

99 Tips for School Readiness Checklist: School Readiness Activities for Children 4-5 Years Old

Self-Help Skills

- Unbuttons Front Buttons
- Walks to Classroom from Play Area, Following Adult
- Goes to the Toilet Alone
- Washes and Dries Hands
- Feeds Self with Fork or Spoon, Held in Fingers
- Helps Carry and Put Things Away
- Serves Food to Self
- Brushes Teeth without Assistance
- Puts Shoes on Correct Feet
- Washes and Dries Face
- Rinses Mouth after Brushing Teeth
- Zips Separating Front Zipper
- Blows Nose
- Spreads Food with a Popsicle Stick
- Puts on Pullover Garment
- Answers Questions about Safety
- Undresses and Dresses Completely without Assistance
- Laces Shoes
- Cuts Food with Knife and Fork
- Ties Shoe Laces

Social-Behavioral Skills

- Performs for Others
- Easily Separates from Parents
- Engages in Play with Other Children
- Tells Age
- Calls Attention to Own Accomplishments
- Initiates Conversation with Others in an Informal Setting
- Expresses Sympathy to Peer Appropriately
- Follows Established Rules and Routines
- Identifies Emotions
- Helps Peer When Asked
- Comes to the Defense of a Peer in Trouble
- Praises Peers for Their Accomplishments
- Develops Group Cooperation and Trust
- Chooses Friends
- Goes on Errands

- Knows Birth Date
- Helps Teacher/Caretaker When Asked
- Offers to Help a Teacher/Classmate
- Plays in a Small Group
- Tells Address, including Street, City and State

Motor Skills

Gross Motor Skills

- Stands on One Foot for Five Seconds
- Throws a Ball Overhand with Forward Release, without Falling
- Hops on One Foot
- Gallops
- Walks Up and Down Stairs Using Alternating Feet
- Rides Tricycle around Obstacles or Sharp Corners
- Climbs Ladder of Playground Equipment
- Balances on One Foot for Ten Seconds
- Runs Safely on Whole Foot, Starting and Stopping with Ease
- Skips

Fine Motor Skills

- Traces a Diamond Pattern
- Cuts with Scissors Following a Line
- Copies a Cross from Example
- Draws a Three-Part Person from Example
- Folds and Creases Paper Two Times after Demonstration
- Copies Square from Example
- Puts Paper Clips on Papers
- Inserts Folded Letter into an Envelope
- Ties a Knot
- Builds Four Steps with Ten Cubes after Demonstration

Language Skills

- Responds to How and Where Questions
- Demonstrates Understanding of Prepositions In, On, and Under
- Delivers One-Part Verbal Message
- Points to Eight Body Parts
- Tells Use of Objects
- Repeats Twelve-Syllable Sentence
- Discriminates Letters from Pictures

- Tells the Names of Two Printed Letters
- Gives Account of Recent Experiences in Order of Occurrence
- Tells What Common Things Are Made Of
- Tells Printed Letters in Own Name
- Tells Opposites
- Follows Three-Step Directions
- Tells a Story Using Pictures
- Reads Common Word from Familiar Environment
- Points to the Title of Book
- Writes First and Last Name
- Rhymes Words
- Tells Beginning Sounds

Cognitive Skills

- Identifies Primary Colors
- Identifies Missing Part of Incomplete Person
- Distinguishes between Long and Short
- Stacks Five Rings on Cone in Order
- Distinguishes between Night and Day
- Completes a Six-Piece Puzzle
- Repeats Three or Four Numbers
- Gives Three Objects on Request
- Points to a Square
- Points to a Triangle
- Names Numerals One through Three
- Counts Ten Objects
- Points to First in Line
- Points to a Rectangle
- Counts to Twenty
- Arranges Shapes from Smallest to Largest
- Tells the Number of Halves in a Whole
- Describes the Weather
- Names the Days of the Week
- Tells the Number of Fingers on a Hand