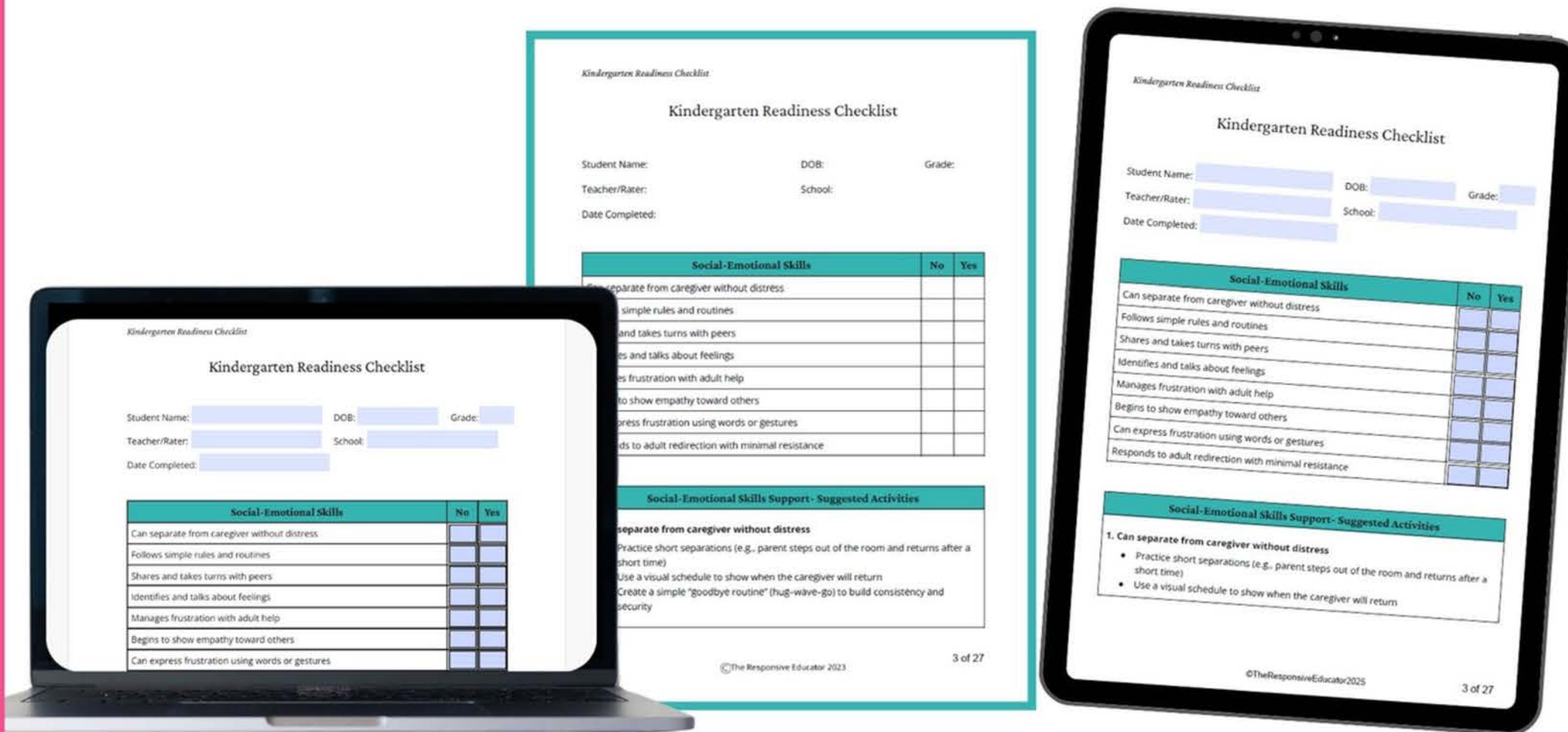


Checklist for Kindergarten Readiness



- Covers 11 Key Developmental Domains
- Play-Based Activities Linked to Each Skill
- Aligned with Early Learning Benchmarks



