

## Preschool Express Kindergarten Readiness Workbook

### Checklist of Skills Desired for Kindergarten

Check off each skill as your child masters it. An \* denotes skills that are beyond the recommendation of most kindergarten readiness checklists. Remember, if your child is beginning to feel frustrated with a skill, it is better to stop and approach it from a different angle at a later date.

#### LANGUAGE SKILLS:

- Pronounces words understandably.
- Speaks in complete sentences of five or more words.
- Listens interactively, asking who, what, where, when, why.
- Follows short list of instructions.
- Looks at pictures and then tells a story.
- Participates in dramatic play.
- Memorizes and recites simple finger plays and songs.
- Identifies a variety of common objects by name.
- Identifies words that rhyme with each other.
- Identifies the beginning sound of some words.

#### COGNITIVE SKILLS:

- Shows increased attention span.
- Understands cause and effect. (EX: A glass container hitting a hard surface causes it to break.)
- Understands purposes of actions. (EX: Sealing the lid on the play dough to keep it soft.)
- Knows major parts of the body and their functions.
- Solves problems. (EX: Using a chair to reach the candy on top of the refrigerator.)
- Demonstrates an interest in books.
- Recognizes some printed letters of the alphabet.
- \*Associates some lower-case letters with their corresponding upper-case letters.
- Recognizes own first name in print.
- Prints own first name.
- \*Understands position in family (heritage).
  
- Identifies basic colors: red, orange, yellow, green, blue, purple, pink, brown, black, white.
- Identifies basic shapes: circle, oval, triangle, square, rectangle, heart, diamond, star (\*spade, \*club).
- Identifies qualities of various objects: color, texture, etc.
- Expresses the opposite of a given quality. (EX: hot/cold)
- Distinguishes between pictures and printed words that are the same or different.
- Duplicates a simple figure or printed word.
- Classifies (sorts) objects by a variety of qualities: color, shape, size, texture, function, etc.
- Acknowledges objects that go together. (EX: dog/bone)
- Uses correct term to express fixed position of object: on, under, next to, etc.

- Uses correct term to express directional movement of object: around, through, over, etc.
- \*Distinguishes between right and left in self.
- Copies simple (AB) pattern. (EX: fork, spoon)
- Remembers simple pattern seen and then hidden.
- Extends simple pattern. (EX: fork, spoon, fork, spoon...)
- \*Copies and extends more complex (AAB or ABC) pattern.
- \*Creates own pattern.
- Matches objects to make a pair.
- Compares the "manyness" of objects in two sets: less than, more than, fewer than, greater than, equal to.
- Arranges objects by the degree of a quality. (EX: tall, taller, tallest; heavy, heavier, heaviest)
- Arranges sets of objects in order of "manyness": least to greatest.
- \*Identifies the numeral symbolizing the "manyness" of objects in a set of one, two, three....ten objects.
- Counts up to ten objects, one by one.
- Recalls a sequence of events: first, next, last; before, after.
- Arranges pictures in the sequence that they occurred. (EX: seed being planted, flower being watered, cut flower in vase).
- Rote counts to 10.
- \*Rote counts to 20.
- \*Rote counts to 100.
- \*Counts by fives and tens to 100.
- \*Has been introduced to various terms of measurement: cup, gallon, pound, inch, meter, mile, etc.
- Identifies the denominations of money: penny, nickel, dime, quarter, dollar bill.
- Shows understanding of general times of day: day, night, morning, afternoon, evening, night; yesterday, today, tomorrow.
- Has been introduced to other time concepts: week, month, season, year, holidays.
- Knows age and birthday.
- \*Recites the days of the week.
- \*Recites the months of the year.
- \*Dresses appropriately for the seasons.

#### **MOTOR SKILLS:**

##### **GROSS MOTOR:** *(using large muscles)*

- Uses playground equipment safely: climbs, slides, crawls, swings, etc.
- Jumps, runs, gallops, and skips.
- Walks on tips of toes.
- Balances on one foot at a time.
- Hops on one foot at a time.
- Follows a line, walking heel-to-toe.
- Walks backward.
- Alternates feet walking up and down stairs.

- Throws a ball with either hand.
- Catches a large ball.
- Bounces a ball.

**FINE MOTOR:** *(using small muscles)*

- Correctly holds and uses pencils, crayons, markers, and paintbrushes.
- Correctly holds and uses scissors.
- Pastes.
- Folds paper.
- Manipulates objects: stacks blocks, puts objects into jars, strings large beads, etc.
- Completes simple jigsaw puzzles.

**SOCIAL & EMOTIONAL SKILLS:**

- Accepts separation from parents.
- Tolerates changes in daily routines.
- Recognizes and accepts authority.
- Understands and follows rules.
- Accepts responsibility for actions.
- \*Develops a feeling of pride/accomplishment from being a team player at home. (EX: Putting his dirty dish in the sink; turning off running water; etc.)
- \*Follows rules of etiquette: dining, telephone, etc.
- Plays cooperatively. (EX: Begins to share with others. Takes turns.)
- Addresses other children and adults by name.
- Listens without interrupting.
- Completes short assignments.
- Works independently.

**SELF-HELP & SAFETY SKILLS:**

- Manages bathroom needs.
- Buttons, snaps, and zips clothing without assistance.
- Ties shoes.
- Identifies "no" areas of the body.
- Knows full name.
- Knows parents' names.
- Knows home address.
- Knows home telephone number.
- Knows parents' workplaces.
- Knows how to use a telephone.
- \*Knows (and has practiced) how to respond toward a variety of emergencies.