



Check items off as your child masters them – through play, a little each day. Children do **not** need every box checked to be ready; teachers expect a range, and every skill here is learnable.

Language & Early Literacy

- ☐ Recognizes most letters, upper & lower case
- ☐ Knows some letter sounds ("B says buh")
- ☐ Recognizes their own name in print
- ☐ Writes or traces their name (wobbly is fine)
- ☐ Listens to a story & answers simple questions
- ☐ Speaks in full sentences to other adults

Practice: letters on cereal boxes and street signs; hear the sound, not just the name.

Early Math

- ☐ Counts to 10 (to 20 is a bonus)
- ☐ Counts objects one by one, touching each
- ☐ Recognizes written numbers 1–10
- ☐ Knows circle, square, triangle
- ☐ Uses bigger/smaller, more/less, first/last
- ☐ Continues a simple pattern (red, blue, red...)

Practice: count stairs and grapes; sort laundry by color and size.

Fine Motor & Self-Care

- ☐ Holds a pencil or crayon with a workable grip
- ☐ Cuts along a line with child scissors
- ☐ Zips their own jacket
- ☐ Opens lunchbox, water bottle & containers
- ☐ Uses the bathroom & washes hands alone
- ☐ Manages their own backpack

Practice: coloring, play-dough, stickers – and a real lunchbox dress rehearsal.

Social & Emotional

- ☐ Separates from parents without long distress
- ☐ Takes turns and shares (imperfectly is normal)
- ☐ Follows two-step instructions
- ☐ Keeps trying when something is hard
- ☐ Names feelings instead of only acting them out
- ☐ Cleans up after an activity when asked

Practice: playdates without hovering, turn-taking board games, puzzles that need a second try.

What NOT to worry about: reading, writing sentences, or adding numbers – kindergarten is where those are taught. Ten focused minutes of play a day beats an hour of weekend drilling.



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