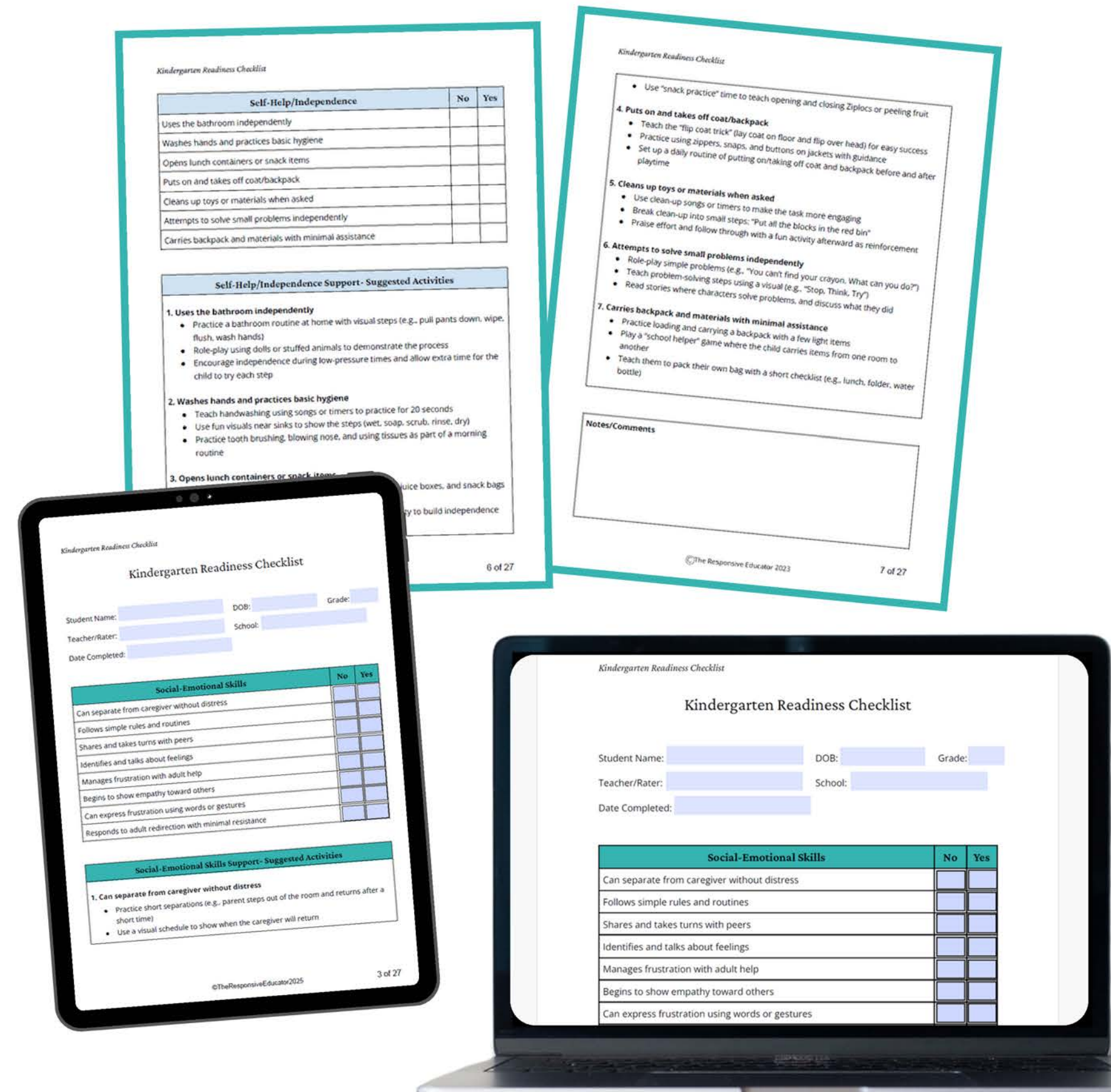
**Build a Strong Foundation for
Kindergarten Success**

SCROLL
to take a look inside!

Use for IEPs / RTI / Kindergarten Transition Planning

Ideal For:

- Pre-K & Kindergarten Teachers
- Special Education Teams
- Early Childhood Interventionists
- Family Support Specialists



Aligned with Kindergarten Readiness Standards

***Each domain includes a checklist of observable skills with suggested activities.**

✓ Social-Emotional

✓ Communication
& Language

✓ Self-Help &
Independence

✓ Creativity &
Imagination

✓ Fine Motor

✓ Gross Motor

✓ Attention & Engagement

✓ Flexibility &
Adaptability

✓ Persistence &
Problem-Solving

✓ Pre-Academic Skills

✓ Curiosity & Initiative

11
Developmental
Domains
Included

How to Use This Resource

1 Identify strengths and needs

Use the checklist to observe and record current readiness skills.

