KINDERGARTEN READINESS CHECKLIST

This checklist can help guide you as you prepare your child for school. It is best to look at the items on the list as goals toward which to aim. They should be accomplished through everyday routines or enjoyable activities you've planned with your child. If your child lags behind in some areas, don't worry. Remember that children grow and develop at different rates.

Eats a balanced diet Gets plenty of rest Received regular medical and dental care Has had all the necessary immunizations Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles Uses puzzles, crayons, and paints and does other activities that help develop small muscles Gets a good night's sleep and has a routine Social and Emotional Preparation Is learning to explore and try new things Is learning to explore and to do many tasks independently Has many opportunities to be with other children and is learning to cooperate, share and exchange with them Is learning to work well alone and to do many tasks independently Has many opportunities to be with other children and is learning to cooperate, share and exchange with them Is learning to to use self-control Helps with family chores Can follow simple instructions Is learning to use self-control Helps with family chores Can follow simple instructions Is learning to use words to identify and express emotions Language and general Knowledge Can write first name with first letter capital and others lower case (small) Familiar with some letters of the alphabet (can recognize and say them) Knows how to rhyme words Can count out objects to 10 (by pointing to each object) Can identify characters in a story Can tell about where the story takes place Can count out objects to 10 (by pointing to each object) Can identify characters in a story Can tell about where the story takes place Can talk about problems in a story and how they were solved Has many opportunities to talk and listen Is read to everyday Has access to books and other reading materials Is learning to out and alassify things Is encouraged to solve problems Has opportunities to risk firm and and address Is learning to identify and name shapes and colors Has opportunities to letters and address Is learning to outen that things move.	Good Health and Physical Well-Being			
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