



# BALANCED Family ACADEMY

## Kindergarten Readiness Checklist

Motor Skills	yes	no
Independently perform basic self-care tasks (toileting, dressing, feeding etc.)		
Use scissors, glue, and other classroom tools appropriately		
Hold and use a pencil or other writing tool with an appropriate grip		

Social-Emotional Skills	yes	no
Plays well with others most of the time without major disruptions		
Easily separates from parents/caregivers with redirection from other trusted adults		
Readily transitions to new activities with advanced warning		
Participates in back and forth conversation with peers and adults		
Participates and cooperates in most structured group activities		
Communicates wants and needs to trusted adults		

Cognitive Skills	yes	no
Listens and maintains attention to a story for 10-15 minutes at a time		
Follows simple verbal directions, such as "Put your toys away then get your coat"		
Count 1-10 orally		
Recognize numerals 1-10 in random order		
Recognize and write their first name		
Identify most uppercase and many lowercase letters in random order		
Listen to and enjoy rhymes (songs, stories, etc.)		