2 Try play-based activities

Use the suggested activities to build skills in meaningful, developmentally appropriate ways.

3 Track growth & support planning

Use notes/comments to document progress and inform IEPs, RTI, or transition planning

The image displays two overlapping copies of the 'Kindergarten Readiness Checklist'. The top copy shows the 'Self-Help/Independence' section, which includes a table with columns for 'No' and 'Yes' and rows for various skills such as 'Uses the bathroom independently', 'Washes hands and practices basic hygiene', 'Opens lunch containers or snack items', 'Puts on and takes off coat/backpack', 'Cleans up toys or materials when asked', 'Attempts to solve small problems independently', and 'Carries backpack and materials with minimal assistance'. Below this table is a section titled 'Self-Help/Independence Support- Suggested Activities' with three numbered items: '1. Uses the bathroom independently', '2. Washes hands and practices basic hygiene', and '3. Opens lunch'. The bottom copy shows the 'Social-Emotional Skills' section, which includes a table with columns for 'No' and 'Yes' and rows for various skills such as 'Can separate from caregiver without distress', 'Follows simple rules and routines', 'Shares and takes turns with peers', 'Identifies and talks about feelings', 'Manages frustration with adult help', 'Begins to show empathy toward others', 'Can express frustration using words or gestures', and 'Responds to adult redirection with minimal resistance'. Below this table is a section titled 'Social-Emotional Skills Support- Suggested Activities' with one numbered item: '1. Can separate from caregiver without distress'. Both sections include a 'Kindergarten Readiness Checklist' header and fields for 'Student Name', 'DOB', 'Grade', 'Teacher/Rater', 'School', and 'Date Completed'.

Detailed View

Student Skill Checklist

Suggested Activities

Notes/Comments

Kindergarten Readiness Checklist

Self-Help/Independence	No	Yes
Uses the bathroom independently		
Washes hands and practices basic hygiene		
Opens lunch containers or snack items		
Puts on and takes off coat/backpack		
Cleans up toys or materials when asked		
Attempts to solve small problems independently		
Carries backpack and materials with minimal assistance		

Self-Help/Independence Support- Suggested Activities

1. Uses the bathroom independently

- Practice a bathroom routine at home with visual steps (e.g., pull pants down, wipe, flush, wash hands)
- Role-play using dolls or stuffed animals to demonstrate the process
- Encourage independence during low-pressure times and allow extra time for the child to try each step

2. Washes hands and practices basic hygiene

- Teach handwashing using songs or timers to practice for 20 seconds
- Use fun visuals near sinks to show the steps (wet, soap, scrub, rinse, dry)
- Practice tooth brushing, blowing nose, and using tissues as part of a morning routine

3. Opens lunch containers or snack items

- Have the child practice opening their own containers, juice boxes, and snack bags at home
- Pack easy-to-open items and gradually increase difficulty to build independence

Kindergarten Readiness Checklist

- Use "snack practice" time to teach opening and closing Ziplocs or peeling fruit

4. Puts on and takes off coat/backpack

- Teach the "flip coat trick" (lay coat on floor and flip over head) for easy success
- Practice using zippers, snaps, and buttons on jackets with guidance
- Set up a daily routine of putting on/taking off coat and backpack before and after playtime

5. Cleans up toys or materials when asked

- Use clean-up songs or timers to make the task more engaging
- Break clean-up into small steps: "Put all the blocks in the red bin"
- Praise effort and follow through with a fun activity afterward as reinforcement

6. Attempts to solve small problems independently

- Role-play simple problems (e.g., "You can't find your crayon. What can you do?")
- Teach problem-solving steps using a visual (e.g., "Stop, Think, Try")
- Read stories where characters solve problems, and discuss what they did

7. Carries backpack and materials with minimal assistance

- Practice loading and carrying a backpack with a few light items
- Play a "school helper" game where the child carries items from one room to another
- Teach them to pack their own bag with a short checklist (e.g., lunch, folder, water bottle)

Notes/Comments

