.
- Uses scissors to cut along a line.
- Draws simple shapes and figures.
- Stacks blocks and completes simple puzzles.
- Has the stamina for a full school day.