

KINDERGARTEN READINESS CHECKLIST

**PRACTICAL TIPS TO HELP YOUR CHILD START CONFIDENT,
CURIOUS, AND EXCITED TO LEARN.**

Being “ready” isn’t about perfection — it’s about confidence in daily routines, curiosity about learning, and the independence to take those first steps away from home. Every child develops at their own pace. Use this checklist as a guide to practice skills that make the first school day joyful, not stressful.



SOCIAL & EMOTIONAL

- ☐ Can separate from a parent for a few hours without distress
- ☐ Can take turns and share with other children
- ☐ Can express needs using words (“I need help,” “I’m thirsty”)
- ☐ Can follow group directions (like clean-up or line-up)
- ☐ Shows curiosity and willingness to try new things



SELF-HELP & INDEPENDENCE

- ☐ Can use the restroom independently
- ☐ Can wash hands and cover coughs/sneezes
- ☐ Can open lunch items and manage zippers or buttons
- ☐ Can recognize their own backpack and belongings
- ☐ Uses polite phrases (“please,” “thank you”)



LANGUAGE & EARLY LITERACY

- ☐ Recognizes and says their first name
- ☐ Speaks in simple, complete sentences
- ☐ Enjoys being read to and can retell stories
- ☐ Recognizes some letters or their name in print
- ☐ Understands that words are made up of sounds



EARLY MATH & THINKING SKILLS

- ☐ Counts to 10 or beyond
- ☐ Recognizes basic shapes and colors
- ☐ Sorts small items by color, shape, or size
- ☐ Understands simple comparisons (more/less, big/small)
- ☐ Follows two-step directions



FINE & GROSS MOTOR SKILLS

- ☐ Holds a crayon or pencil with control
- ☐ Can cut with child-safe scissors
- ☐ Can hop, skip, or jump with balance
- ☐ Builds with blocks or completes puzzles

PARENT PRACTICE IDEAS

SIMPLE WAYS TO BUILD READINESS EVERY DAY

Kitchen helper — Let your child count snacks or help pack lunches.

Play “Simon Says” — Builds listening and movement skills.

Story time — Read nightly and ask, “What happened first?”

Name practice — Write with chalk or trace in shaving cream.

Conversation time — Ask about their favorite part of the day.

READY TO EXPLORE FURTHER?

At Life School, we help every child feel ready to learn, lead, and succeed — starting in Kindergarten.

TOUR OR APPLY

[LIFESCHOOL.NET/ENROLLMENT](https://lifeschool.net/enrollment)



LIFE SCHOOL