



One theme per week, about **15 minutes of play a day** – that covers everything a kindergarten teacher hopes to see in September. Starting late? Compress: one letters-and-numbers week, one independence week, and begin the routine shift three weeks before school.

1

Your Child's Name

- ☐ Recognizes their name in print
- ☐ Traces it, then writes it (wobbly counts)
- ☐ Spots its first letter in other places

The most motivating word a 4-year-old will ever meet.

2

Letters in the Wild

- ☐ Points out letters on boxes, signs, menus
- ☐ Recognizes letters out of order
- ☐ Attaches sounds – "B says buh"

Hearing the sound while seeing the letter is how phonics sticks.

3

Counting Everything

- ☐ Touch-counts 10 objects, one by one
- ☐ Recognizes written numbers 1–10
- ☐ Counts stairs, grapes, toys in the tub

Touching each object while counting is the real skill.

4

Comparing & Sorting

- ☐ Uses bigger/smaller, more/less, first/last
- ☐ Sorts laundry by color and size
- ☐ Continues a pattern (red, blue, red...)

Setting the table = one-to-one matching in disguise.

5

The Lunchbox Olympics

- ☐ Opens the real lunchbox, bottle & containers
- ☐ Zips jacket, manages backpack
- ☐ Bathroom & handwashing, solo

Do a full dress rehearsal with a packed lunch – five minutes, real payoff.

6

Turns & Trying Again

- ☐ Plays turn-taking board games
- ☐ Playdate where kids settle squabbles themselves
- ☐ Follows two-step instructions

Puzzles just hard enough to need a second attempt build persistence.

7

Shift the Routine

- ☐ Move bedtime/wake-up toward school hours
- ☐ 15 minutes every few days, not all at once
- ☐ Practice the morning routine: dressed, breakfast, shoes

Start 3–4 weeks before the first day.

8

Make School Feel Real

- ☐ Walk or drive the school route
- ☐ Read books about starting kindergarten
- ☐ Talk through the day: circle time, snack, recess

Concrete details leave less room for worry. Keep it light!

Remember: 15 minutes a day beats weekend cram sessions – one story, one counting game, one puzzle. Your child does not need to read before kindergarten; that's what kindergarten is for.



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